



Workshop on Traditional Siddha Varma Bone Setting Practices



First Year - Module - IV

01. Name of the Organization : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. Date : 29th and 30th August 2025
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 25 Nos. Annexure 2
06. Photo Gallery : Annexure 3
07. Communication Method :
 - Interactive sessions
 - Live Demonstration
 - Varma Silambam & Kalari



Annexure - I
Programme Schedule
1st day 29-08-2025 (Friday)

09.00 a.m. to 10.00 a.m	-	Registration
10.00.a.m. to 10.15a.m	-	Inaguration i.Lighting the lamp – Dr.A.S.Asok kumar ii.Prayer - Ragupathy
10.15 a.m to 11.15 a.m	-	Session – I Over view of Thodu varmam (Dr. A.S. Asok kumar)
11.15 a.m to 11.30 a.m	-	Tea Break
11.30 a.m. to 01.00 p.m.	-	Session – II Over view of Thodu varmam (Dr. A.S. Asok kumar)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 03.00 p.m	-	Session - III Varma medicine (Dr. Muthusanthi)
03.00 p.m to 04.00 p.m	-	Session - IV Varma points Stimulation techniques (Rajesh Ram Aasan)
04.00 p.m to 04.15 p.m	.-	Tea Break
04.15 p.m to 05.30 p.m	-	Session - V Varma mathiraigal (Vai. Ramesh kumar)
05.30 p.m to 07.30 p.m	-	Session - VI Varma Silambam (Rajeshram Aasan, Ramesh kumar)
07.30 p.m to 08.30 p.m	-	Dinner
08.30 p.m to 09.30 p.m	-	Session - VII Happy Assembly (C. Vijayaragavan)
10.00 p.m	-	Switch Off

2nd day 30-08-2025 (Saturday)

05.30 a.m. to 06.30 a.m.	-	Session - VIII Pratasmaran, Yoga (C. Vijayaragavan)
06.30 a.m to 07.30 a.m	-	Session - IX Varma Silambam (Rajeshram Aasan, Ramesh kumar)
07.30 a.m to 08.30 a.m	-	Ablution
08.30 a.m. to 09.30 a.m.	-	Breakfast
09.30 a.m to 11.30 a.m	-	Session -X Identification of varma points (Dr.Kumaresan)
11.30 a.m to 11.45 a.m	-	Tea Break
11.45 a.m to 01.00 p.m	-	Session -XI Identification of varma points (Dr. Kumaresan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00p.m to 04.00 p.m	-	Session - XII Anotamy of upper Limb (Dr. Balaji)
04.00 p.m	-	Concluding Session



Annexure - II
Total No. of Participants: 25



Traditional Siddha Varmam Bone Setting Practices
First Year - Part -IV

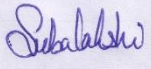
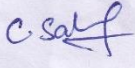
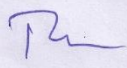
Venue: Vivekananda Kendra – TRC, Anjaneyapuram, Kalluvilai
Date: - 2025, August 29,30(Friday, Saturday)



Participants list

S.no	Name and Address	Mobile /email	Signature
1	D.Antony Adimai, S/o. M. Dhasan Anbiam – 2, Enayam puthenthurai K.K. District- 629193	Antoantony141@gmail.com 9488773028	
2	E.Baalakrishnan, S/o.P. Ethiraj 7 B, Sri Ambal Dhanalakshmi Nagar, Kuppathumedu, Soranchery P.O Chennai - 600072	baalakrishnane@gmail.com 9841676677	
3	L. Bhavani 16/47, Atham Street Rayapuram, Chennai - 13	9940302438	
4	V. Chidambara Nathan No – 13/28, Uyilady street Agastheeswaram & Post – 629701	9894720158	
5	Deepu Krishnan Velammakudy - H, Nellikuzhi - P.O Kothamangalam, Ernakulam	9495928240	
6	Dr. S.R. Govindan, S/o. Raman 5/118, South kadu, C.N. Palayam - P.O Salem - 6361104	Srgovindhan1923374145@gmail.com 7845418679	
7	G.Ganesan Plot 1 A, Nakkeeran Street, G.S.Nagar, Ramapuram, Chennai - 600089	ganesang74@gmail.com 9840129523	
8	H.Harrish Peppiteo Henry Asok Polytherapy Clinic Thirunagar, Salem - 7	Peppiteo7@gmail.com 8220366728	
9	Hari KS 205, Hari complex, Shiva thottam Jarikondalam patty, Salem - 636010	hariks200501@gmail.com 9161612129	
10	Jayaramji S 1/94, Perumalpuram Kottaram - P.O – 629703 Kanyakumari District	9080816538	

S.no	Name and Address	Mobile /email	Signature
11	Kathirvel, S/o. Vellingiri 5/76, Ashok nagar East street Kavundampalayam Coimbatore - 641030	9943069678	
12	M. Kalimuthu, S/o. Muniyasamy 2/143, Kaliyamman kovil street Muthusampuram, Tuticorin - 628905	<u>mkalimuthu1818@gmail.c</u> <u>om</u> 8946095685	M. Kalimuthu
13	Krishnamoorthy, Dharmalingam 32, Dhanpandi street, Chinnavedampatti, Coimbatore-641049	9944933553	
14	S. Karthickeyan, S/o. B. Subramaniyan 21/18 - Sidden street, Gugai Salem - 636006	9944324748 784530927091	S. Karthickeyan
15	A. Krishnan, S/o. M. Arjunan 72, Thedeer Nagar, Seelanaickenpatty Salem - 636201	9585992274	A. Krishnan
16	Dr. M. Laila 2/137, Arisana colony Thiyaganur South, Thiyaganur - P.O Salem district	8637636519	M. Laila.
17	T. Murugesan, S/o. K. Thangavel 119/1A, Kamarajar street Salem - 636006	9894855832	T. Murugesan
18	J. Nagarajan C/o. P. Jagadesan SKB Nagar, Therukupalayam Pallipalayam - P.O - 638008 Namakal District	<u>aalavapoojastors@gmail.c</u> <u>om</u> 9043302766	J. Nagarajan
19	C. Natanam, S/o. Chandrasekaran 2/248, North main street Velukkudi - 610102 Tiruvarur District	natanamngc@gmail.com 8754624532	C. Natanam
20	K. Palani, P. Krishnan 247/11, Coolam pillai kadu, Salem - 6	6381491223	K. Palani
21	J. Prabhu Kannan 17/42, Bala Gandhi Road Guga, Salem - 636006	9659355504	
22	Dr. M. Rajaram Narayanan S/o. N. Mailerum perumal 2/3, TNHB Flats, Sector - 1 Maduravoyal, Chennai - 600095	<u>drmrjaram21@gmail.com</u> 9884448821	Dr. M. Rajaram Narayanan
23	B. Raja, S/o. A. Balusamy 22/45, Muthuramalingam street, Erikarai, Gandhi nagar east Tambaram, Chennai - 600059	9840280858	B. Raja

S.no	Name and Address	Mobile /email	Signature
24	C. Ramesh Guruvarajapalayam & P.O Anaicut - T.K, Vellore District -632107	8838033661	
25	Suresh Babu KPT, S/o. Kari Kuttadam padath, Nirmaruthur - P.O Tirur, Malappuram District	9946736728	
26	R.Sivakumar, S/o.M.Ramasamy chettiar 196/6, Aalamarathukadu Salem - 636103	<u>drskrsivakumar@gmail.co</u> m 9942912369	
27	Smt. Suba lakshmi No- 6, First cross extension Rainbow Nagar Near Thumber Nagathamman kovil Pudhucherry - 605011	9884714778	
28	C. Sathish, S/o. Chandrasekaran 375/2, Middle Street Pacharappalayam, Kurinjipadi- T.K Kilur & P.O., Cuddalore - 607302	8508948063	
29	R. Subramaniyan, S/o. C. Ravi 432/B3, VKV Phase - 9, Somayanur Thadagam Road, Coimbatore - 641106	9047095008	
30	M. Thamizhmaaran S/o. S. Manavazhagan 210, Kali Amman kovil street Mangudi - 610103 Tiruvavur district	thaamizhmaaran@gmail.c om 9489894898	
31	Vicky Abishek 23, Ezhai Mariamman kovil Street Lenin street, Kosapalayam Pondicherry - 605013	9786955233	
32	MOHAMED RIZWAN . N S/O NAZEER DEEN . S 3430, 68TH STREET, 2ND MAIN ROAD, MATHURMUDA, CH-68	N. MOHAMED RIZWAN @GMAIL.COM 7358405529	
33	T. Raja 11/61 2nd main road Kumaran Nagar Koyambad - Chennai - 600092	UdK@j.mess.com 0381609655	
34	.		

Annexure - III
Photo Gallery



Lighting the Lamp - Dr.A.S.Ashok Kumar



Prayer - Shri.Ragupathy



Overview of Thodu Varmam - Dr.A.S.Ashok Kumar



Varma Medicine - Dr.Muthu Santhi



Varma points Stimulation techniques - Rajesh Ram Aasan



Varma Mathiraigal - Vai.Ramesh Kumar



Varma Silambam - Rajesh Ram Aasan, Vai.Ramesh Kumar



Pratasmaran, Yoga - C.Vijayaragavan



Identification of Varma points - Dr.Kumaresan



Anatomy of Upper Limb - Dr.Balaji

