



## Workshop on Traditional Siddha Varma Bone Setting Practices



### Third Year – Module – IV

01. **Name of the Organization** : Varma Research and Resource Center  
Vivekananda Kendra - NARDEP,  
Kanyakumari
02. **Date** : 22<sup>nd</sup> & 23<sup>rd</sup> August 2025
03. **Venue** : TRC, Anjaneyapuram
04. **Programme Schedule** : Annexure 1
05. **Participants** : 22 Nos. Annexure 2
06. **Photo Gallery** : Annexure 3
07. **Communication Method** :
  - Interactive sessions
  - Live Demonstration
  - Varma Silambam & Kalari



**Annexure - I**  
**Programme Schedule**  
**1st day 22-08-2025 - ( Friday)**

|                          |   |                                                                                                                                |
|--------------------------|---|--------------------------------------------------------------------------------------------------------------------------------|
| 09.00 a.m. to 10.00 a.m  | - | Registration                                                                                                                   |
| 10.00 a.m. to 10.15 a.m  | - | Inaguration<br>i) Lighting the lamp – Dr. Kumaresan<br>ii) Prayer – Raghupathy<br>iii) Introductory Remarks-Dr.Muthu<br>santhi |
| 10.15 a.m. to 11.15 a.m. | - | Session - I<br>Overview of Padu varmam<br>(Dr. Kumaresan)                                                                      |
| 11.15 a.m to 11.30 a.m   | - | Tea Break                                                                                                                      |
| 11.30 a.m to 01.00 p.m   | - | Session - II<br>Overview of Padu varmam<br>(Dr. Kumaresan)                                                                     |
| 01.00 p.m to 02.00 p.m   | - | Lunch & Rest                                                                                                                   |
| 02.00 p.m to 04.00 p.m   | - | Session - III<br>Varma emergency care<br>(Vai. Suresh kumar)                                                                   |
| 04.00 p.m to 04.15 p.m   | - | Tea Break                                                                                                                      |
| 04.15p.m to 05.30 p.m    | - | Session - IV<br>Varma Adangalkal<br>(Rajesram Aasan)                                                                           |
| 05.30 p.m to 07.30 p.m   | - | Session - V<br>Thattu varmam, Varma Silambam<br>(Rajesram Aasan)                                                               |
| 07.30p.m to 08.30 p.m    | - | Dinner                                                                                                                         |
| 09.30 p.m                | - | Switch off                                                                                                                     |

**2 nd day 23-08-2025 - ( Saturday)**

|                          |   |                                                                                   |
|--------------------------|---|-----------------------------------------------------------------------------------|
| 05.30 a.m. to 07.30 a.m. | - | Session - VI<br>Varma Yoga & Varma kalari, Varma<br>Silambam<br>(Rajeshram Aasan) |
| 07.30 a.m to 08.30 a.m   | - | Ablution                                                                          |
| 08.30 a.m. to 09.30 a.m. | - | Breakfast                                                                         |
| 9.30.00 a.m to 11.30 a.m | - | Session - VII<br>Naadi Science<br>(Vai. Nagalinga raja)                           |
| 11.30 a.m to 11.45 a.m   | - | Tea Break                                                                         |
| 11.45 a.m to 01.00 p.m   |   | Session – VIII<br>Naadi Science<br>(Vai. Nagalinga raja)                          |
| 1.30 p.m to 02.30 p.m    | - | Lunch & Rest                                                                      |
| 02.00 p.m to 03.45 p.m   | - | Session – IX<br>Overview of Varma medicines<br>(Vai. Nagalinga raja)              |
| 04.00 p.m                | - | Concluding                                                                        |



**Annexure - II**  
**Total No. of Participants - 22 Nos**



**Workshop on**  
**Traditional Siddha Varma Bone Setting Practices**  
**Third Year - Part -IV**



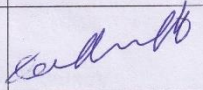
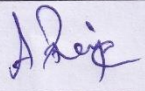
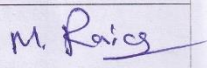
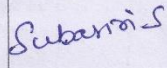
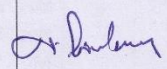
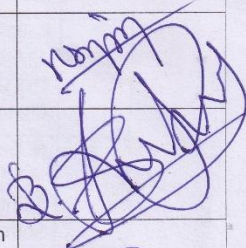
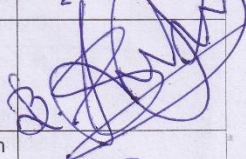
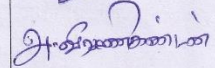
Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai

Date: 22-08-2025 to 23-08-2025 (Friday, Saturday)

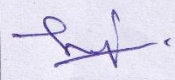
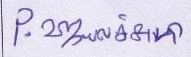
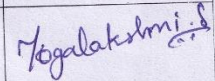
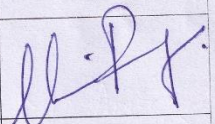
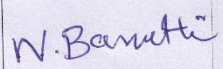
Participants list

| S.No | Name and Address                                                                                                                                 | Email/Phone no                       | Signature |
|------|--------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------|-----------|
| 1    | P.K. Asok kumar, S/o. A.P.Krishnan<br>1st Cross, Thiru nagar<br>Yercadu main road<br>Salem - 636007                                              | Pkakumar.csi@mail.com<br>9514422216  |           |
| 2    | Dr. P. Anand , S/o. Pasupathi Nathan<br>No- 4, Kurinji street<br>Kaspa puram , Chennai - 600126                                                  | anand.jeny@gmail.com<br>9585958583   |           |
| 3    | M. Amal, S/o. Madhali Muthu<br>421,5 <sup>th</sup> Cross, Chinnappan halli<br>Bangalore - 560037                                                 | crownamalraj@gmail.com<br>9741003615 |           |
| 4    | S. Ambika, W/o.K. Satheesh<br>D.No:644, Govinda Samy Street<br>Salem - 636016                                                                    | 9791334638                           |           |
| 5    | US. Arjun, S/o. Unnikrishnan<br>V. Rudra VTNR C- 41<br>VT Nagar, Manikanteswaram - P.O<br>Manikanteswaram, Thiruvananthapuram<br>Kerala - 695013 | Usarjun37@gmail.com<br>9946682255    |           |
| 6    | Mrs. V. Amana, W/o. Velu<br>No: 38/1, Ponmana chammal street<br>MGR Nagar, Chennai - 500078                                                      | 9962132540                           |           |
| 7    | K. Balakrishnan, S/o . Kulanthai Ganapathy,<br>22/983, 53 street<br>TVS Colony, Anna nagar west extention<br>Chennai - 600101                    | suntexkbk@gmail.com<br>9080527772    |           |
| 8    | N. Gopalakrishnan, S/o. Nataraj<br>4/112B, Karuvelan kadu<br>Semmandam palayam - P.O<br>Somanur, Coimbatore - 641668                             | gopalin82@gmail.com<br>9042306001    |           |
| 9    | Dr. G. Kulothungan ,S/o. M.Ganapathy<br>No: 4, New State Bank colony<br>Kennedy street, WestTambaram<br>Chennai - 600045                         | kuloth23@gmail.com<br>8884799177     |           |



| S.No | Name and Address                                                                                                                  | Email/Phone no                                | Signature                                                                             |
|------|-----------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|---------------------------------------------------------------------------------------|
| 10   | G. Mohankumar, S/o. Gopal<br>4116-A, Annasalai – 2<br>Chinnakollapatty, Salem - 8                                                 | mkarch@gmail.com<br>9894647361                |    |
| 11   | K. Prabhu, S/o. V. Kanagaraj<br>No - 1/5, Thanthai periyar nagar street<br>Vinayaga nagar, Polichalur<br>Chennai - 600074         | kaizenf2f@gmail.com<br>9952077033             |                                                                                       |
| 12   | A.Raja,S/o. Abdul majeeth<br>1/228, Chekkadi street<br>Samayanallur, Madurai - 625402                                             | rajatce@gmail.com<br>9043021550               |    |
| 13   | M. Raja, S/o. A.Mani<br>No - 195, David javel street<br>Kathir vedu, Chennai – 600066                                             | raysidh@gmail.com<br>9884649364               |    |
| 14   | R. Raveendran, S/o. K.K. Ramaiah<br>5, Annai parasakthi nagar<br>Kadappa Road, Kolathur, Chennai - 99                             | Kkctv2020@gmail.com<br>7305313096             |                                                                                       |
| 15   | A.Sekar,S/o. M. Appadurai<br>Plot no : 3, School cross street<br>Thirumullai voyal,Chennai - 62                                   | sekara24665@gmail.com<br>9171306564           |                                                                                       |
| 16   | K. Sairam, S/o. S. Karuna moorthy<br>267A, First main road<br>23 <sup>rd</sup> cross street, Mathur MMDA, Manali<br>Chennai - 68  | Saqiramg1985@gmail.com<br>9940402669          |                                                                                       |
| 17   | S. Subassri, D/o. Santharam<br>7/5 A, South Car Street<br>Dindigul - 624001                                                       | Subassri.s@gmail.com<br>7200652304            |  |
| 18   | N. Sivakumar, S/o. S. Neelakandan<br>54-B, Green Garden<br>Thirumalai nagar, Hosur - 635109                                       | transsiva@gmail.com<br>9842923899             |  |
| 19   | N. Siddeswaran<br>19A, Veera pandia kattabomman street<br>Chitlapakkam, Chennai - 600064                                          | siddeswarannarasimhan@gmail.com<br>8754403610 |  |
| 20   | B. Simon paul, S/o. B. Kondaiah<br>No: 16, 24 <sup>th</sup> Cross Street<br>TP. Chathram, Shenoy nagar<br>Chennai - 30            | bsimonpaulbca@gmail.com<br>9176225254         |  |
| 21   | A.Veera manikandan<br>S./o.R. Ariramachandran<br>2/55A, Pillayar kovil street<br>South karunkulam, Tirunelveli District<br>627114 | Veermanikandan536@gmail.com<br>8973291831     |  |



| S.No | Name and Address                                                                                                                           | Email/Phone no                                       | Signature                                                                             |
|------|--------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|---------------------------------------------------------------------------------------|
| 22   | A.Venkatesan, S/o. A. Archunan<br>345/2, Sathananda samy madam street<br>Sathananda puram, Perungulathur Chennai - 63                      | alaralven@gmail.com<br>9710690535<br>9025793586      |    |
| 23   | E. Vijay, S/o. Egamparam<br>110, Thiruganasambantham street<br>Alala sundaram, Acharpuram – P.O, Sirhali –<br>T.K, Mayiladuthurai District | athrivijay@gmail.com<br>8610194675                   |    |
| 24   | Mrs. P.Vijayalakshmi, W/o. A. Prakash<br>No: 8/5, Thiruvengadaiah 2 <sup>nd</sup> street<br>Villivakkam, Chennai - 49                      | 8754419527                                           |    |
| 25   | S. Yogalakshmi, D/o. Santharam<br>7/5 A, South Car Street<br>Dindigul - 624001                                                             | Yogalakshmi.ece@gmail.com<br>8778454084              |    |
| 26   | Dr. Haripriya kurup, W/o. C. Ravi<br>No: 203, Rasi Complex, M.R.K Salai<br>Indra nagar, Neyveli - 607801                                   | Physio2fitness@gmail.com<br>8270476422<br>9655452565 |    |
| 27   | Smt. N. BanumathiW/o. Natrayan<br>velusami429, cheran Jeeva nagar, Palani -<br>624601                                                      | 9597455216                                           |   |
| 28   | R. Senthil vel Kannan, S/o. Ramakrishnan,<br>6A , Opp of S.I. Quarters , Police Quarters,<br>Tirupuvanam, Sivagangai District              | 9751261242                                           |  |
| 29   |                                                                                                                                            |                                                      |                                                                                       |
| 30   |                                                                                                                                            |                                                      |                                                                                       |
| 31   |                                                                                                                                            |                                                      |                                                                                       |
| 32   |                                                                                                                                            |                                                      |                                                                                       |



**Annexure - III**  
**Photo Gallery**



**Lighting the Lamp - Dr.Kumaresan**



**Introductory Remarks - Dr.Muthusanthi**





Overview of Paduvarmam - Dr.Kumaresan



Varma Emergency Care - Vai.Suresh Kumar





Varma Adangalkal - Rajeshram Aasan



Naadi Science - Vai.Nagalinga Raja

