



Workshop on Traditional Siddha Varma Massage techniques for Head, Neck and Spinal problems



01. **Name of the Organization** : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. **Date** : 4th October 2025
03. **Venue** : TRC, Anjaneyapuram
04. **Programme Schedule** : Annexure 1
05. **Participants** : 21 Nos. Annexure 2
06. **Photo Gallery** : Annexure 3
07. **Communication Method** : Interactive session
Live Demonstration
Practical



Annexure - I
Programme Schedule
04-10-2025 (Saturday)

- 09.00 a.m. to 10.00 a.m - Registration
- 10.00.a.m. to 10.15a.m - Inaguration
i.Lighting the lamp – Dr.Kannan Rajaram
ii. Introductory note –Dr.M. Muthusanthi
ii.Prayer – P.T. Sughunan
- 10.15 a.m to 11.15 a.m - Session – I
Introduction and therapeutic value of
Traditional Spinal Varma Massage techniques
(Dr. Kannan Rajaram)
- 11.15 a.m to 11.30 a.m - Tea Break
- 11.30 a.m. to 01.00 p.m. - Session – II
Hands on training and live demonstration of
Traditional Spinal Varma massage techniques
(Dr. Kannan Rajaram)
- 01.00 p.m to 02.00 p.m - Lunch & Rest
- 02.00 p.m to 04.00 p.m - Session - III
Hands on training and live demonstration of
Traditional Spinal Varma massage techniques
(Dr. Kannan Rajaram)
- 04.00 p.m to 04.30 p.m - Concluding Session



Annexure - II

Total No. of Participants: 21



Traditional Siddha Varma Massage techniques for Head, Neck and Spinal problems



Venue: Vivekananda Kendra - nardep, TRC, Anjaneyapuram, Kalluvilai

Date: October 4th (Saturday) 2025

Participants list

S.no	Name and Address	Mobile /email	Signature
1	A.Abdul jaleel, S/o. N. Abdul Rahim 3/408, Mudhukulathur Road Paramakudi, Ramanathapuram – 623707	jaleel.acu@gmail.com 8807224995 8667013982	
2	B. Sankaran No - 77, Madhan kovil street Sankaran kovil - 627756 Tirunelveli District	9500173752	
3	P. Ganesan, S/o. Palanisamy 97, Devangapuram , Navab thottam Woraiyur, Trichy - 620003	pganesan57679@gmail.c om 9443191789	
4	N. Jayaraman 3/2, VOC street Kaleeswaran patti - P.O Pollachi, Coimbatore district - 642006	8637671438 9976902709	
5	NA. Murali, S/o. Narayanan KrishnaClassic B1, 2 nd floor, ¾ Seethammal Colony 1 st Cross street, Teynampet, Chennai - 600018	namfitness@ymail.com 9841590919	
6	R. Nasrul Huq, S/o. P. Rafique Ahmed 41/381, Selli Amman koil street Sheik Abdullah nagar Alwarthirunagar, Chennai – 600087	nazumech@gmail.com 9940449754	
7	P.T. Sughunan, S/o. Karunakaran 145, Ganapathy & co Building Near - Kalaimadu silai Chennimalai road, Erode – 638001	9443063023 9715527753 9443551346	
8	L.Suresh, S/o. S. Loganathan 1/20A, Ellaiyamman kovil street Melakkandai village, Zamin Endathur – P.O Maduranthakam - T.K Chengalpattu District – 603311	sureshpavinju@gmail.co m 9787622819	
9	N. Selva mathu, S/o. S. Narayanan 23c/16-1A, Royal Nagar Weavers colony Road, Nagercoil - 629003	selvamathu@hotmail.co m 9791087574	
10	K.P. Vijayaraghavan, S/o. K. Padmanaban 1/11 85 - 7, II nd street Om sakthi Nagar Ramnathapuram - 623503	vijay.raghavan.04@gmai l.com 8695355215, 9976958086	

S.no	Name and Address	Mobile /email	Signature
11	K. Yuvaraj, S/o. Kanniyappan No - 90, Pillayar kovil street Rasathupuram., Kil visharam Melvisaram-P.O,Ranipet District - 632509	8973769266	K. Yuvaraj
12	M. Chandrakala, W/o. S. Murugan 4/38A, Therku theru Panchalingapuram Mahathanapuram - P.O Kanyakumari District - 629702	9600881251	M. Chandrakala
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14	P. Revathi, W/o. L. Sounthararajan 395, Nanjil nagar, Kumaramangalam, Mathur - P.O, Pudukottai District - 622515	kavikd2131@gmail.com 9488874288	P. Revathi
15	R. Saravanaperumal, S/o. S. Ramasubramanian Tenkasi	8122776746	R. Saravanaperumal
16	Smt. V. Selvakumari Plot no - 4, sector - 6 Kalidasan nagar, Tenkasi - 627811	7708211114	Smt. V. Selvakumari
17	R. Vadivel, S/o. V. Rajamani 1/165, West street, Pattamangalam Thiruppathur - T.K Sivagangai District - 630204	vadivelrajamani@gmail.com 8526794128	R. Vadivel
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19	V.K. Ariharasuthan, S/o. V. Kumaresan 13/9, Keela salai, Agastheeswaram Kanyakumari District	vkariharasuthan90@gmail.com 6382472265	V.K. Ariharasuthan
20	K. Arulseivan, S/o.A. Kalappu Masseur Vivekananda kendra - nardep - VRRC Kanyakumari - 629702	karulseivank@gmail.com 9442025978	K. Arulseivan
21	Smt. Kalaiarasi, D/o. Palasan Masseuse Vivekananda kendra - nardep - VRRC Kanyakumari - 629702	7339117252 6369905885	S. Kalaiarasi
22	P. SUBRAMANIAM 31845 KUPPANCLAMPALYEM VAREYANALI (POST) TIRUPUR. 641605	9150248818 subramaniam@berms	P. Subramaniam

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Annexure - III
Photo Gallery



Lighting the lamp - Dr.Kannan Rajaram



Introductory note -Dr.M.Muthusanthi



About Traditional Spinal Varma Massage techniques - Dr.Kannan Rajaram



During Hands on Training and live demonstration of Traditional Spinal Varma massage techniques - Dr.Kannan Rajaram

