



Workshop on Traditional Siddha Varma Bone Setting Practices

Second Year - Module - IV



01. Name of the Organization : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. Date : 08th & 09th August 2025
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 19 Nos. Annexure 2
06. Photo Gallery : Annexure 3
07. Communication Method :
- Interactive sessions
 - Live Demonstration
 - Varma Silambam & Kalari



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

09.00a.m. to 10.00 a.m	-	Registration
10.00 a.m. to 10.15 a.m	-	Inaguration
		i} Lighting the lamp - Dr. Kumaresan ii) Prayer - Shanmugam ji / Achuthan iii)Introductory Remarks - Dr. Muthusanthi
10.15 a.m to 11.15 a.m	-	Session - I Over view of Varma points on Hip & Lower limb (Dr. Kumaresan)
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 Varma points on Hip & Lower limb (Dr. Kumaresan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 04.00 p.m	-	Session - III Varma massage techniques of diseases of Head and Neck (Vai. Jothi Suresh)
04.00 p.m to 04.15 p.m	. -	Tea Break
04.15 p.m to 05.15 p.m	-	Session - IV Varma manipulation Techniques (Vai. Jothi Suresh)
05.30 p.m to 07.30 p.m	-	Session - V Varma Silambam (Thiru. Rajeshram Aasan)
07.30 p.m to 08.30 p.m	-	Dinner
08.30 p.m to 09.30 p.m	-	Session - VI Happy Assembly (C. Vijayaragavan)
09.30 p.m	-	Switch off

2 nd day 09-08-2025 - (Saturday)

05.30 a.m to 06.30 a.m	-	Session – VII Pratasmaran, Yoga (C. Vijayaragavan, Udhayakumar)
06.30 a.m. to 07.30 a.m.	-	Session - VIII Varma Silambam (Thiru.Rajeshram Aasan)
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 -IX Over view of Naadi and Sarasoothiram (Dr. Kannan rajaram)
11.30 a.m to 11.45 a.m	-	Tea Break
11.45 a.m to 01.00 p.m	-	Session -X Over view of Naadi and Sarasoothiram (Dr. Kannan rajaram)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00p.m to 04.00 p.m	-	Session - XI Over view of Varmam on Back of the Trunk (Dr. Jensirisha)



Annexure - II

Total No. of Participants: 19



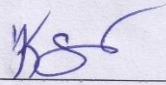
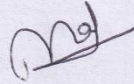
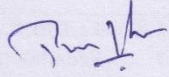
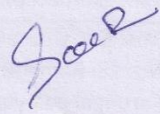
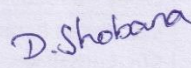
Traditional Siddha Varmam Bone Setting Practices Second Year - Part - IV

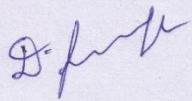
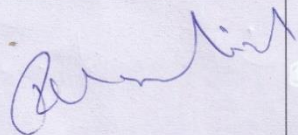
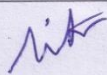
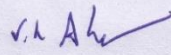
Venue: Vivekananda Kendra – TRC, Anjaneyapuram, Kalluvilai
Date: 08th & -09th August - 2025



Participants list

S.no	Name and Address	Mobile /email	Signature
1	M. Achuthan, S/o. Mohan 94, Arulvelavan nagar Soolai, Erode - 638004	yogasudarachyuthan@gmail.com 8610586323	<i>m. Achuthan</i>
2	C. Annamalai, S/o. Chinnapaiyan Thall street, Karumandurai – P.O Salem - 636132	Cannamalai206@gmail.com 9486902388	<i>C. Annamalai</i>
3	AJP. Balaji 35-3/82 – 46, Ranga nagar, Near Children Park, Suramangalam Salem - 636005	balajiajpsalem@gmail.com 8925845369	<i>AJP Balaji</i>
4	M. Chandrakala, W/o. S. Murugan 67J, CMC Nagar, Vellamadam Kanyakumari District	9600881251	<i>M. Chandrakala</i>
5	M. Dhanabal, S/o. T. Muthusamy 2/8, School street Pethanaickanur – P.O, Anaimalai – T.K Coimbatore – 642134	Dhasharadhee1980@gmail.com 9965290698	
6	K. Gobika, D/o. K. Komarasamy 7/100, Kadathur north Kadathur Nambiyur Erode – 638454, Tamilnadu	vishwaayushy@gmail.com 6381016225	<i>K. Gobika</i>
7	S.Iyyappan, Balamore Road 7/205, Kesavan puthoor Alagiapandiyapuram – P.O Kanyakumari District-629851	iyappansathasivan@gmail.com 9367521427	
8	Mrs. Kripamurali No: 38, Ramanujam Nagar Karungal palayam Erode - 638003	vigmuk@gmail.com 9843086555	
9	K.Krishnan Paramasivan S/o. kuthalingam 40/12A, Uchimahali Amman kovil 3 rd street, Kizhapuliyur – 627814 Tenkasi District	Krish82000@gmail.com 9994862002	<i>K. Krishnan</i>
10	Keshav kumar, S/o. D.S. Narayanan 16/33, TP Koil first lane Triplicane, Chennai - 600005	devakikeshavkumar@gmail.com 9444212747	

S.no	Name and Address	Mobile /email	Signature
11	K. Shanmugam 3/85, Nambiyur main Road Arasur pudhur, Arasur Erode - 638454	9791208718 kskspathanjali@gmail.com	
12	S. Murali, S/o. N. Subramanian No: 38, Ramanujam Nagar Karungal palayam Erode - 638003	subhasreegousala@gmail.com 9843427302	
13	Mani KB, S/o. Baskaran Kolangara Parabil (H) Thottipal - P.O, Trissur District Parappukara – 680310, Kerala	manibaskarmanikb@gmail.com 9744151506	
14	M. Manikandan, S/o. Balan Nair Mannummal House Choondal - P.O – 680502 Trissur District, Kerala	<u>Manikandanm9947@gmail.com</u> 9947051658	
15	R. Muthuvenkatesan Cuckoo Forest School Puliyanoor Village, Singarapettai - P.O Krishnagiri District-635307	<u>Muthuvenkat224@gmail.com</u> 9750192229	
16	N. Suresh, S/o. K. Natarajan No - 29, Road street Kizhnayakkan palayam Vadakalpakkam - P.O Tiruvannamalai - 631702	<u>Suresh7356@gmail.com</u> 7845682954	
17	R.Premkumaran, S/o. V. Rajendran 145, Nethaji street, Mamalan nagar Kanchipuram - 631501	8015773201	
18	P. Revathi, W/o. L. Sounthararajan 395, Nanjil nagar, Kumaramangalam, Mathur – P.O, Pudukottai District – 622515	<u>Kavikd2131@gmail.com</u> 9488874288	
19	R. Saravanaperumal, S/o. S. Ramasubramanian 45/1, Tank Street Athi palayam Road, Coimbatore	8122776746	
20	D. Shobana, D/o. M. Durai 2/3, Pudhu thottam, Kadathur Erode - 638454	<u>Sobanadj123@gmail.com</u> 9952624716	
21	C. Sunilkumar, S/o. C. Moddu Babu 12/900, 1 st floor, Friends villa Iswarya Garden Main Road Nedavakkam , Chennai - 100	<u>Sunilkchandra999@gmail.com</u> 9092382939	

S.no	Name and Address	Mobile /email	Signature
22	D. Suresh, S/o. G. Dhashinamoorthy 7/405 A, 57th Street Sidco nagar, Villivakkam Chennai - 600049	Challengets.sama@gmail.co m 7845569306	
23	Udhayakumar Anantharao F5, Golden Flats Dr. Radhakrishnan Street Srinivasapuram, Guduvancherry - 603202	Uday.suvan@gmail.com 9677266859	
24	R. Vadivel, S/o. V. Rajamani 1/165, West street, Pattamangalam Thiruppathur - T.K Sivagangai District - 630204	vadivelrajamani@gmail.co m 8526794128	
25	D. Viswanathan, S/o. V. Doraiswamy 5/214D, Type 63 rd Street Sidco nagar, Villivakkam Chennai - 600049	viswanathaiyer@gmail.com 9841117711	
26	M. Vellaiyathevan, S/o. K. Mariyappan 83, 5 th street, Poompukar nagar Kolatur, Chennai - 99	Bestexange123@gmail.com 8870432729	
27	K.R. Vinoth, S/o. V. Kumaresan 13/9, Keela salai, Agasthreeswaram Kanyakumari District	Vinukr93@gmail.com 8438943188	
28	V.K. Ariharasuthan, S/o. V. Kumaresan 13/9, Keela salai, Agastheeswaram Kanyakumari District	Vkariharasuthan90@gmail. com 6382472265	
29	Smt. V. Selvakumari Plot no - 4, sector - 6 Kalidasan nagar, Tenkasi - 627811	7708211114	
30	D. Faheen bacher, S/o. Deen , 1/30 -Thopputhura, Vedaranyam - T.K Nagapattinam District	<u>Fahimuu786@gmail.com</u> 9488849231	

Annexure - II
Photo Gallery



Lighting the Lamp - Dr.Kumaresan



Introductory Remarks - Dr.Muthusanthi



Overview of Varma points on Hip and Lower limb - Dr.Kumaresan



Varma massage techniques of diseases of Head and Neck - Vai.Jothi Suresh



Varma Kalari - Rajeshram Aasan



Pratasmaran, Yoga - Thiru.C.Vijayaragavan



Demonstration of Varma Saram - Dr.Kannan Rajaram



Overview of Varmam on the back of the trunk- Dr.Jensirisha