



## Workshop on Traditional Siddha Varma Bone Setting Practices



### Second Year - Module - VIII

01. Name of the Organization : Varma Research and Resource Center  
Vivekananda Kendra - NARDEP,  
Kanyakumari
02. Date : 20<sup>th</sup> & 21<sup>st</sup> February 2026
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 20 Nos. Annexure 2
06. Photo Gallery : Annexure 3
07. Communication Method :
- Interactive sessions
  - Live Demonstration
  - Varma Silambam & Kalari



**Annexure - I**  
**Programme Schedule**  
**1st day 20-02-2026 - ( Friday)**

09.00 a.m. to 10.00 a.m	-	Registration
10.00.a.m. to 10.15 a.m	-	Inaguration i.Lighting the lamp-Dr.N.Vadamalai ii.Prayer - Ragupathy
10.15 a.m to 11.15 a.m	-	Session - I Overview of Padu varmam (Dr.N.Vadamalai)
11.15 a.m to 11.30 a.m	.-	Tea Break
11.30 a.m. to 01.00 p.m.	-	Session – II Overview of Padu varmam (Dr. N. Vadamalai)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 03.00 p.m	-	Session - III Varma medicines (Dr. Muthusanthi)
03.00 p.m to 04.00 p.m	-	Session – IV Special Varma massage Techniques (Ramesh kumar Aasan)
04.00 p.m to 04.15 p.m	-	Tea Break
04.15 p.m to 05.30 p.m	-	Session - V Special Varma massage Techniques (Ramesh kumar Aasan)
05.30 p.m to 07.30 p.m	-	Session - VI Kalari, Varma Silambam (Rajeshram Aasan, Ramesh kumar Aasan)
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)

09.30 p.m - Switch Off

### 2nd day ( 21-02-2026 - 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  
Kalari, Varma Silambam  
(Rajeshram Aasan,Ramesh kumar  
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 -X  
Over view of Varma Adangal points  
(Dr. Binthuja G Dharan)

11.30 a.m to 11.45 a.m - Tea Break

11.45 a.m to 01.00 p.m - Session -XI  
Over view of Varma Adangal points  
(Dr. Binthuja G Dharan)

01.00 p.m to 02.00 p.m - Lunch & Rest

02.00p.m to 04.00 p.m - Session - XII  
Over view of Varma kayangal  
( Vai. A.S. Asok kumar)

04.00 p.m - Concluding Session



**Annexure - III**  
**Total No. of Participants - 20**



**Traditional Siddha Varma Bone Setting Practices**  
**First Year - Part -VIII**

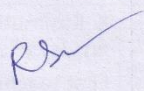
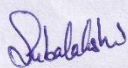
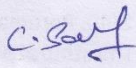




Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai  
Date: - 2026 - February - 20<sup>th</sup>, 21<sup>st</sup> ( Friday, Saturday)


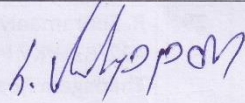


**Participants list**

S.no	Name and Address	Mobile /email	Signature
1	D.Antony Adimai, S/o. M. Dhasan Anbiam - 2, Enayam puthenthurai K.K. District- 629193	<a href="mailto:antoantony141@gmail.com">antoantony141@gmail.com</a> 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, D/o. P. Paulson 16/47, Atham Street Rayapuram, Chennai - 13	9940302438	
4	V. Chithambara Nathan S/o. C. Velaiya nadar, 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 - 636104	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 28A, Rajaganapathy nagar Chinnathirupathy, Salem - 636008	Peppiteo7@gmail.com 8220366728	
9	Hari KS, S/o. Shivakumar K. 205, Hari complex, Shiva thottam Jarikondalam patty, Salem - 636010	hariks200501@gmail.com 9161612129	
10	Jayaramji S, S/o. Sadathipathy P 1/94, Perumalpuram Kottaram - P.O - 629703 Kanyakumari District	9080816538	

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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	mkalimuthu1818@gmail.com 8946095685	
13	D. Krishnamoorthy, S/o. Dharmalingam 32, Dhanpandi street, Chinnavedampatti , Coimbatore-641049	9944933553	
14	S. Karthickeyan, S/o. B. Subramani 28, Tagore street, Dhathagapatti Salem - 636006	9944324748	<i>S. Karthickeyan</i>
15	A. Krishnan, S/o. M. Arjunan 72, Thedeer Nagar, Seelanaickenpatty Salem - 636201	9585992274	
16	Dr. M. Laila, D/o. R. Murugesan 2/137, Arisana colony Thiyaganur South, Thiyaganur - P.O Salem district	8637636519	<i>M. Laila</i>
17	T. Murugesan, S/o. K. Thangavel 119/1A, Kamarajar street, Dadagapatti Salem - 636006	9894855832	<i>T. Murugesan</i>
18	J. Nagarajan, C/o. P. Jagadeesan 3/64 - 2, Ottamethai, Sangiri main Road VTC : Pallipalayam Agraharam & - P.O NamaKkal District - 638008	arunalayam73@gmail.com m 9043302766	<i>J. Nagarajan</i>
19	C. Natanam, S/o. Chandrasekaran 2/248, North main street Velukkudi - 610102 Tiruvarur District	natanamngc@gmail.com 8754624532	
20	K. Palani, S/o. P. Krishnan 247/11 , Ammal Ari Road, Coolam pillai kadu, Dadagapatti Salem - 6	6381491223	<i>K. Palani</i>
21	J. Prabu Kannan, S/o. Jaya 17/42, Balagandhi Road Gugai , Salem - 636006	9659355504	
22	Dr. M. Rajaram Narayanan S/o. N. Mailerum perumal 2/3, TNHB Flats, Sector - 1 Maduravoyal , Chennai - 600095	drmrjaram21@gmail.com m 9884448821	
23	B. Raja, S/o. A. Balusamy 22/45, Muthuramalingam street, Erikarai, Gandhi nagar east Tambaram, Chennai - 600059	9840280858	<i>B. Raja</i>

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24	C. Ramesh, S/o. Chinnakulandai 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 M. Thathanur Post Salem - 636103	drskrsivakumar@gmail.co m 9942912369	
27	D. Suba Lakshmi, D/o. Dhanarasan No- 6, First cross extension Rainbow Nagar Near Thumber Nagathamman kovil Pudhucherry - 605011	9884714778	
28	C. Sathish, S/o. K. Chandrasekaran 375/2, Middle Street Keezhur & P.O, Kurinji padi - TK, 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 S/o. S. Manavazhagan 210, Kali Amman kovil street Mangudi – 610103, Tiruvarur 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, 68 <sup>th</sup> street, 2 <sup>nd</sup> Main Road Mathur MMDA, Chennai - 600068	n.mohamedrizwan@gmail .com 7358405529	
33	T. Raja, S/o. V. Tharmaraj 11/61, 2 <sup>nd</sup> main road, Kumaran Nagar Virugambakkam, Koyambed Chennai - 600092	6381609655	
34	Dr. P.Sivasankar 48, Karnakkollai Agraharam street Kumbakonam - 612001 Thanjavur District	9443677766	

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35	Devendra kumar V, S/o. Velayutham C No: 9,Vanniyar street,Alangayam & P.O Vaniyambadi - TK, Tiruppattur District 635701	9042177574 7010370030	
36	S. karupaswamy. S/o. Samiyappan 5/32, Nallamutham palayam , Ingur Perundurai Erode- 638052	9842736199	
37	K. Kasimuthu, S/o. K.R.K. Pandian 301/4, 3 <sup>rd</sup> cross street First teachers colony, Ariyakulam KTC Nagar, Tirunelveli	9597168400	
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39	Vaseeharan P.S, S/o. Panneerselvam T 2/40, Perumal kovil street, Pamani - Post Thiruthurai poondi - T.K Thiruvarur District - 614711	psvaseeharan@gmail.com 9385877604	
40	S. Velappan, S/o. Subramanian 16D, Kanni Vinayagar Kovil street Palaya pettai, Tirunelveli - 627008	velappan850@gmail.com 8300484988	

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



**Lighting the lamp-Dr.N.Vadamalai**



**Overview of Padu varmam - Dr.N.Vadamalai**



Varma medicines - Dr.Muthusanthi



Special Varma massage Techniques - Ramesh kumar Aasan



Yoga - C.Vijayaragavan



Varma Silambam - Rajeshram Aasan, Ramesh kumar Aasan



Over view of Varma Adangal points -Dr.Binthuja G Dharan



Over view of Varma kayangal - Vai.A.S.Asok kumar

