



Workshop on Traditional Siddha Varma Bone Setting Practices



First Year - Module - XI

01. **Name of the Organization** : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. **Date** : 22nd & 23rd May 2026
03. **Venue** : TRC, Anjaneyapuram
04. **Programme Schedule** : Annexure 1
05. **Participants** : 37 Nos. Annexure 2
06. **Photo Gallery** : Annexure 3
07. **Communication Method** :
 - Interactive sessions
 - Live Demonstration
 - Varma Medicine Preparation
 - Varma Silambam & Kalari



Annexure - I
Programme Schedule
1st day 22-05-2026 - (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- Vai. Mani Aasan ii.Prayer - Raghupathy
10.15 a.m to 11.15 a.m	-	Session – I Uniqueness of Varma maruthuvam (Vai. Mani Aasan)
11.15 a.m to 11.30 a.m	.-	Tea Break
11.30 a.m. to 01.00 p.m.	-	Session - II Uniqueness of Varma maruthuvam (Vai. Mani Aasan)
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 Hands on training for Varma massage (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 Hands on training for Varma massage (Rajesh Ram Aasan)
05.30 p.m to 07.30 p.m	-	Session - VI Kalari, Varma Silambam (Rajeshram 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 23-05-2026 - (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
(Rajesh ram 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
Overview of Varma points
(Vai. Asok kumar) |
| 11.30 a.m to 11.45 a.m | - | Tea Break |
| 11.45 a.m to 01.00 p.m | - | Session -XI
Therapeutic Varma points stimulation
for various diseases.
(Vai. Asok kumar) |
| 01.00 p.m to 02.00 p.m | - | Lunch & Rest |
| 02.00p.m to 04.00 p.m | - | Session - XII
Viva |
| 04.00 p.m | - | Concluding Session |



Annexure - II

Total No. of Participants:37



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




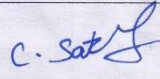
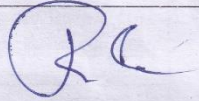

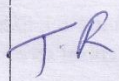

Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai
Date: - 2026 - May - 22nd & 23rd (Friday, Saturday)


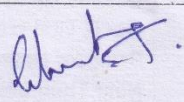
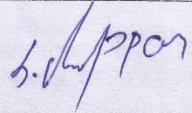


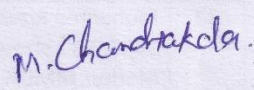




Participants list

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.co m 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	
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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	S. Karthickeyan
15	A. Krishnan, S/o. M. Arjunan 72, Thedeer Nagar, Seelanaickenpatty Salem - 636201	9585992274	A. Krishnan
16	Dr. M. Laila, D/o. R. Murugesan 2/137, Arisana colony Thiyaganur South, Thiyaganur - P.O Salem district	8637636519	
17	T. Murugesan, S/o. K. Thangavel 119/1A, Kamarajar street, Dadagapatti Salem - 636006	9894855832	T. Murugesan
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 9043302766	J. Nagarajan
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23	B. Raja, S/o. A. Balusamy 22/45, Muthuramalingam street, Erikarai, Gandhi nagar east Chambaram, Chennai - 600059	9840280858	B. Raja

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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.com 9942912369	
27	D. Suba Lakshmi, D/o. Dhanarasan No- 6, First cross extension Rainbow Nagar Near Thumber Nagathamman kovil Pudhucherry - 605011	9884714778	
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36	S. karupaswamy. S/o. Samiyappan 5/32, Nallamutham palayam, Ingur Perundurai Erode- 638052	9842736199	
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43	M. Chandrakala, W/o. S. Murugan 4/38A, Therku theru, Panchalingapuram Mahathanapuram - P.O Kanyakumari District - 629702	9600881251	
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Annexure - III
Photo Gallery



Lighting the lamp- Vai. Mani Aasan



Uniqueness of Varma maruthuvam -Vai. Mani Aasan



Varma medicines-Dr.Muthusanthi



Hands on training for Varma massage - Rajesh Ram Aasan



Happy Assembly - (C. Vijayaragavan)



Overview of Varma points - Vai.Asok kumar

