



Workshop on Traditional Siddha Varma Bone Setting Practices



First Year - Module - I

01. **Name of the Organization** : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. **Date** : 29th & 30th May 2026
03. **Venue** : TRC, Anjaneyapuram
04. **Programme Schedule** : Annexure 1
05. **Participants** : 21 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 29-05-2026 (Friday)

10.15 a.m. to 11.45 a.m	-	Inaguration Lighting the lamp Prayer - Ragupathy Welcome address -V. Ramakrishnan Key note Address- Dr.Muthu Santhi Felicitation Address - G. Vasudeoji Santhi mantra
11.45 a.m to 12. 00 a.m	-	Tea Break
12.00 a.m to 01.00 p.m	-	Session – I Siddha Medicine-Introduction and Udal Thathuvam - 96 (Dr. Muthu santhi)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 04.00 p.m	-	Session - II Introduction of Varmam & General Anotomy (Dr. Balaji)
04.00 p.m to 04.15 p.m	.-	Tea Break
04.15 p.m to 05.30 p.m	-	Session - III Vivekananda Kendra Activities (C. Vijayaragavan)
05.30 p.m to 07.30 p.m	-	Session - IV Varma Silambam (Rajeshram Aasan)
07.30 p.m to 08.30 p.m	-	Dinner
08.30 p.m to 09.30 p.m	-	Session - V Happy Assembly Vijayaragavan)
09.30 p.m	-	Switch Off

2nd day 30-05-2026 - (Saturday)

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|--------------------------|---|---|
| 05.30 a.m. to 06.30 a.m. | - | Session - VI
Pratasmaran, Yoga
(C. Vijayaragavan, Shri. Velusamy) |
| 06.30 a.m to 07.30 a.m | - | Session - VII
Varma Silambam
(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. 11.00 a.m | - | Session - VIII
Varmam in our day today life
(Rajeshram Aasan) |
| 11.00 a.m to 11.15 a.m | - | Tea Break |
| 11.15 a.m to 01.00 p.m | - | Session -IX
Varmam in our day today life
(Rajesh Ram Aasan) |
| 01.00 p.m to 02.00 p.m | - | Lunch & Rest |
| 02.00p.m to 04.00 p.m | - | Session - X
Classification of Varma points
(Vai. Asok kumar) |
| 04.00 p.m | - | Concluding Session |



Annexure - II

Total No. of Participants: 21



Traditional Siddha Varmam Bone Setting Practices First Year- Part - I

Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai
Date: 29th & 30th May - 2026



Participants list

S.no	Name and Address	Email/mobile no	Remarks
1	T. Manoharan, S/o. Thangeswaran 32A, Ambigapuram, North street, Melapalayaqm, Tirunelveli District	Manoharan61161@gmail. com 9500680669	T. Manoharan
2	V. Muthumani, S/o.M. Vedamoorthy, 159, Big street, Tirunelveli town - 627006	<u>muthumanivarma@gmail.</u> <u>com</u> 9843291607, 9994315315	
3	V. Suresh, S/o. N. Velayudhan, Alankottai, Ganapathypuram- P.O, Kanyakumari District	8270414098	
4	S. Rajesh, S/o. R. Selvaraj, 3/339 Muthukrishnaperi, Main Road Alankulam – 627861, Tenkasi District	Boopathivagai1008@gmai l.com 9843310082	
5	Dr. Raam kumar AG, S/o.T. Govindaraj, Plot #15, Rohini Garden 5 th cross, Alagapuram, Periya pudur, Salem -636016	<u>raamkumarag@gmail.co</u> <u>m</u> 9940362164	
6	Mani S, S/o. M. shanmugam 102i/2, Kuyavan kadu, Masinaickenpatty, Ayothiyapattianam, Salem - 636103	Dknmani01@gmail.com 9840961944	
7	S. Uthayakumar, S/o. S. Subburaj, 70E/6, Singapore lane, Lakshmiapuram - P.O Kovilpatti – 628502, Thoothukudi District	9443002301	
8	M. Muruganandam, S/o. Mohan Palan isaamy, 303, Royal legend Appartment, Kodichikkanathalli, Kaveri nagar, Bommanahelli, Bangalore-68	9949821254	
9	S.k. Thanigaivelan, S/o. P. Santhakumar 4/10, Venkatesapuram 4 th street, Dr. Natesan road, Triplicane, Chennai -5	9551262220(w) 9940175786	

S.no	Name and Address	Email/mobile no	Remarks
10	R. Chandra kumar, 27, Angalamman kovil street, Kitchippalayam., Salem - 636015	9600416604	Rel 29/5/06 9600416604
11	R. Ajay, S/o. A. Rajapandiyan 4/154-5, Sivakangaipuram, Kalpaganur- P.O Salem District - 636109	Ajaykumar0107770@gmail.com 9597729098	
12	Jayakumar R.L, Aiswarya Bhavan, Near Bishop's House, Aralum moodu - P.O, Neyyattinkara - 695123	9074701907	Jay
13	S. Murugan Near Kurusadi, Leepuram- P.O, K.K. District - 629702	9842518140	
14	T. Ramachandrakaran, No - 4, Arasanthottam, Selvapuram Colony Somanur - P.O, Coimbatore District-641668	9514461555	T. Ramachandrakaran 9514461555
15	C. Venkatesh, S/o. T. Chelladurai 298, Arunachalapuram North street Vickramasingapuram, Tirunelveli District- 627425	7010518026	
16	M. Venkatesan 2/9B, Bajanai kovil street, Alamelumangapuram Vellore - 632009	8190923135	
17	D. Chandran 7/C, Kannaki street, Subramanyapuram Trichy - 620020	9655228855	
18	Shajahan Devadanathu, Kannamkode, Adoor - P.O Pathanamthitta District	7907641572	
19	Somanath S Kowdi, Kowdi House Opposite water authority, Pallimukku Ernakulam - 682016, Kerala	8281915488	

S.no	Name and Address	Email/mobile no	Remarks
20	Preetha PC Smrithi, JKS 31, Ramakodam Ln, Perumbotta Rd Elamakkara - P.O, 682026	preesan2015@gmail.com - 9061452581	Preetha
21	Aswathy Ajay Kowdi House, Opposite water authority Pallimukku, Ernakulam - 682016	8281915483	Aswathy
22	H. Mohideen Ismail Ghani, S/o. M. Haja mohideen 16/73, Methampalayam 4 th st, Melapalayam Tirunelveli - 627005	Ghani130@ yahoo.co.in 9842686130	Ghani
23	Ramesh kumar, S/o. Kumar 2/8, Kalai nagar, Nagercoil - 2	ramesh19391k@gmail.co m 9894119391	Ramesh
24	Velusamy. A S/o. Alagirisamy 9/4, GK . Nagar, 3 rd Street, Kovilpatti	avelusamy@gmail.com 8825609496	Velusamy
25	MS. Kavitha		
26	Shine Gopalakrishnan Achari S/o. Gopalakrishnan Achari Thundil veedu, Near Amman kovil Navaikulam, Trivandrum - 695603	shinegkrishna@gmail.com 7907730917	Shine
27	E.Baalakrishnan, S/o.P. Ethiraj 7 B, Sri Ambal Dhanalakshmi Nagar, Kuppathumedu, Soranchery P.O Chennai - 600072	baalakrishnane@gmail.co m 9841676677	Baalakrishnan
28	T. Raja, S/o. V. Tharmaraj 11/61, 2 nd main road, Kumaran Nagar Virugambakkam, Koyambed Chennai - 600092, 6381609655	6381609655	T-Raj
29	Dr. P.Sivasankar 48, Karnakkollai Agraharam street Kumbakonam - 612001	9443677766	P.Sivasankar

S.no	Name and Address	Email/mobile no	Remarks
30	R. Ajay (Sivakangaiwaram, Kalpagonur, Attur, Salem	9597729098 ajaykumar0107770 @g.mail.com	R. Ajay.
31	Dr. Shajahan Devadanathu Adoor P.O Pathanamthitta.	9400243496 Soulcoachshajahan @gmail.com	Shajahan
32	S.Tamilselvan (Aragalur), Thalaiwasal, Salem.	9751254318 Selvantamilos2@gmail.com	S.Tamilselvan
33	M. KALIMUTHU Tuticorin - 628905	8946095685 Mkalimuthu18180 @gmail.com	M. Kalimuthu
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Annexure - III
Photo Gallery



Lighting the lamp - Shri.Vasudeoji,Secretary VK-Nardep



Welcome address -Shri.V.Ramakrishnan, Director VK-Nardep



Siddha Medicine-Introduction - Dr.Muthu Santhi



Introduction of Varmam & General Anotomy - Dr.Balaji



Vivekananda Kendra Activities - Shri.C.Vijayaragavan



Varma Yoga - Shri.Velusamy

