



Workshop on Traditional Siddha Varma Bone Setting Practices



First Year - Module-X

01. **Name of the Organization** : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. **Date** : 17th & 18th April 2026
03. **Venue** : TRC, Anjaneyapuram
04. **Programme Schedule** : Annexure 1
05. **Participants** : 29 Nos. Annexure 2
06. **Photo Gallery** : Annexure 3
07. **Communication Method** :
 - Interactive sessions
 - Live Demonstration
 - Varma Silambam & Kalari



Annexure - I
Programme Schedule
1st day 17-04-2026 (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.Muthusanthi ii.Prayer - Ragupathy iii)Introductory Remarks - C.Vijayaragavan
10.15 a.m to 11.15 a.m	-	Session - I Varma medicines (Dr. Muthusanthi)
11.15 a.m to 11.30 a.m	.-	Tea Break
11.30 a.m. to 01.00 p.m.	-	Session - II Varma Orthopedic medicines and its preparation (Rajeshram Aasan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 04.00 p.m procedure	-	Session - III Common Varma Orthopedic (Vai. Arasu Raja)
04.00 p.m to 04.15 p.m	-	Tea Break
04.15 p.m to 05.30 p.m	-	Session - IV Varma Sarvanga thadaval Techniques (Ramesh kumar Aasan)
05.30 p.m to 07.30 p.m	-	Session - V 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 - VI Happy Assembly - C.Vijayaragavan
09.30 p.m	-	Switch Off

2nd day 18-04-2026 (Saturday)

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|--------------------------|---|---|
| 05.30 a.m. to 06.30 a.m. | - | Session - VII
Pratasmaran, Yoga
(C. Vijayaragavan) |
| 06.30 a.m to 07.30 a.m | - | Session - VIII
Kalari, Varma Silambam
(Rajesh ram 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 -IX
Therapeutic Varma Mudras for
various diseases and Aadhara
Chakras in Human Body
(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 -X
Therapeutic Varma Mudras for
various diseases and Aadhara
Chakras in Human Body
(Dr. Binthuja G Dharan) |
| 01.00 p.m to 02.00 p.m | - | Lunch & Rest |
| 02.00p.m to 04.00 p.m | - | Session - IX
Physiology – Functions of Living
Organism and 14 Vegangal
(Dr. Balaji) |
| 04.00 p.m | - | Concluding Session |



Annexure - II
Total No. of Participants - 29



Traditional Siddha Varma Bone Setting Practices
First Year - Part -X


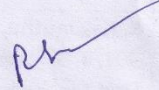
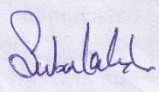
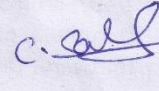




Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai
Date: - 2026 - April - 17th, 18th (Friday, Saturday)


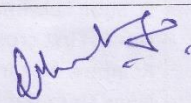
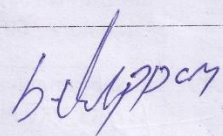
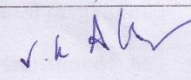
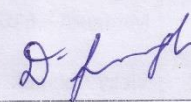
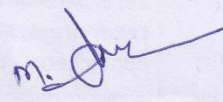
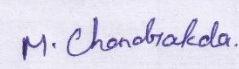
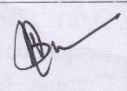
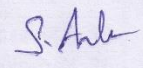


Participants list

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20	K. Palani, S/o. P. Krishnan 247/11 , Ammal Ari Road, Coolam pillai kadu, Dadagapatti Salem - 6	6381491223	K. Palani
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45	Smt. V. Selvakumari Plot no - 4, sector - 6 Kalidasan nagar, Tenkasi - 627811	7708211114	
46.	S. Ambika 8072709580	8072705980	

Annexure - III
Photo Gallery



Lighting the lamp- Dr.Muthusanthi



Lecture about Varma medicines - Dr.Muthusanthi



Varma Orthopedic techniques and medicines - Rajeshram Aasan



Common Varma Orthopedic procedure - Vai.Arasu Raja



Varma Sarvanga thadaval Techniques - Ramesh kumar Aasan



Kalari, Varma Silambam - Rajeshram Aasan, Ramesh kumar Aasan



Therapeutic Varma Mudras for various diseases - Dr.Binthuja G Dharan



Physiology - Functions of Living Organism and 14 Vegangal -Dr.Balaji

