



Workshop on Traditional Siddha Varma Bone Setting Practices



Second Year - Module - IX

01. **Name of the Organization** : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. **Date** : 10th & 11th April 2026
03. **Venue** : TRC, Anjaneyapuram
04. **Programme Schedule** : Annexure 1
05. **Participants** : 18 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 10-04-2026 (Friday)

09.00a.m. 10.00 a.m	-	Registration
10.00 a.m. to 10.15 a.m	-	Inaguration
		i) Lighting the lamp -Vai. Nagalingaraja ii) Prayer - Shanmugam ji iii) Introductory Remarks – C. Vijayaragavan
10.15 a.m to 11.15 a.m	-	Session - I Over view of Varma medicine (Vai. Nagalingaraja)
11.15 a.m to 11. 30 a.m	-	Tea Break
11.30 a.m. to 01.00 p.m.	-	Session - II Varma medicine preparation (Vai. Nagalingaraja)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 04.00 p.m	-	Session - III Varma medicine preparation (Vai. Nagalingaraja)
04.00 p.m to 04.15 p.m	.-	Tea Break
04.15 p.m to 05.30 p.m	-	Session - IV Varma medicine preparation (Vai. Nagalingaraja)
05.30 p.m to 07.30 p.m	-	Session - V Varma Silambam (Thiru. Adaikalam Aasan)
07.30 p.m to 08.30 p.m	-	Dinner Session - VI
08.30 p.m to 09.30 p.m	-	Happy Assembly (C.Vijayaragavan)
09.30 p.m	-	Switch off

2nd day 11-04-2026 - (Saturday)

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 Varma Silambam (Thiru.Adaikalam Aasan)
07.30 a.m to 08.30 a.m	-	Ablution
08.30 a.m. to 09.30 a.m.	-	Breakfast
10.00 a.m to 11.30 a.m	-	Session -IX Varma Saram & Amirtha nilai (Dr. Jenishirisha)
11.30 a.m to 11.45 a.m	-	Tea Break
11.45 a.m to 01.00 p.m	-	Session -X Varma Saram & Amirtha nilai (Dr. Jenishirisha)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00p.m to 04.00 p.m	-	Session - XI Physiology – Functions of Living Organism and 14 Vegangal (Dr. Balaji)



Annexure - III



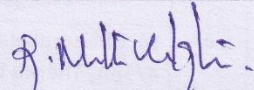
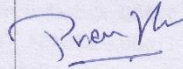
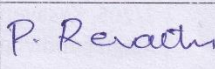

Total No. of Participants: 18


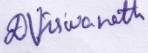

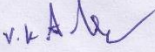



**Traditional Siddha Varmam Bone Setting Practices
Second Year- Part - IX**
Venue: Vivekananda Kendra - IRC, Anjaneyapuram, Kalluvilai
Date: 10th & 11th April - 2026
Participants list



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. Ach</i>
2	C. Annamalai, S/o. Chinnapaiyan Thall street, Karumandurai - P.O Salem - 636132	Cannamalai206@gmail.com 9486902388	<i>C. Annal</i>
3	AJP. Balaji 35-3/82 - 46, Ranga nagar, Near Children Park, Suramangalam Salem - 636005	balajiajpsalem@gmail.com 8925845369	<i>A.P. Balaji</i>
4	M. Chandrakala, W/o. S. Murugan 4/38A, Therku theru, Panchalingapuram Mahathanapuram - P.O Kanyakumari District - 629702	9600881251	
5	M. Dhanabal, S/o. T. Muthusamy 2/8, School street Pethanaickanur - P.O, Anaimalai - T.K Coimbatore - 642134	Dhasharadhee1980@gmail.com 9965290698	<i>m. Dhan</i>
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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	
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14	M. Manikandan, S/o. Balan Nair Mannummal House Choondal - P.O - 680502 Trissur District, Kerala	Manikandanm9947@gmail. com 9947051658	
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16	N. Suresh, S/o. K. Natarajan No - 29, Road street Kizhnayakkan palayam Vadakalpakkam - P.O Tiruvannamalai - 631702	Suresh7356@gmail.com 7845682954	
17	R.Premkumaran, S/o. V. Rajendran 145, Nethaji street, Mamalan nagar Kanchipuram - 631501	8015773201	
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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	Sobanadj123@gmail.com 9952624716	

S.no	Name and Address	Mobile /email	Signature
21	C. Sunilkumar, S/o. C. Moddu Babu 12/900, 1 st floor, Friends villa Iswarya Garden Main Road Nedavakkam , Chennai - 100	Sunilkchandra999@gmail.com 9092382939	
22	D. Suresh, S/o. G. Dhashinamoorthy 7/405 A, 57th Street Sidco nagar, Villivakkam Chennai - 600049	Challengets.sama@gmail.com 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.com 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	Fahimuu786@gmail.com 9488849231	

Annexure - III
Photo Gallery



Lighting the lamp - Vai.Nagalingaraja



Prayer -p Shri.Shanmugam



Introductory Remarks - C. Vijayaragavan



Overview of Varma medicine - Vai.Nagalingaraja



Herbal Purifying process before Varma medicines preparation.....



Raw Drugs for Varma Medicines Preparation



During Varma Medicine Preparation is on



Varma Silambam - Rajkumar Aasan and Adaikalam Aasan



Varma Saram and Amirthanilai - Dr.Jenishirisha



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

