



Workshop on Traditional Siddha Varma Bone Setting Practices



Second Year - Module - X

01. **Name of the Organization** : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. **Date** : 8th & 9th May 2026
03. **Venue** : TRC, Anjaneyapuram
04. **Programme Schedule** : Annexure 1
05. **Participants** : 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 08-05-2026 (Friday)

09.00 a.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 Naadi Science (Vai. Nagalingaraja)
11.15 a.m to 11. 30 a.m	-	Tea Break
11.30 a.m. to 01.00 p.m.	-	Session - II Over view of Naadi Science (Vai. Nagalingaraja)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 04.00 p.m	-	Session - III Over view of Naadi Science (Vai. Nagalingaraja)
04.00 p.m to 04.15 p.m	.-	Tea Break
04.15 p.m to 05.30 p.m	-	Session - IV Over view of Naadi Science (Vai. Nagalingaraja)
105.30 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 09-05-2026 (Saturday)

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|--------------------------|---|--|
| 05.30 a.m to 06.30 a.m | - | Session - VII
Pratasmaran, Yoga
(C.Vijayaragavan/ Viswanathan) |
| 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 Thiravukool - 16
(Rajesh Ram Aasan) |
| 11.30 a.m to 11.45 a.m | - | Tea Break |
| 11.45 a.m to 01.00 p.m | - | Session -X
Special Varma Massage
(Adaikalam Aasan) |
| 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 - II

Total No. of Participants - 16






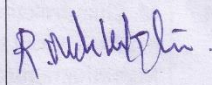
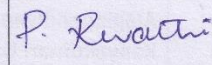
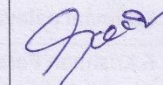
Traditional Siddha Varmam Bone Setting Practices Second Year- Part - X


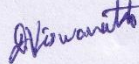
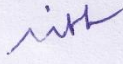

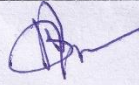
Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai
Date: 08th & 09th May - 2026



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	
2	C. Annamalai, S/o. Chinnapaiyan Thall street, Karumandurai - P.O Salem - 636132	Cannamalai206@gmail.com 9486902388	
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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	
6	K. Gobika, D/o. K. Komarasamy 7/100, Kadathur north, Kadathur Nambiyur Erode - 638454, Tamilnadu	vishwaayushy@gmail.com 6381016225	
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25	D. Viswanathan, S/o. V. Doraiswamy 5/214D, Type 63 rd Street Sidco nagar, Villivakkam Chennai - 600049	viswanathaiyer@gmail.com 9841117711	
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28	Smt. V. Selvakumari Plot no - 4, sector - 6 Kalidasan nagar, Tenkasi - 627811	7708211114	
29	M. Amal, S/o. Madhali Muthu 421,5 th Cross, Chinnappan halli Bangalore - 560037	crownamalraj@gmail.com 9741003615	
30	Dr. Haripriya kurup, W/o. C. Ravi No: 203, Rasi Complex, M.R.K Salai Indra nagar, Neyveli - 607801	Physio2finess@gmail.com 8270476422 9655452565	

Annexure - III
Photo Gallery



Lighting the lamp - Vai.Nagalingaraja



Over view of Naadi Science - Vai.Nagalingaraja



Varma Silambam- Thiru.Adaikalam Aasan



Varma Thiravukool - 16 - Rajesh Ram Aasan



Special Varma Massage - Adaikalam Aasan



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

