



Workshop on Traditional Siddha Varma Bone Setting Practices



First Year - Module - VII

01. Name of the Organization : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. Date : 12th & 13th December 2025
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 23 Nos. Annexure 2
06. Photo Gallery : Annexure 3
07. Communication Method :
- Interactive sessions
 - Live Demonstration
 - Varma Silambam & Kalari



Annexure - I
Programme Schedule
1st day 12-12-2025 (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.A.S.Asok Kumar ii.Prayer – C. Vijayaragavan
10.15 a.m to 11.15 a.m	-	Session - I Village varma theraphy (Vai. Chinnapoo Aasan)
11.15 a.m to 11.30 a.m	.-	Tea Break
11.30 a.m. to 01.00 p.m.	-	Session – II Village varma theraphy (Vai. Chinnapoo Aasan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 03.00 p.m	-	Session - III Varma medicine (Dr. Muthusanthi)
300 p.m to 04.00 p.m	-	Session – IV Special Varma massage on Hands and Leg (Vai. Ramesh kumar)
04.00 p.m to 04.15 p.m	-	Tea Break
04.15 p.m to 05.30 p.m	-	Session - V Special Varma massage on Hands and Leg (Vai. Ramesh kumar)
05.30 p.m to 07.30 p.m	-	Session - VI Kalari, Varma Silambam (Rajeshram Aasan, Ramesh kumar)
07.30 p.m to 08.30 p.m	-	Dinner
8.30 p.m to 09.30 p.m	-	Session - VII Happy Assembly (C. Vijayaragavan)
09.30 p.m	-	Switch Off

2nd day 13-12-2025 (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 (Rajeshram Aasan, Ramesh kumar)
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 Over view of Varma Adangal points (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 -XI Over view of Varma Adangal points (Dr. Binthuja G Dharan
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00p.m to 04.00 p.m	-	Session - XII Over view of Varma kayangal (Dr. A.S. Asok kumar)
04.00 p.m	-	Concluding Session



Annexure - II
Total No. of Participants - 23



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

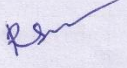
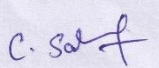
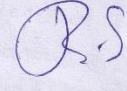
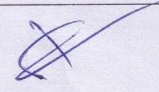
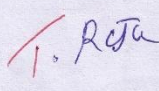
Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai
Date: - 2025, December- 12th, 13th (Friday, Saturday)

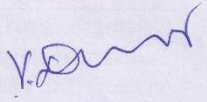
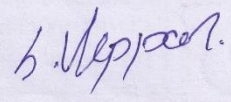


Participants list

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	B i
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	S R Govindan
7	G.Ganesan Plot 1 A, Nakkeeran Street, G.S.Nagar, Ramapuram, Chennai - 600089	ganesang74@gmail.com 9840129523	Ganesan
8	H.Harrish Peppiteo Henry 28A, Rajaganapathy nagar Chinnathirupathy, Salem - 636008	Peppiteo7@gmail.com 8220366728	H.H. Henry
9	Hari KS, S/o. Shivakumar K. 205, Hari complex, Shiva thottam Jarikondalam patty, Salem - 636010	hariks200501@gmail.com 9161612129	
10	Jayaramji S, S/o. Sadathipathy P 1/94, Perumalpuram Kottaram - P.O - 629703 Kanyakumari District	9080816538 jayaramji.s@gmail.com	S. Jayaramji

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11	Kathirvel, S/o. Vellingiri 5/76, Ashok nagar East street Kavundampalayam Coimbatore - 641030	9943069678	
12	M. Kalimuthu, S/o. Muniyasamy 2/143, Kaliyamman kovil street Muthusampuram, Tuticorin - 628905	mkalimuthu1818@gmail.c om 8946095685	
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, Thedee 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.co m 9043302766	J. Nagarajan
19	C. Natanam, S/o. Chandrasekaran 2/248, North main street Velukkudi - 610102 Tiruvarur District	natanamngc@gmail.com 8754624532	C. Natanam
20	K. Palani, S/o. P. Krishnan 247/11, Coolam pillai kadu, Salem - 6 BALAGANDHI ROAD	6381491223	K. Palani
21	J. Prabhu Kannan, S/o. Jaya 17/42, Balagandhi Road Gugai, Salem - 636006	9659355504	J. Prabhu Kannan
22	Dr. M. Rajaram Narayanan S/o. N. Mailerum perumal 2/3, TNHB Flats, Sector - 1 Maduravoyal, Chennai - 600095	drmrjaram21@gmail.co m 9884448821	
23	B. Raja, S/o. A. Balusamy 22/45, Muthuramalingam street, Erikarai, Gandhi nagar east Tambaram, 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.co m 9942912369	
27	D. Suba Lakshmi, D/o. Dhanarasan No- 6, First cross extension Rainbow Nagar Near Thumber Nagathamman kovil Pudhucherry - 605011	9884714778	
28	C. Sathish, S/o. K. Chandrasekaran 375/2, Middle Street Keezhur & P.O, Kurinji padi - TK , Cuddalore - 607302	8508948063	
29	R. Subramaniyan, S/o. C. Ravi 432/B3, VKV Phase - 9 , Somayanur Thadagam Road, Coimbatore - 641106	9047095008	
30	M. Thamizhmaaran, S/o.S. Manavazhagan S/o. S. Manavazhagan 210, Kali Amman kovil street Mangudi - 610103, Tiruvarur district	thaamizhmaaran@gmail.c om 9489894898	
31	Vicky Abishek 23, Ezhai Mariamman kovil Street Lenin street, Kosapalayam Pondicherry - 605013	9786955233	
32	Mohamed Rizwan N, S/o. Nazeer Deen S 3430, 68 th street, 2 nd Main Road Mathur MMDA, Chennai - 600068	n.mohamedrizwan@gmail .com 7358405529	
33	T. Raja, S/o. V. Tharmaraj 11/61, 2 nd main road, Kumaran Nagar Virugambakkam, Koyambed Chennai - 600092	6381609655	
34	Dr. P.Sivasankar 48, Karnakkollai Agraharam street Kumbakonam - 612001 Thanjavur District	9443677766	

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35	Devendra kumar V, S/o. Velayutham C No: 9, Vanniyar street, Alangayam & P.O Vaniyambadi - TK, Tiruppattur District 635701	9042177574 7010370030	
36	S. karupaswamy. S/o. Samiyappan 5/32, Nallamutham palayam , Ingur Perundurai Erode- 638052	9842736199	
37	K. Kasimuthu, S/o. K.R.K. Pandian 301/4, 3 rd cross street First teachers colony, Ariyakulam KTC Nagar, Tirunelveli	9597168400	
38	Balachandar C, S/o. Chinnathambi 93/82, 2 nd Floor, West street no - 1 Kumarasamy patty, Salem - 636007	c.balachandar@live.com 9894940015	
39	Vaseeharan P.S, S/o. Panneerselvam T 2/40, Perumal kovil street, Pamani - Post Thiruthurai poondi - T.K Thiruvarur District - 614711	psvaseeharan@gmail.com 9385877604	
40	S. கருப்பசாமி S/o. சமியப்பன் 16 நல்லமூதம் பாலையம், இளங்கோட்டை பெருந்தேர், திருப்பெருந்தேர் தாலுகா, திருப்பெருந்தேர்	8300484988 8973386906	



Annexure - III
Photo Gallery



Lighting the lamp - Dr.A.S.Asok kumar



Rural varma techniques - Vai.Chinnapoo Aasan



Varma Medicine - Dr.Muthusanthi



Special Varma massage on Hands and Leg - Vai.Ramesh kumar



Varma Silambam - Rajeshram Aasan



Yoga - C.Vijayaragavan



Over view of Varma Adangal points- Dr. Binthuja G Dharan



Over view of Varma kayangal - Dr.A.S.Asok kumar

