



Workshop on
Traditional Siddha Varma Bone Setting Practices
First Year - Module-VI



01. Name of the Organization : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. Date : 14th & 15th November 2025
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 30 Nos. Annexure 2
06. Photo Gallery : Annexure 3
07. Communication Method :
- Interactive sessions
 - Live Demonstration
 - Varma Silambam & Kalari



Annexure - I
Programme Schedule
1st day 14-11-2025 (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. Muthushanthi ii.Prayer - Ragupathy
10.15 a.m to 11.15 a.m	-	Session - I Over view of Paediatric Varma management (Dr. Geetha Sudheer)
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 Paediatric Varma management (Dr. Geetha Sudheer)
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 Padu Varma points (Dr. P. Shanmugam)
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 Padu Varma points (Dr. P. Shanmugam)
05.30 p.m to 07.30 p.m	-	Session - V Kalari, Varma Silambam (Rajeshram Aasan, Ramesh kumar)
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 15-11-2025 (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 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 -IX Overview of Andangal,Village varma theraphy (Vai. Chinnapoo Aasan)
11.30 a.m to 11.45 a.m	-	Tea Break
11.45 a.m to 01.00 p.m	-	Session -X Over view of Andangal,Village varma theraphy (Vai. Chinnapoo Aasan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00p.m to 04.00 p.m	-	Session - XI Special Varma massage on Dorsal and Ventral body (Vai. Ramesh kumar)
04.00 p.m	-	Concluding Session



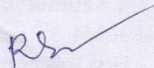
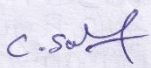
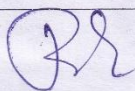
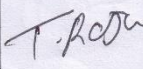
Annexure - II**Total No. of Participants - 30**
**Traditional Siddha Varma Bone Setting Practices
First Year - Part -VI**

Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai
Date: - 2025, November- 14th, 15th (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 16/47, Atham Street Rayapuram, Chennai - 13	9940302438	
4	V. Chidambara Nathan 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 - 6361104	srgovindhan1923374145@ gmail.com 7845418679	
7	G.Ganesan Plot 1 A, Nakkeeran Street, G.S.Nagar, Ramapuram, Chennai - 600089	ganesang74@gmail.com 9840129523	
8	H.Harrish Peppiteo Henry Asok Polytherapy Clinic Thirunagar, Salem - 7	Peppiteo7@gmail.com 8220366728	
9	Hari KS 205, Hari complex, Shiva thottam Jarikondalam patty, Salem - 636010	hariks200501@gmail.com 9161612129	
10	Jayaramji S 1/94, Perumalpuram Kottaram - P.O – 629703 Kanyakumari District	9080816538	

S.no	Name and Address	Mobile /email	Signature
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	M. Kalimuthu
13	Krishnamoorthy, Dharmalingam 32, Dhanpandi street, Chinnavedampatti, Coimbatore-641049	9944933553	
14	S. Karthickeyan, S/o. B. Subramaniyan 21/18 - Sidden street, Gugai Salem - 636006	9944324748 784530927091	S. Karthickeyan
15	A. Krishnan, S/o. M. Arjunan 72, Thedeer Nagar, Seelanaickenpatty Salem - 636201	9585992274	A. Krishnan
16	Dr. M. Laila 2/137, Arisana colony Thiyaganur South, Thiyaganur - P.O Salem district	8637636519	M. Laila
17	T. Murugesan, S/o. K. Thangavel 119/1A, Kamarajar street Salem - 636006	9894855832	T. Murugesan
18	J. Nagarajan C/o. P. Jagadesan SKB Nagar, Therukupalayam Pallipalayam - P.O - 638008 Namakal District	aalavapoojastors@gmail.c om 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, P. Krishnan 247/11, Coolam pillai kadu, Salem - 6	6381491223	K. Palani
21	J. Prabhu Kannan 17/42, Bala Gandhi Road Guga, 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	drmrajaram21@gmail.com 9884448821	Dr. M. Rajaram Narayanan
23	B. Raja, S/o. A. Balusamy 22/45, Muthuramalingam street, Erikarai, Gandhi nagar east Tambaram, Chennai - 600059	9840280858	B. Raja

S.no	Name and Address	Mobile /email	Signature
24	C. Ramesh 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 Salem - 636103	drskrsivakumar@gmail.co m 9942912369	
27	Smt. Suba lakshmi No- 6, First cross extension Rainbow Nagar Near Thumber Nagathamman kovil Pudhucherry - 605011	9884714778	
28	C. Sathish, S/o. Chandrasekaran 375/2, Middle Street Pacharappalayam, Kurinjipadi- T.K Kilur & P.O. , 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 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 - 68	n.mohamedrizwan@gmail. com 7358405529	
33	T. Raja 11/61, 2 nd main road, Kumaran Nagar Koyambadu, Chennai - 600092	6381609655	
34	P.Sivasankar 48, Karnakkollai Agraharam street Kumbakonam - 612001 Thanjavur District	9443677766	

S.no	Name and Address	Mobile /email	Signature
35	Devendra kumar V, S/o. Velayutham C No: 9, Vanniyar street, Alangayam & P.O Vaniyambadi - TK, Tiruppattur District 635701	9042177574 7010370030	V. Devendra
36	S. karupaswamy 5/32, Nallamutham palayam	9842736199 8394004477	S. Karupaswamy
37	K. Kasimuthu 301/4, 3 rd cross street First teachers colony, Ariyakulam KTC Nagar, Tirunelveli	9597168400	K. Kasimuthu
38	Balachandran C 93/82, 2 nd Floor, West street no - 1 Kumarasamy patty, Salem - 636007	c.balachandar@live.com 9894940015	B. Chandran
39	Vaseeharan P.S 2/40, Perumal kovil street, Pamani (PO), Thiruthurai - di (TK), Thiruvananthapuram (DT) - 611471	psvaseeharan@ gmail.com 9385877604	P. Vaseeharan



Annexure - III
Photo Gallery



Lighting the lamp - Dr.Muthusanthi



Over view of Paediatric Varma management - Dr. Geetha Sudheer



Over view of Padu Varma points - Dr.P.Shanmugam



Kalari - Rajeshram Aasan



Happy Assembly- C.Vijayaragavan



Yoga - C.Vijayaragavan



Overview of Andangal, traditional varma therapy - Vai.Chinnapoo Aasan



Special Varma massage on the Dorsal and Ventral body - Vai. Ramesh kumar

