



Workshop on Traditional Siddha Varma Bone Setting Practices



Second Year – Module – XI

01. Name of the Organization : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. Date : 19th & 20th June 2026
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 19 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 19-06-2026 (Friday)

09.00 a.m. 09.45 a.m	-	Registration
09.45 a.m. to 10.00 a.m	-	Inaguration
		i} Lighting the lamp - Dr. Muthu santhi ii) Prayer – Shanmugam ji ii) Introductory Remarks – Dr. Muthu santhi
10.00 a.m to 11.15 a.m	-	Session – I Over view of Varma points and Adangal points (Dr. Jenishi Risha)
11.15 a.m to 11. 30 a.m	-	Tea Break
11.30 a.m. to 01.30 p.m.	-	Session – II Therapeutic Varma points and Adangal points stimulation for non communicable diseases (Dr. Jenishi Risha)
01.30 p.m to 02.30 p.m	-	Lunch & Rest
03.00 p.m to 04.00 p.m	-	Session – III Written Test (Dr.Rajasekar)
04.00 p.m to 04.15 p.m	.-	Tea Break
04.15 p.m to 05.15 p.m	-	Session – IV Viva (Dr. Rajasekar)
05.30 p.m to 07.30 p.m	-	Session – V Overview of Nadi Science (Dr. Rajasekar)
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 09-05-2026 (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 orthopaedic procedure for some common fracure (Vai. Arasuraja)
11.30 a.m to 11.45 a.m	-	Tea Break
11.45 a.m to 01.15 p.m	-	Session –X Varma orthopaedic procedure for some common fracure (Vai. Arasuraja)
01.15 p.m to 02.15 p.m	-	Lunch & Rest
02.15 p.m to 04.15 p.m	-	Session – XI Special Varma Massage Techniques for various diseases (Vai. Suresh kumar)
04.15 p.m	-	Session – XII Concluding



Annexure - II

Total No. of Participants - 19

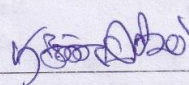
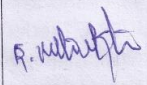
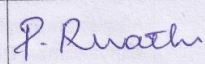


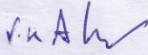
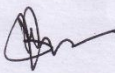
Traditional Siddha Varmam Bone Setting Practices Second Year- Part - XI

Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai
Date: 19th & 20th June - 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	
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	
9	K. Krishnan Paramasivan S/o. kuthalingam 40/12A, Uchimahali Amman kovil 3 rd street, Kizhapuliyur - 627814 Tenkasi District	Krish82000@gmail.com 9994862002	

S.no	Name and Address	Mobile /email	Signature
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11	K. Shanmugam 3/85, Nambiyur main Road Arasur pudhur, Arasur, Erode - 638454	9791208718 kskspathanjali@gmail.com	
12	S. Murali, S/o. N. Subramanian No: 38, Ramanujam Nagar Karungal palayam, Erode - 638003	subhasreegousala@gmail.c om 9843427302	
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15	R. Muthuvenkatesan Cuckoo Forest School Puliyanoor Village, Singarapettai - P.O Krishnagiri District-635307	Muthuvenkat224@gmail.co m 9750192229	
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	
18	P. Revathi, W/o. L. Sounthararajan 395, Nanjil nagar, Kumaramangalam, Mathur - P.O, Pudukottai Dist- 622515	Kavikd2131@gmail.com 9488874288	
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
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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	K.R. Vinoth, S/o. V. Kumaresan 13/9, Keela salai, Agasthreeswaram Kanyakumari District	Vinukr93@gmail.com 8438943188	
27	V.K. Ariharasuthan, S/o. V. Kumaresan 13/9, Keela salai, Agastheeswaram Kanyakumari District	Vkariharasuthan90@gmail.com 6382472265	
28	Smt. V. Selvakumari Plot no - 4, sector - 6 Kalidasan nagar, Tenkasi - 627811	7708211114	

Annexure - III

Photo Gallery



Lighting the lamp - Dr.Muthu Santhi



Introductory Remarks - Dr.Muthu Santhi



Overview of Varma points and Adangal points - Dr.Jenishi Risha



Written Exam supervised by Dr.Rajasekar



Overview of Nadi Science - Dr. Rajasekar



Yoga - C.Vijayaragavan



Varma orthopaedic procedure for some common fracure - Vai.Arasuraja



Special Varma Massage Techniques for various diseases - Vai.Suresh kumar

