



Workshop on Traditional Siddha Varma Bone Setting Practices



Third Year - Module - VII

01. Name of the Organization : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. Date : 23rd & 24th January 2026
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 17 Nos. Annexure 2
06. Photo Gallery : Annexure 3
07. Communication Method :
 - Interactive sessions
 - Live Demonstration
 - Varma Silambam & Kalari



Annexure - I
Programme Schedule
1st day 23-01-2026 - (Friday)

09.00 a.m. to 10.00 a.m	-	Registration
10.00.a.m. to 10.15a.m	-	Inaguration i.Lighting the lamp – Rajesh ram Aasan ii.Prayer – Raghupathy
10.15 a.m to 11.15 a.m	-	Session – I Introduction and therapeutic value of Traditional Varma Massage techniques (Rajesh ram Aasan)
11.15 a.m to 11.30 a.m	-	Tea Break
11.30 a.m. to 01.00 p.m.	-	Session – II Hands on training of pedal Varma massage techniques (Rajesh Aasan/Ramesh Aasan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 04.00 p.m	-	Session - III Hands on training of pedal Varma massage techniques (Rajesh ram Aasan/ Ramesh kumar)
04.00 p.m to 04.15 p.m	-	Tea Break
04.15 p.m to 05.30 p.m	-	Session - VI Hands on training of pedal Varma massage techniques (Rajeshram Aasan, Ramesh kumar)
07.30 p.m to 08.30 p.m	-	Dinner
09.30 p.m	-	Switch Off

2nd day (24-01-2026 - Saturday)

08.00 a.m. to 09.00 a.m.	-	Breakfast
09.15 a.m	-	Visit to Vivekanandapuram for attending National Seminar



Annexure - III

Total No.of Participants -17



Workshop on Traditional Siddha Varma Bone Setting Practices Third Year - Part -VII

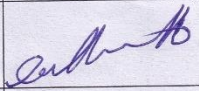
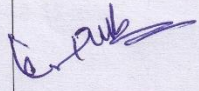
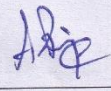
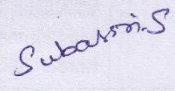
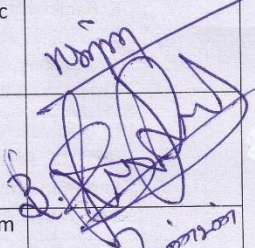
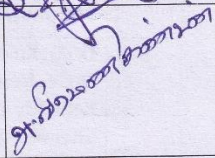


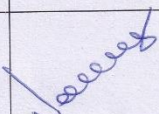
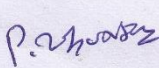
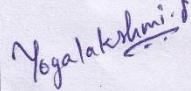
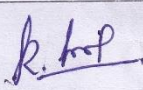
Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai

Date: 23-01-2026 to 24-01-2026 (Friday, Saturday)

Participants list

S.No	Name and Address	Email/Phone no	Signature
1	P.K. Asok kumar, S/o. A.P.Krishnan 1st Cross, Thiru nagar Yercadu main road Salem - 636007	Pkakumar.csi@mail.com 9514422216	
2	Dr. P. Anand , S/o. Pasupathi Nathan No- 4, Kurinji street Kaspa puram , Chennai - 600126	anand.jeny@gmail.com 9585958583	
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4	S. Ambika, W/o.K. Satheesh D.No:644, Govinda Samy Street Salem - 636016	9791334638	
5	US. Arjun, S/o. Unnikrishnan V. Rudra VTNRA C- 41 VT Nagar, Manikanteswaram - P.O Manikanteswaram, Thiruvananthapuram Kerala - 695013	Usarjun37@gmail.com 9946682255	
6	Mrs. V. Amana, W/o. Velu No: 38/1, Ponmana chammal street MGR Nagar, Chennai - 500078	9962132540	V. Amana
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8	N. Gopalakrishnan, S/o. Nataraj 4/112B, Karuvelan kadu Semmandam palayam - P.O Somanur, Coimbatore - 641668	gopalin82@gmail.com 9042306001	N. Gopalakrishnan
9	Dr. G. Kulothungan ,S/o. M.Ganapathy No: 4, New State Bank colony Kennedy street, WestTambaram Chennai - 600045	kuloth23@gmail.com 8884799177	G. Kulothungan

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12	A.Raja,S/o. Abdul majeeth 1/228, Chekkadi street Samayanallur, Madurai - 625402	rajatce@gmail.com 9043021550	
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14	R. Raveendran, S/o. K.K. Ramaiah 5, Annai parasakthi nagar Kadappa Road, Kolathur, Chennai - 99	Kkctv2020@gmail.com 7305313096	
15	A.Sekar,S/o. M. Appadurai Plot no : 3, School cross street Thirumullai voyal,Chennai - 62	sekara24665@gmail.com 9171306564	
16	K. Sairam, S/o. S. Karuna moorthy 267A, First main road 23 rd cross street, Mathur MMDA, Manali Chennai - 68	Saqiramg1985@gmail.com 9940402669	
17	S. Subassri, D/o. Santharam 7/5 A, South Car Street Dindigul - 624001	Subassri.s@gmail.com 7200652304	
18	N. Sivakumar, S/o. S. Neelakandan 54-B, Green Garden Thirumalai nagar, Hosur - 635109	transsiva@gmail.com 9842923899	
19	N. Siddeswaran 19A, Veera pandia kattabomman street Chitlapakkam, Chennai - 600064	siddeswarannarasimhan@gmail.c om 8754403610	
20	B. Simon paul, S/o. B. Kondaiah No: 16, 24 th Cross Street TP. Chathram, Shenoy nagar Chennai - 30	bsimonpaulbca@gmail.com 9176225254	
21	A.Veera manikandan S./o.R. Ariramachandran 2/55A, Pillayar kovil street South karunkulam, Tirunelveli District 627114	Veermanikandan536@gmail.com 8973291831	

S.No	Name and Address	Email/Phone no	Signature
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23	E. Vijay, S/o. Egamparam 110, Thiruganasambantham street Alala sundaram, Acharpuram – P.O, Sirhali – T.K, Mayiladuthurai District	athrivijay@gmail.com 8610194675	
24	Mrs. P.Vijayalakshmi, W/o. A. Prakash No: 8/5, Thiruvengadaiah 2 nd street Villivakkam, Chennai - 49	8754419527	
25	S. Yogalakshmi, D/o. Santharam 7/5 A, South Car Street Dindigul - 624001	Yogalakshmi.ece@gmail.com 8778454084	
26	Dr. Haripriya kurup, W/o. C. Ravi No: 203, Rasi Complex, M.R.K Salai Indra nagar, Neyveli - 607801	Physio2finess@gmail.com 8270476422 9655452565	
27	Smt. N. Banumathi W/o. Natrayan velusami 429, cheran Jeeva nagar, Palani - 624601	9597455216	
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Annexure - III
Photo Gallery



Lighting the lamp - Rajeshram Aasan



**Introduction and therapeutic value of Traditional Varma
Massage techniques- Rajeshram Aasan**



Hands on training of pedal Varma massage techniques
- Rajeshram Aasan, Ramesh Aasan

