



Workshop on Traditional Siddha Varma Bone Setting Practices



Third Year - Module - VIII

01. Name of the Organization : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. Date : 20th & 21st March 2026
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 20 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 20-03-2026 (Friday)

09.00 a.m. to 10.00 a.m	-	Registration
10.00.a.m. to 10.15a.m	-	Inaguration i.Lighting the lamp - Mani Aasan ii.Prayer - Raghupathy iii. Introductory Remarks-C. Vijayaragavan
10.15 a.m to 11.15 a.m	-	Session – I Over view of Naadi science (Mani Aasan)
11.15 a.m to 11.30 a.m	-	Tea Break
11.30 a.m. to 01.30 p.m.	-	Session – II Over view of Naadi science (Mani Aasan)
01.30 p.m to 02.30 p.m	-	Lunch & Rest
03.30 p.m to 03.45 p.m	-	Tea Break
04.00 p.m to 06.00 p.m	-	Session - III Written Examination (Dr. Rajasekar)
06.00 p.m to 07.00 p.m	-	Session - IV Viva (Oral Presentation) (Dr. Rajasekar)
07.30 p.m	-	Dinner
09.30 p.m	-	Switch off

21-03-2026 - (Saturday)

- | | | |
|--------------------------|---|---|
| 08.30 a.m. to 09.30 a.m. | - | Breakfast |
| 10.00 a.m to 11.00 a.m | - | Session - V
Special Varma massage on Head and Neck and important pain relieving techniques
(Rajesh ram Aasan) |
| 11.00 a.m to 11.15 a.m | - | Tea Break |
| 11.15 a.m to 12.15 p.m | - | Session – VI
Special Varma massage on Head and Neck and important pain relieving techniques
(Rajesh ram Aasan) |
| 12.30 p.m to 01.00 p.m | - | Concluding |
| 01.00 p.m to 02.00 p.m | - | Lunch |
| 02.30 p.m | - | Visit to Vivekananda Rock memorial Kanyakumari |



Annexure - II
Total No. of Participants: 20



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

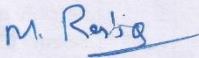
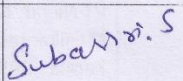
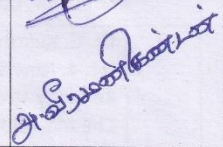


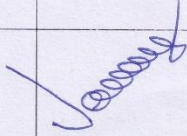
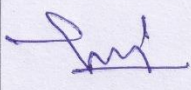
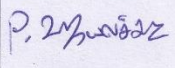
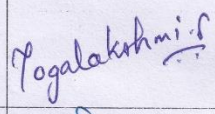
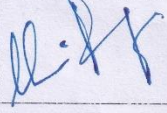
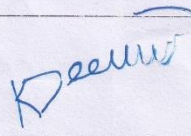
Venue: Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai

Date: 20-03-2026 to 21-03-2026 (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	
3	M. Amal, S/o. Madhali Muthu 42, 5 th Cross, Chinnappan halli Bangalore - 560037	crownamalraj@gmail.com 9741003615	
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	
7	K. Balakrishnan, S/o . Kulanthai Ganapathy, 22/983, 53 street TVS Colony, Anna nagar west extention Chennai - 600101	suntexkbbk@gmail.com 9080527772	
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9	Dr. G. Kulothungan ,S/o. M.Ganapathy No: 4, New State Bank colony Kennedy street, WestTambaram Chennai - 600045	kuloth23@gmail.com 8884799177	

S.No	Name and Address	Email/Phone no	Signature
10	G. Mohankumar, S/o. Gopal 4116-A, Annasalai – 2 Chinnakollapatty, Salem -8	mkarch@gmail.com 9894647361	
11	K. Prabhu, S/o. V. Kanagaraj No - 1/5, Thanthai periyar nagar street Vinayaga nagar, Polichalur Chennai - 600074	kaizenf2f@gmail.com 9952077033	
12	A.Raja,S/o. Abdul majeeth 1/228, Chekkadi street Samayanallur, Madurai - 625402	rajatce@gmail.com 9043021550 96002 33440	
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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.com 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	Veeramanikandan536@gmail.com 8973291831	

S.No	Name and Address	Email/Phone no	Signature
22	A.Venkatesan, S/o. A. Archunan 345/2, Sathananda samy madam street Sathananda puram, Perungulathur Chennai - 63	alaralven@gmail.com 9710690535 9025793586	
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	Physio2fitness@gmail.com 8270476422 9655452565	
27	Smt. N. Banumathi W/o. Natrayan velusami429, cheran Jeeva nagar, Palani - 624601	9597455216	
28	R. Senthil vel Kannan, S/o. Ramakrishnan, 6A, Opp of S.I. Quarters, Police Quarters, Tirupuvanam, Sivagangai District	9751261242	
29	Smt. Devitha kumari, C/o. G. Gandherva Sri Guru Arul Illam, 18/27, Appu street, Nungambakkam, Chennai - 34	<u>devithakumari@gmail.com</u> <u>sridevifoodproducts@gmail.com</u> 9789815641, 9043933911 Kreterprise 1616@gmail.com	

Third year vanna Examination Mark Details - 20/03/2020

S.No	Name of the members	Signature	Written Examination of 12	Oral Pragatya of 8	Total 100
1.	M. Amal - Bangalore	M. Amal	36 1/2	15	51 1/2
2.	V. Amana - Chennai	V. Amana	42	15	57
3.	K. Balakrishnan - Chennai	K. Balakrishnan	47	20	67
4.	N. Gopalakrishnan Coimbatore	N. Gopalakrishnan	39	12	51
5.	G. Kuthugan - Chennai	Dr. G. Kuthugan	58	22	80
6.	G. Mohan Kumar - Salem	G. Mohan Kumar	44	20	64
7.	K. Prabha - Chennai	K. Prabha	27	14	41
8.	A. Raja - Madurai	A. Raja	48	16	64
9.	S. Subassri - Dindigul	Subassri S	38	16	54
10.	N. Siddagurman - Chennai	N. Siddagurman	48	20	68
11.	B. Simon Paul - Chennai	B. Simon Paul	16	15	31
12.	A. Veera monikandan Korungulam	A. Veera monikandan	24	11	35
13.	A. Venkatesan - Chennai	A. Venkatesan	37	16	53
14.	E. Vijay - Sirhali	E. Vijay	61	20	81
15.	P. Vijayalakshmi - Chennai	P. Vijayalakshmi	39	16	55
16.	S. Yogalakshmi - Dindigul	S. Yogalakshmi	53	19	72
17.	Dr. Haripriya - Nerpuli	Dr. Haripriya	65	20	85
18.	M. Raja - Chennai	M. Raja	24	8	32
19.	Sri. Devithakumari - Chennai	Sri. Devithakumari	51	20	71
20.	Asok Kumar -	Asok Kumar	53	24	77

g. Srinivasan
20/03/2020

Annexure - III
Photo Gallery



Lighting the lamp - Mani Aasan



Over view of Naadi science - Mani Aasan



Oral Presentation conducted by Dr.Rajasekar



Written Examination is on



Special Varma massage of Head and Neck and important pain relieving techniques - Rajesh Ram Aasan



Valedictory address by Shri.V.Ramakrishnan, Director, VK- Nardep

