



Workshop on Traditional Siddha Varma Bone Setting Practices



First Year - Module-II

01. Name of the Organization : Varma Research and Resource Center
Vivekananda Kendra - NARDEP,
Kanyakumari
02. Date : 10th & 11th July 2026
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 59 Nos. Annexure 2
Includes a few students of earlier batches who wants to complete the sessions
06. Photo Gallery : Annexure 3
07. Communication Method :
- Interactive sessions
 - Live Demonstration
 - Varma Silambam & Kalari



Annexure - I
Programme Schedule
1st day 10-07-2026 (Friday)

10.00 a.m. to 10.15 a.m	-	Inaguration Lighting the lamp - Vai.Asok kumar Prayer - Shanmugam Key note Address - Dr.M. Muthu Santhi
10.15 a.m to 11.00 a.m		Session - I Varma points of six chakras and its stimulation Techniques and uses (Vai. Asok kumar)
11.00 a.m to 11. 15 a.m	-	Tea Break
11.15 a.m to 01.00 p.m		Session – II Varma points of six chakras and its stimulation Techniques and uses (Vai. Asok kumar)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 04.00 p.m	-	Session - III Special varma massage Techniques for Life style Disorders (Vai. Prabhu)
04.00 p.m to 04.15 p.m	.-	Tea Break
04.15 p.m to 05.15 p.m	-	Session - IV Experience Sharing about causuality assesment (Ramesh kumar Aasan)
05.30 p.m to 07.30 p.m	-	Session - V Varma Silambam (Rajeshram Aasan,Ramesh kumar Aasan)
07.30 p.m to 08.30 p.m	-	Dinner
09.30 p.m	-	Switch Off

2nd day 11-07-2026 (Saturday)

- | | | |
|--------------------------|---|--|
| 06.30 a.m to 07.30 a.m | - | Ablution |
| 08.00 a.m. to 09.00 a.m. | - | Breakfast |
| 09.15 a.m | - | Visit to Vivekanandapuram for
Graduation Ceremony |



Annexure - II
Total No.of Participants - 59



Traditional Siddha Varmam Bone Setting Practices
First Year- Part - II



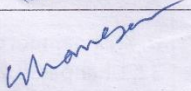
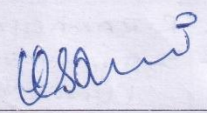
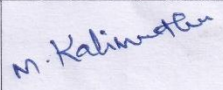
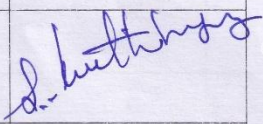
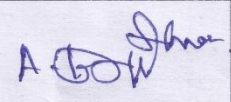
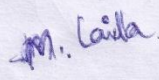
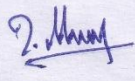
Vivekananda Kendra - TRC, Anjaneyapuram, Kalluvilai
Date: 10th & 11th July - 2026

Participants list

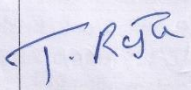
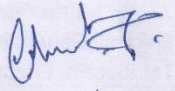
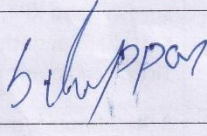
S.no	Name and Address	Email/mobile	Signature
1	M.Anna selvi 25/11, Sathyavani muthu street GKM Colony, Chennai - 82	7904234804	1000/- M. Annasekari
2	R. Ajay, S/o. A. Rajapandiyan 4/154-5, Sivakangaipuram, Kalpaganur- P.O Salem District - 636109	Ajaykumar0107770@gmail. com 9597729098	R. Ajay
3	Aswathy Ajay Kowdi House, Opposite water authority Pallimukku , Ernakulam - 682016		Aswathi
4	D. Chandran 7/C, Kannaki street, Subramanyapuram Trichy - 620020	9655228855	D. Chandran
5	R. Chandra kumar, 27, Angalamman kovil street, Kitchippalayam., Salem - 636015	9600416604	R. Chandra
6	Jayakumar R.L, Aiswarya Bhavan, Near Bishop's House, Aralum moodu - P.O, Neyyattinkara - 695123	9074701907	Jayakumar
7	Mrs. Kokila, W/o. Elumalai 1/49, Udaindhapalam Vellakkalpatty - P.O Salem - 636012	6374069596	1000/- R. Kokila
8	S. Murugan Near Kurusadi, Leepuram- P.O, K.K. District - 629702	9842518140	
9	H. Mohideen Ismail Ghani, S/o. M. Haja mohideen 16/73, Methamarpalayam 4 th st, Melapalayam Tirunelveli - 627005	Ghani130@ yahoo.co.in 9842686130	Ghani

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10	T. Manoharan,S/o. Thangeswaran 32A, Ambigapuram, North street, Melapalayaqm,Tirunelveli District	Manoharan61161@gmail.com 9500680669	
11	Preetha PC Smrithi, JKS 31, Ramakodam Ln, Perumbotta Rd Elamakkara - P.O, 682026		<i>Preetha</i>
12	T. Ramachandrakaran, No - 4, Arasanthottam,Selvapuram Colony Somanur - P.O,Coimbatore District-641668	9514461555	<i>Ramachandrakaran</i>
13	Ramachandran, S/o. Rajamohan 30, Mela palla theru, Vadiveeswaram Nagercoil - 629002		1000
14	Ramesh kumar, S/o. Kumar 2/8,Kalai nagar, Nagercoil - 2	ramesh19391k@gmail.com 9894119391	<i>Co Ramesh</i>
15	Somanath S Kowdi,Kowdi House Opposite water authority, Pallimukku Ernakulam – 682016, Kerala	8281915488	<i>S.Kowdi</i>
16	Shajahan Devadanathu, Kannamkode, Adoor - P.O Pathanamthitta District	7907641572	
17	Shine Gopalakrishnan Achari S/o. Gopalakrishnan Achari Thundil veedu, Near Amman kovil Navaikulam, Trivandrum - 695603	shinegkrishna@gmail.com 7907730917	<i>Shine</i>
18	S. Tamilselvan Thalaivasal, Salem	Selvantamil062@gmail.com m 9751254318	<i>S.Tamilselvan</i>
19	Velusamy. A S/o. Alagirisamy 9/4, GK . Nagar, 3 rd Street, Kovilpatti	avelusamy@gmail.com 8825609496	<i>Velusamy</i>

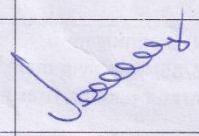
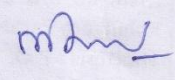
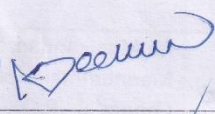
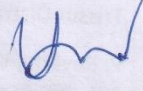
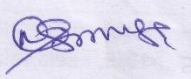
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25	E.Baalakrishnan, S/o.P. Ethiraj 7 B, Sri Ambal Dhanalakshmi Nagar, Kuppathumedu, Soranchery P.O Chennai - 600072	baalakrishnane@gmail.com 9841676677	
26	L. Bhavani, D/o. P. Paulson 16/47, Atham Street Rayapuram, Chennai - 13	9940302438	
27	G.Ganesan Plot 1 A, Nakkeeran Street, G.S.Nagar, Ramapuram, Chennai - 600089	ganesang74@gmail.com 9840129523	
28	H.Harrish Peppiteo Henry 28A, Rajaganapathy nagar Chinnathirupathy, Salem - 636008	Peppiteo7@gmail.com 8220366728	
29	Hari KS, S/o. Shivakumar K. 205, Hari complex, Shiva thottam Jarikondalam patty, Salem - 636010	hariks200501@gmail.com 9161612129	
30	Jayaramji S, S/o. Sadathipathy P 1/94, Perumalpuram Kottaram - P.O - 629703 Kanyakumari District	9080816538	
31	M. Kalimuthu, S/o. Muniyasamy 2/143, Kaliyamman kovil street Muthusampuram, Tuticorin - 628905	mkalimuthu1818@gmail. com 8946095685	
32	S. Karthickeyan, S/o. B. Subramani 28, Tagore street, Dhathagapatti Salem - 636006	9944324748	
33	A.Krishnan, S/o. M. Arjunan 72, Thedeer Nagar, Seelanaickenpatty Salem - 636201	9585992274	
34	Dr. M. Laila, D/o. R. Murugesan 2/137, Arisana colony Thiyaganur South, Thiyaganur - P.O Salem district	8637636519	
35	T. Murugesan, S/o. K. Thangavel 119/1A, Kamarajar street, Dadagapatti Salem - 636006	9894855832	

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36	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
37	C. Natanam, S/o. Chandrasekaran 2/248, North main street Velukkudi - 610102 Tiruvarur District	natanamngc@gmail.com 8754624532	
38	K.Palani, S/o. P. Krishnan 247/11, Ammal Ari Road, Coolam pillai kadu, Dadagapatti Salem - 6	6381491223	K. Palani
39	J. Prabu Kannan, S/o. Jaya 17/42, Balagandhi Road Gugai, Salem - 636006	9659355504	J. Prabu Kannan
40	Dr. M. Rajaram Narayanan S/o. N. Mailerum perumal 2/3, TNHB Flats, Sector - 1 Maduravoyal, Chennai - 600095	drmrajaram21@gmail.co m 9884448821	
41	B.Raja, S/o. A. Balusamy 22/45, Muthuramalingam street, Erikarai, Gandhi nagar east Tambaram, Chennai - 600059	9840280858	B. Raja
42	Suresh Babu KPT, S/o. Kari Kuttadam padath, Nirmaruthur - P.O Tirur, Malappuram District	9946736728	
43	R.Sivakumar, S/o. M. Ramasamy chettiar 196/6, Aalamarathukadu M. Thathanur Post Salem - 636103	drskrsivakumar@gmail.co m 9942912369	R. Sivakumar
44	D. Suba Lakshmi, D/o. Dhanarasan No- 6, First cross extension Rainbow Nagar Near Thumber Nagathamman kovil Pudhucherry - 605011	9884714778	
45	C. Sathish, S/o. K. Chandrasekaran 375/2, Middle Street Keezhur & P.O, Kurinji padi - TK, Cuddalore - 607302	8508948063	C. Sathish

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46	R. Subramaniyan, S/o. C. Ravi 432/B3, VKV Phase - 9 , Somayanur Thadagam Road, Coimbatore - 641106	9047095008	
47	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	
48	T. Raja, S/o. V. Tharmaraj 11/61, 2 nd main road, Kumaran Nagar Virugambakkam, Koyambed Chennai - 600092	6381609655	
49	Dr. P.Sivasankar 48, Karnakkollai Agraharam street Kumbakonam - 612001 Thanjavur District	9443677766	
50	Devendra kumar V, S/o. Velayutham C No: 9,Vanniyar street,Alangayam & P.O Vaniyambadi - TK, Tiruppattur District 635701	9042177574 7010370030	
51	Balachandar C, S/o. Chinnathambi 93/82, 2 nd Floor, West street no - 1 Kumarasamy patty, Salem - 636007	c.balachandar@live.com 9894940015	
52	S. Velappan, S/o. Subramanian 16D, Kanni Vinayagar Kovil street Palaya pettai, Tirunelveli - 627008	velappan850@gmail.com 8300484988	
53	M. Chandrakala, W/o. S. Murugan 4/38A, Therku theru, Panchalingapuram Mahathanapuram - P.O Kanyakumari District - 629702	9600881251	
54	M. Dhanabal, S/o. T. Muthusamy 2/8, School street Pethanaickanur - P.O, Anaimalai - T.K Coimbatore - 642134	Dhasharadhee1980@gmail.com 9965290698	
55	R. Vadivel, S/o. V. Rajamani 1/165, West street, Pattamangalam Thiruppathur - T.K Sivagangai District - 630204	vadivelrajamani@gmail.com 8526794128	

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56	K. Gobika, D/o. K. Komarasamy 7/100, Kadathur north, Kadathur Nambiyur Erode - 638454, Tamilnadu	vishwaayushy@gmail.com 6381016225	K. Gobika
57	K. Shanmugam 3/85, Nambiyur main Road Arasur pudhur, Arasur, Erode - 638454	9791208718 kskspathanjali@gmail.com	K. Shanmugam
58	Mani KB, S/o. Baskaran Kolangara Parabil (H) Thottipal - P.O, Trissur District Parappukara - 680310, Kerala	manibaskarmanikb@gmail.com 9744151506	Mani KB
59	M. Manikandan, S/o. Balan Nair Mannummal House Choondal - P.O - 680502 Trissur District, Kerala	Manikandanm9947@gmail.com 9947051658	M. Manikandan
60	P. Revathi, W/o. L. Sounthararajan 395, Nanjil nagar, Kumaramangalam, Mathur - P.O, Pudukottai Dist- 622515	Kavikd2131@gmail.com 9488874288	P. Revathi
61	V.K. Ariharasuthan, S/o. V. Kumaresan 13/9, Keela salai, Agastheeswaram Kanyakumari District	Vkariharasuthan90@gmail.com 6382472265	V.K. Ariharasuthan
62	M. Amal, S/o. Madhali Muthu 421, 5 th Cross, Chinnappan halli Bangalore - 560037	crownamalraj@gmail.com 9741003615	M. Amal
63	K. Prabhu, S/o. V. Kanagaraj No - 1/5, Thanthai periyar nagar street Vinayaga nagar, Polichalur Chennai - 600074	kaizenf2f@gmail.com 9952077033	K. Prabhu
64	M. Raja, S/o. A. Mani No - 195, David javel street Kathir vedu, Chennai - 600066	raysidh@gmail.com 9884649364	M. Raja
65	R. Raveendran, S/o. K.K. Ramaiah 5, Annai parasakthi nagar Kadappa Road, Kolathur, Chennai - 99	Kkctv2020@gmail.com 7305313096	R. Raveendran

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66	S. Ambika, W/o.K. Satheesh D.No:644, Govinda Samy Street Salem - 636016	9791334638	
67	A.Venkatesan, S/o. A. Archunan 345/2, Sathananda samy madam street Sathananda puram, Perungulathur Chennai - 63	alaralven@gmail.com 9710690535 9025793586	
68	M. Thamizh Maaran 210, Kaliamman Koil St Mangudh. Tiruvallur 60103	thamizhmaaran@gmail.com 94898 94898	
69	K. Devitha Kumari	Krentorprise1616 @gmail.com 9043933911	
70	M. MURUGAN No. 10/20 Poyphalam Kern Cherry. ch 42	8525885585	
71	N. SURGSH NO.29, Road 8th cross, Kizhnanayalam Palam, chayyapattinam. TUV DI 602	784562954 784562954	

Annexure - III
Photo Gallery



Lighting the lamp - Vai.Ashok kumar



Key note Address - Dr.M.Muthu Santhi



Varma points of six chakras and its stimulation Techniques and uses
- Vai.Ashok kumar



Special varma massage Techniques for Life style Disorders- Vai.Prabhu



Experience Sharing about causality assesment - Ramesh kumar Aasan



Varma Silambam - Rajeshram Aasan, Ramesh kumar Aasan

