



Workshop on Traditional Siddha Varma Bone Setting Practices



First Year - Module III

01. Name of the Organization : Varma Research and Resource Center
Vivekananda Kendra - NARDEP, Kanyakumari
02. Date : 21st & 22nd August 2026
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 24 Nos. Annexure 2
06. Photo Gallery : Annexure 3
07. Communication Method :
- Interactive sessions
 - Live Demonstration
 - Varma Medicine Preparation
 - Varma Silambam & Kalari



Annexure - III
Programme Schedule
1st day (21-08-2026) - Friday

10.00 a.m. to 10.15 a.m	-	Inaguration Lighting the lamp – Chinnapoo Aasan Prayer - Ragupathy Key note Address- C. Vijayaragavan
10.15 a.m to 11.15 p.m	-	Session - I Fundamental Varma therapy (Chinnapoo Aasan)
11.15 a.m to 11. 30 a.m	-	Tea Break
11.30 a.m to 01.00 p.m	-	Session - II Fundamental Varma therapy (Chinnapoo Aasan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 03.00 p.m	-	Session - III Thasa vaayukkal (Dr. Muthu santhi)
03.00 p.m to 04.00 p.m	.-	Session - IV Special massage for Varma Kayangal (Ramesh kumar Aasan)
04.00 p.m to 04.15 p.m	-	Tea Break
04.15 p.m to 05.15 p.m	-	Session - V Special massage for Varma Kayangal (Ramesh kumar Aasan)
05.30 p.m to 07.30 p.m	-	Session - VI Varma Silambam (Rajeshram Aasan/Ramesh kumar Aasan)
07.30 p.m to 08.30 p.m	-	Dinner
08.30 p.m to 09.30 p.m	-	Happy Assembly (C. Vijayaragavan)

09.30 p.m - Switch Off

2nd day (22-08-2026) - Saturday

05.30 a.m. to 06.30 a.m.	-	Session - VIII Pratasmaran, Yoga (C. Vijayaragavan/Velusamy ji)
06.30 a.m to 07.30 a.m	-	Session - IX Varma Silambam (Rajeshram Aasan/Ramesh kumar 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 11.15 a.m	-	Session -X Overview of Thodu varmam (Dr. Jency Risha)
11.15 a.m to 11.30 a.m	-	Tea Break
11.30 a.m to 01.00 p.m	-	Session -XI Overview of Thodu varmam (Dr. Jency Risha)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00p.m to 04.00 p.m	-	Session - XII Anatomy & Clinical Anotomy of Head (Dr. Balaji)
04.00 p.m	-	Concluding Session



Annexure - II

Total No. of Resource Person - 7

Total No. of Participants: 24



Traditional Siddha Varma Bone Setting Practices(2026-2027)

First Year - Part -III

Venue: Vivekananda Kendra - nardep, Anjaneyapuram, Kalluvilai

Date: - 2026 - August - 21st & 22nd (Friday, Saturday)

List of Resource person



S.no	Name and Address	Mobile /email	Signature
1	Vai. Chinnaapoo Aasan Ammandivilai Kanyakumari District	9976288666	
2	Dr. Balaji Angel Heart center 10/1, Main Road, Santhi nagar Palayam kottai, Tirunelveli - 627002	9443145681	
3	Dr. T. Jency Risha Associate professor Maria Siddha Medical College Kanyakumari District - 629177	mariasiddhacollege@gmail.com jencyrisha@gmail.com 9443129816	
4	P.Rajesh ram Aasan Aattukalvilai, madathur konam Kulasekaram - P.O Kanyakumari District	9487648202	
5	G. Ramesh kumar Aasan 14-88, No - 1, Port street Colachel	9443832866	
6	Dr. M. Muthu santhi C/o. Vivekananda Kendra - nardep Kanyakumari -629702	9999822687	
7	C. Vijayaragavan C/o. Vivekananda Kendra - nardep Kanyakumari -629702	9486760713	



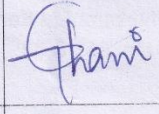
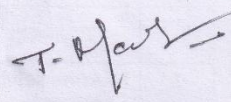
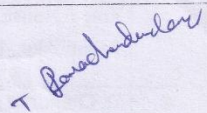
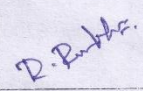
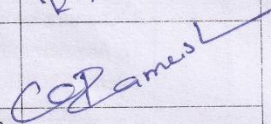
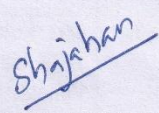
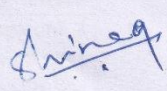
**Traditional Siddha Varmam Bone Setting Practices(2026-2027)
First Year- Part - III**



**Vivekananda Kendra - nardep, Anjaneyapuram, Kalluvilai
Date: 21st & 22nd August - 2026**

Participants list

S.no	Name and Address	Email/mobile	Signature
1	M.Anna selvi, W/o. I. Manimaran 25/35, Sathyavani muthu street GKM Colony, Chennai - 600082	Selviselvi0369@gmail.com 7904234804	<i>M. Anna Selvi</i>
2	R. Ajay, S/o. A. Rajapandiyan 4/154-5, Sivakangaipuram, Kalpaganur- P.O Salem District - 636109	ajaykumar0107770@gmail.co m 9597729098	
3	Aswathy Ajay ,W/o. Somanath S Kowdi Kowdi House, Opposite water authority Pallimukku , Ernakulam - 682016	<u>Aswathyajay4@gmail.com</u> 8281915488	<i>Aswathi</i>
4	D. Chandran , S/o. N. Dhandapani 7/C, Kannaki street, Subramanyapuram Trichy - 620020	Chandrand25@gmail.com 9655228855	
5	R. Chandra kumar, S/o. L. Rajagopalan 27, Angalamman kovil street, Kitchippalayam., Salem - 636015	Poojashree30608@gmail.com 9600416604	<i>R. Chandra</i>
6	D. Geetha No. 43, North street, Keezhakasakudy Kottucherry, Karaikal, Puducherry- 609609	<i>Geethalakshmi@gmail.com</i> 9940128546	<i>Geetha</i>
7	Jayakumar R.L, Aiswarya Bhavan, Near Bishop's House, Aralum moodu - P.O, Neyyattinkara - 695123	Jayakumarr19497011753@gm ail.com 9074701907	<i>Jay</i>
8	Mrs. Kokila, W/o. Elumalai 1/49, Udaindhapalam Vellakkalpatty - P.O Salem - 636012	astrokokila@gmail.com 6374069596	
9	S. Murugan , S/o. S. Subramonian Near Kurusadi, Leepuram - P.O, K.K. District - 629702	kaniexports@gmail.com 9842518140	

S.no	Name and Address	Email/mobile	Signature
10	H. Mohideen Ismail Ghani, S/o. M. Haja mohideen 16/73, Methamarpalayam 4 th st, Melapalayam Tirunelveli - 627005	ghani130@yahoo.co.in 9842686130	
11	T. Manoharan, S/o. Thangeswaran 32A, Ambigapuram, North street, Melapalayam, Tirunelveli District	manoharan61161@gmail.com 9500680669	
12	M. Murugan, S/o. P. Muniappan No: 10/20 Raj Bhavan Velachery, Chennai - 600042	8525885585	
13	Preetha PC, W/o. Santhosh Madhavan SMRITHI, JKS 31, Ramakodam Ln, Perumbotta Rd Elamakkara - P.O, 682026	<u>Preesan2015@gmail.com</u> 9061452581	
14	T. Ramachandrakaran, S/o. S. Tharmar 40A, Arasanthottam, Selvapuram Colony Somanur - P.O, Coimbatore District-641668	issachandru@gmail.com 9514461555	
15	Ramachandran, S/o. Rajamohan 30, Mela palla theru, Vadiveeswaram Nagercoil - 629002	Ram74ram@yahoo.in 9486049431	
16	Ramesh kumar, S/o. Kumar 2/8, Kalai nagar, Nagercoil - 2	ramesh19391k@gmail.com 9894119391	
17	R. Ramachandran, S/o. Rajagopal 33, Thangavinayagar kovil street Punalveli, Rajapalayam - 626111	ramar.rajjasopet@gmail.com 9095177925	
18	Somanath S Kowdi, S/o. Shivanath A kowdi, Kowdi House, Opposite water authority, Pallimukku, Ernakulam - 682016, Kerala	somnathkowdi@gmail.com 8281915488	
19	Shajahan, S/o. Shahul hameed Devadanathu House, Kannamkode, Adoor - P.O Pathanamthitta District	soulcoachshajahan@gmail.com 7907641572	
20	Shine Gopalakrishnan Achari S/o. Gopalakrishnan Achari Thundil veedu, Near Amman kovil Navaikulam, Trivandrum - 695603	shinegkrishna@gmail.com 7907730917	

S.no	Name and Address	Email/mobile	Signature
21	S. Tamilselvan, S/o.Senthil kumar 4/155 A, Kattukottai, Aragalur-P.O Thalaivasal - T.K, , Salem	selvantamil062@gmail.com 9751254318 9344515666	S-Tamilselvan
22	Velusamy. A, S/o. Alagirisamy 9/4, GK .Nagar, 3 rd Street, Kovilpatti - 628501	avelusamy@gmail.com 8825609496	Velusamy A
23	M. Venkatesan , S/o. V. Munisamy 2/9B, Bajanai kovil street, Alamelumangapuram Vellore - 632009	mvnvenkatsp@gmail.com 8190923135	
24	B. Vijay Anand, S/o. N. Balakrishnan 12/196 E, Paruthivilai, Erumbukadu - P.O Kanyakumari District- 629004	newrovijay@gmail.com 8124879155(W) 9894487122	B-Vijay Anand
25	R. Vishnuvardhan, S/o. P. Rajendiran 63/3c, Ezhil nagar, 5 th Cross street Valapady	vishnuambiraj@gmail.com 8778438070/9363938070	R. Vishnuvardhan
26	H. Yoosuf, S/o. Haja mydeen 6/4, Nainarputhoor Keezhasarakkal vilai, Edalakudi -629002	ssyoosufsamer@gmail.co m 9629596687	H. Yoosuf
27	L. Bhavani, D/o. P. Paulson 16/47, Atham street Rayapuram, Chennai - 600013	9940302438	L. Bhavani
28	Balachandar C, S/o. Chinnathambi 93/82, 2 nd Floor, West street no - 1 Kumarasamy patty, Salem - 636007	c.balachandar@live.com 9894940015	Balachandar C
29	Jayaramji S, S/o. Sadathipathy P 1/94, Perumalpuram, Kottaram - P.O Kanyakumari District-629703	9080816538	
30	D. Krishnamoorthy, S/o. Dharmalingam 32, Dhanpandi street, Chinnavedampatti , Coimbatore-641049	9944933553	D. Krishnamoorthy
31	J. Prabu Kannan, S/o. Jaya 17/42, Balagandhi Road Gugai , Salem - 636006	9659355504	J. Prabu Kannan
32	S. Velappan, S/o. Subramanian 16D, Kanni Vinayagar Kovil street Palaya pettai, Tirunelveli - 627008	velappan850@gmail.com 8300484988	

Annexure - III
Photo Gallery



Lighting the lamp - Chinnapoo Aasan



Key note Address- C. Vijayaragavan



Fundamental Varma therapy - Chinnapoo Aasan



Thasa vaayukkal -Dr.Muthu santhi



Special massage for Varma Kayangal - Ramesh kumar Aasan



Yoga - Velusamy ji



Overview of Thodu varmam - Dr.Jency Risha



Anatomy & Clinical Anotomy of Head - Dr.Balaji

