



## Workshop on Traditional Siddha Varma Bone Setting Practices



### Second Year – Module I

01. Name of the Organization : Varma Research and Resource Center  
Vivekananda Kendra - NARDEP,  
Kanyakumari
02. Date : 07<sup>th</sup> & 08<sup>th</sup> August 2026
03. Venue : TRC, Anjaneyapuram
04. Programme Schedule : Annexure 1
05. Participants : 29 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 07-08-2026 ( Friday)**

|                          |    |                                                                                                                                          |
|--------------------------|----|------------------------------------------------------------------------------------------------------------------------------------------|
| 09.00 a.m. to 10.00 a.m  | -  | Registration                                                                                                                             |
| 10.00 a.m. to 10.15 a.m  | -  | Inaguration<br>i) Lighting the lamp -Dr.Kumaresan)<br>ii Prayer - Ragupathy                                                              |
| 10.15 a.m to 11. 15 a.m  | -  | ii) Key note Address-Dr.Muthusanthi<br>Session - I<br>Over view of Six Chakra Varmam and<br>its Simulating techniques<br>(Dr. Kumaresan) |
| 11.15 a.m to 11.30 a.m   | -  | Tea Break                                                                                                                                |
| 11.30 a.m. to 01.00 p.m. | -  | Session – II<br>Over view of Six Chakra Varmam and<br>its Simulating techniques<br>(Dr. Kumaresan)                                       |
| 01.00 p.m to 02.00 p.m   | -  | Lunch & Rest                                                                                                                             |
| 02.00 p.m to 04.00 p.m   | -  | Session - III<br>Over view of Padha Adangal varma<br>pulligal<br>( Vai. Asok kumar)                                                      |
| 04.00 p.m to 04.15 p.m   | .- | Tea Break                                                                                                                                |
| 04.15 p.m to 05.15 p.m   | -  | Session - IV<br>Health care Varma therapy in our day<br>to day life<br>(Vai. K.P. Vijayaragavan)                                         |
| 05.30 p.m to 07.30 p.m   | -  | Session - V<br>Varma Silambam (Adaikalam Aasan)                                                                                          |
| 07.30 p.m to 08.30 p.m   | -  | Dinner                                                                                                                                   |
| 08.30 p.m to 09.30 p.m   | -  | Session - VI<br>Happy Assembly (C. Vijayaragavan)                                                                                        |
| 10.00 p.m                | -  | Switch Off                                                                                                                               |

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

|                          |   |                                                                         |
|--------------------------|---|-------------------------------------------------------------------------|
| 05.30 a.m. to 06.30 a.m. | - | Session - VII<br>Pratasmaran, Yoga<br>(C. Vijayaragavan)                |
| 06.30 a.m to 07.30 a.m   | - | Session - VIII<br>Varma Silambam<br>( Adaikalam Aasan)                  |
| 07.30 a.m to 08.30 a.m   | - | Ablution                                                                |
| 08.30 a.m. to 09.30 a.m. | - | Breakfast                                                               |
| 09.30 a.m to 11.30 a.m   | - | Session -IX<br>Over view of Nadi Science<br>(Vai. Nagalingaraja Aasan)  |
| 11.30 a.m to 11.45 a.m   | - | Tea Break                                                               |
| 11.45 a.m to 01.00 p.m   | - | Session -X<br>Over view of Nadi Science<br>(Vai. Nagalingaraja Aasan)   |
| 01.00 p.m to 02.00 p.m   | - | Lunch & Rest                                                            |
| 02.00p.m to 04.00 p.m    | - | Session - XI<br>Over view of Nadi Science<br>(Vai. Nagalingaraja Aasan) |
| 04.00 p.m                | - | Concluding Session                                                      |



## Annexure - II

Total No. of Resource Person - 7

Total No. of Participants: 29



### Traditional Siddha Varma Bone Setting Practices(2026-2027)

#### Second Year - Part -I

Venue: Vivekananda Kendra - nardep, Anjaneyapuram, Kalluvilai

Date: - 2026 - August - 07<sup>th</sup> & 08<sup>th</sup> ( Friday, Saturday)

#### Resource person list



| S.no | Name and Address                                                                                   | Mobile /email            | Signature |
|------|----------------------------------------------------------------------------------------------------|--------------------------|-----------|
| 1    | Vai. P. Nagalingaraja Aasan<br>25, Illathu pillaimar street<br>Keezhapavur & P.O                   | 9443943385<br>9750121759 |           |
| 2    | P.K. Asok kumar<br>1 <sup>st</sup> cross, Thiru nagar<br>Yercadu main road<br>Salem - 636007       | 9514422216               |           |
| 3    | Dr. Kumaresan<br>Vel siddha vaidhya salai<br>Paruthivilai, Kanyakumari District                    | 9487187384               |           |
| 4    | P. Adaikalam Aasan<br>No 3-1059<br>North street , Chempatti<br>Aruppukottai, Virudhunagar District | 9080664640               |           |
| 5    | Vai. K.P. Vijayaragavan<br>1185-7, Om sakthi nagar 2 <sup>nd</sup> street<br>Ramnad                | 9976958086               |           |
| 6    | Dr. M. Muthu santhi<br>C/o. Vivekananda Kendra - nardep<br>Kanyakumari -629702                     | 9999822687               |           |
| 7    | C. Vijayaragavan<br>C/o. Vivekananda Kendra - nardep<br>Kanyakumari -629702                        | 9486760713               |           |
|      |                                                                                                    |                          |           |
|      |                                                                                                    |                          |           |
|      |                                                                                                    |                          |           |
|      |                                                                                                    |                          |           |



**Traditional Siddha Varma Bone Setting Practices(2026-2027)**  
**Second Year - Part -I**

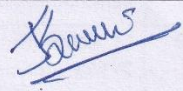
Venue: Vivekananda Kendra - nardep, Anjaneyapuram, Kalluvilai

Date: - 2026 - August - 07<sup>th</sup> & 08<sup>th</sup> ( Friday, Saturday)



**Participants list**

| S.no | Name and Address                                                                                                                 | Mobile /email                                     | Signature |
|------|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|-----------|
| 1    | E.Baalakrishnan,S/o.P. Ethiraj<br>7 B, Sri Ambal Dhanalakshmi Nagar,<br>Kuppathumedu, Soranchery P.O Chennai -<br>600072         | baalakrishnane@gmail.com<br>9841676677            |           |
| 2    | Balachandar C, S/o. Chinnathambi<br>93/82, 2 <sup>nd</sup> Floor, West street no - 1<br>Kumarasamy patty, Salem - 636007         | c.balachandar@live.com<br>9894940015              |           |
| 3    | Devendra kumar V, S/o. Velayutham C<br>No: 9,Vanniyar street,Alangayam & P.O<br>Vaniyambadi - TK, Tiruppattur District<br>635701 | 9042177574<br>7010370030                          |           |
| 4    | Dr. S.R. Govindan, S/o. Raman<br>5/118, South kadu, C.N. Palayam - P.O<br>Salem - 636104                                         | srgovindhan1923374145<br>@gmail.com<br>7845418679 |           |
| 5    | G.Ganesan<br>Plot 1 A, Nakkeeran Street,<br>G.S.Nagar, Ramapuram,<br>Chennai - 600089                                            | ganesang74@gmail.com<br>9840129523                |           |
| 6    | H.Harrish Peppiteo Henry<br>28A, Rajaganapathy nagar<br>Chinnathirupathy, Salem - 636008                                         | Peppiteo7@gmail.com<br>8220366728                 |           |
| 7    | Hari KS, S/o. Shivakumar K.<br>205, Hari complex, Shiva thottam<br>Jarikondalam patty, Salem - 636010                            | hariks200501@gmail.com<br>9161612129              |           |
| 8    | Jayaramji S, S/o. Sadathipathy P<br>1/94, Perumalpuram<br>Kottaram - P.O - 629703<br>Kanyakumari District                        | 9080816538                                        |           |
| 9    | M. Kalimuthu, S/o. Muniyasamy<br>2/143, Kaliyamman kovil street<br>Muthusampuram, Tuticorin - 628905                             | mkalimuthu1818@gmail.<br>com<br>8946095685        |           |
| 10   | S. Karthickeyan, S/o. B. Subramani<br>28, Tagore street, Dhathagapatti Salem -<br>636006                                         | 9944324748                                        |           |
| 11   | A.Krishnan, S/o. M. Arjunan<br>72, Thedeer Nagar, Seelanaickenpatty<br>Salem - 636201                                            | 9585992274                                        |           |

| S.no | Name and Address                                                                                                                                  | Mobile /email                           | Signature                                                                             |
|------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------|---------------------------------------------------------------------------------------|
| 12   | D. Krishnamoorthy, S/o. Dharmalingam<br>32, Dhanpandi street,<br>Chinnavedampatti , Coimbatore-641049                                             | 9944933553                              |    |
| 13   | Dr. M. Laila, D/o. R. Murugesan<br>2/137, Arisana colony<br>Thiyaganur South, Thiyaganur – P.O<br>Salem district                                  | 8637636519                              |                                                                                       |
| 14   | T. Murugesan, S/o. K. Thangavel<br>119/1A, Kamarajar street, Dadagapatti<br>Salem - 636006                                                        | 9894855832                              |                                                                                       |
| 15   | Mohamed Rizwan N,S/o.Nazeer Deen S<br>3430, 68 <sup>th</sup> street, 2 <sup>nd</sup> Main Road<br>Mathur MMDA, Chennai - 600068                   | n.mohamedrizwan@gmail.com<br>7358405529 |    |
| 16   | J. Nagarajan, C/o. P. Jagadeesan<br>3/64 - 2, Ottamethai, Sangiri main Road<br>VTC : Pallipalayam Agraharam & - P.O<br>NamaKkal District - 638008 | arunalayam73@gmail.com<br>9043302766    | J. Nagarajan                                                                          |
| 17   | K.Palani, S/o. P. Krishnan<br>247/11 , Ammal Ari Road,<br>Coolam pillai kadu,Dadagapatti Salem - 6                                                | 6381491223                              | K. Palani                                                                             |
| 18   | J. Prabu Kannan, S/o. Jaya<br>17/42, Balagandhi Road<br>Gugai , Salem - 636006                                                                    | 9659355504                              | J. Prabu Kannan                                                                       |
| 19   | Dr. M. Rajaram Narayanan<br>S/o. N. Mailerum perumal<br>2/3, TNHB Flats, Sector – 1<br>Maduravoyal , Chennai - 600095                             | drmrjaram21@gmail.com<br>9884448821     |                                                                                       |
| 20   | B.Raja, S/o. A. Balusamy<br>22/45, Muthuramalingam street, Erikarai,<br>Gandhi nagar east<br>Tambaram, Chennai - 600059                           | 9840280858                              | B. Raja                                                                               |
| 21   | T. Raja, S/o. V. Tharmaraj<br>11/61, 2 <sup>nd</sup> main road, Kumaran Nagar<br>Virugambakkam, Koyambed<br>Chennai - 600092                      | 6381609655                              | T. Raja                                                                               |
| 22   | Suresh Babu KPT, S/o. Kari<br>Kuttadam padath, Nirmamaruthur - P.O<br>Tirur, Malappuram District                                                  | 9946736728                              |  |
| 23   | R.Sivakumar,S/o.M.Ramasamy chettiar<br>196/6, Aalamarathukadu<br>M. Thathanur Post, Salem - 636103                                                | drskrsivakumar@gmail.com<br>9942912369  |  |
| 24   | D. Suba Lakshmi, S/o. Dhanarasan<br>No.6, First cross extension, Rainbow Nagar<br>Near Thumber Nagathamman kovil<br>Pudhucherry - 605011          | 9884714778                              | D. Suba Lakshmi                                                                       |

| S.no | Name and Address                                                                                                        | Mobile /email                               | Signature     |
|------|-------------------------------------------------------------------------------------------------------------------------|---------------------------------------------|---------------|
| 25   | C. Sathish, S/o. K. Chandrasekaran<br>375/2, Middle Street<br>Keezhur & P.O, Kurinji padi - TK ,<br>Cuddalore - 607302  | 8508948063                                  | C. Sathish    |
| 26   | R. Subramaniyan, S/o. C. Ravi<br>432/B3, VKV Phase - 9 , Somayanur -<br>Thadagam Road, Coimbatore - 641106              | 9047095008                                  | R. S.         |
| 27   | Dr. P.Sivasankar<br>48, Karnakkollai Agraharam street<br>Kumbakonam - 612001<br>Thanjavur District                      | 9443677766                                  |               |
| 28   | P.Shanmugam , S/o. Perumal<br>Peralimedu, Ganagapuram - P.O<br>Pettai Via, Erode - 638112                               | 9976325516                                  |               |
| 29   | S. Velappan, S/o. Subramanian<br>16D, Kanni Vinayagar Kovil street<br>Palaya pettai, Tirunelveli - 627008               | velappan850@gmail.com<br>8300484988         | S. Velappan   |
| 30   | D. Faheen backer, S/o. Deen ,<br>1/30 -Thopputhura, Vedaranyam - T.K<br>Nagapattinam District<br>Backer                 | Fahimuu786@gmail.com<br>9488849231          | D. Faheen     |
| 31   | R. Raveendran, S/o. K.K.Ramaiah<br>No:5, Annai parasakthi nagar<br>Kadappa Road, Kolathur, Chennai - 99                 | Kkctv2020@gmail.com<br>7305313096           | R. Raveendran |
| 32   | R. Vadivel, S/o. V. Rajamani<br>1/165, West street, Pattamangalam<br>Thiruppathur - T.K<br>Sivagangai District - 630204 | vadivelrajamani@gmail.c<br>om<br>8526794128 | R. Vadivel    |
|      |                                                                                                                         |                                             |               |
|      |                                                                                                                         |                                             |               |
|      |                                                                                                                         |                                             |               |
|      |                                                                                                                         |                                             |               |

| S.no | Name and Address                                         | Email/mobile no                               | Remarks       |
|------|----------------------------------------------------------|-----------------------------------------------|---------------|
| 30   | R. Ajay (Sivakangaiyuram,<br>Kalpagonur, Attur, Salem    | 9597729098<br>ajaykumar0107770<br>@g.mail.com | R. Ajay.      |
| 31   | Dr. Shajahan<br>Devadanathu Adoor P.O<br>Pathanamthitta. | 9400243496<br>Soulcoachshajahan<br>@gmail.com | Shajahan      |
| 32   | S.Tamilselvan (Aragalur),<br>Thalaiyasal, Salem.         | 9751254318<br>Selvantamil02@gmail.com         | S.Tamilselvan |
| 33   | M. KALIMUTHU<br>Tuticorin - 628905                       | 8946095685<br>Mkalimutamil1818@gmail.com      | M. Kalimuthu  |
| 34   |                                                          |                                               |               |
| 35   |                                                          |                                               |               |
| 36   |                                                          |                                               |               |
| 37   |                                                          |                                               |               |
| 38   |                                                          |                                               |               |
| 39   |                                                          |                                               |               |
| 40   |                                                          |                                               |               |

### Annexure - III

#### Photo Gallery



Lighting the lamp - Dr.Kumaresan



Keynote Address- Dr.Muthusanthi



Over view of Six Chakra Varmam and its Simulating techniques  
- Dr.Kumaresan



Over view of Padha Adangal varma pulligal - Vai.Asok kumar



Health care Varma therapy in our day to day life -Vai.K.P.Vijayaragavan



Over view of Nadi Science- Vai. Nagalingaraja Aasan

