

Workshop on
Traditional Siddha Varma Bone Setting Practices

First Year – Module IV

01.	**Name of the Organization**	:	Varma Research and Resource Center Vivekananda Kendra – NARDEP, Kanyakumari
02.	**Date**	:	25th & 26th September 2026
03.	**Venue**	:	TRC, Anjaneyapuram
04.	**Programme Schedule**	:	Annexure 1
05.	**Participants**	:	**25** Nos. Annexure 2
06.	**Photo Gallery**	:	Annexure 3
07.	**Communication Method**	:	

- Interactive sessions
- Live Demonstration
- Varma Silambam & Kalari
- Hands on Training



Annexure - I

Programme Schedule

1st day 25-09-2026 (Friday)

10.00 a.m. to 10.15 a.m	-	Inaguration Lighting the lamp-Asok kumar Aasan/ Dr. Jency Risha Prayer - Ragupathy Key note Address- C.Vijayaragavan
10.15 a.m to 11.15 p.m	-	Session - I 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 - II Overview of Thodu varmam (Dr. Jency Risha)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 03.00 p.m	-	Session - III Dasa vayukkal (Dr. Muthu santhi)
03.00 p.m to 04.00 p.m	.-	Session - IV Foot massage techniques (Asok kumar Aasan)
04.00 p.m to 04.15 p.m	-	Tea Break
04.15 p.m to 05.15 p.m	-	Session - IV Foot massage techniques (Asok kumar Aasan)
05.30 p.m to 07.30 p.m	-	Session - V Varma Silambam (Rajeshram Aasan)
08.30 p.m to 09.30 p.m	-	Session - VI Happy Assembly (C. Vijayaragavan)
09.30 p.m	-	Switch Off

2nd day 26-09-2026 – (Saturday)

05.30 a.m. to 06.30 a.m.	-	Session - VII Pratasmaran, Yoga (C. Vijayaragavan/Velusamy ji)
06.30 a.m to 07.30 a.m	-	Session - VIII Varma Silambam (Rajeshram 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 10.00 a.m	-	Universel Brother hood day Celebration
10.00 a.m to 11.15 a.m	-	Session -IX Village Varma therapy (Vai. Chinnapoo Aasan)
11.15 a.m to 11.30 a.m	-	Tea Break
11.30 a.m to 01.00 p.m	-	Session -X Village Varma therapy (Vai. Chinnapoo Aasan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00p.m to 04.00 p.m	-	Session – XI Varma points of six chakras and its Stimulation Techniques and uses (Asok kumar Aasan)
04.00 p.m	-	Concluding Session



Annexure – II

Total No. of Resource Person – 6

Total No. of Participants: 25



Traditional Siddha Varma Bone Setting Practices(2026-2027)

First Year - Part -IV

Venue: Vivekananda Kendra - nardep, Anjaneyapuram, Kalluvilai

Date: - 25th & 26th September - 2026 (Friday, Saturday)

List of Resource person

S.no	Name and Address	Mobile /email	Signature
1	Chinnapoo Aasan Ammandivilai Kanyakumari District	9976288666	
2	Asok kumar Aasan Salem	9585522216	
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	Dr. M. Muthu santhi C/o. Vivekananda Kendra - nardep Kanyakumari -629702	9999822687	
6	C. Vijayaragavan C/o. Vivekananda Kendra - nardep Kanyakumari -629702	9486760713	



Traditional Siddha Varmam Bone Setting Practices(2026-2027)

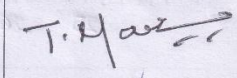
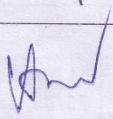
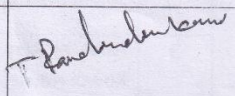
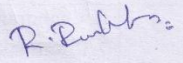
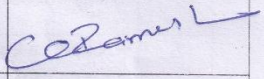
First Year- Part - IV

Vivekananda Kendra - nardep, Anjaneyapuram, Kalluvilai

Date: 25th & 26th September - 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	
2	R. Ajay, S/o. A. Rajapandiyan 4/154-5,Sivakangaipuram,Kalpaganur- P.O Salem District - 636109	ajaykumar0107770@gmail.com 9597729098	
3	Aswathy Ajay ,W/o. Somanath S Kowdi Kowdi House, Opposite water authority Pallimukku , Ernakulam - 682016	aswathyajay4@gmail.com 8281915488	Aswathy Ajay
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	25/9/26
6	D. Geetha , No. 43, North street, Keezhakasakudy, Kottucherry, Karaikal, Puducherry- 609609	Geethalakshna11@gmail.com 9940128546	
7	Jayakumar R.L, Aiswarya Bhavan, Near Bishop's House, Aralum moodu - P.O, Neyyattinkara - 695123	Jayakumarrl9497011753@gm 9074701907	25.9.2026
8	Mrs. Kokila, W/o. Elumalai 1/49, Udaindhapalam, Vellakkalpatty - P.O Salem - 636012	astrokokila@gmail.com 6374069596	R. kokila.
9	S. Murugan , S/o. S. Subramonian Near Kurusadi, Leepuram - P.O - 629702	kaniexports@gmail.com 9842518140	
10	H. Mohideen Ismail Ghani, S/o.M.Haja mohideen, 16/73, Methamarpalayam 4th st, Melapalayam Tirunelveli - 627005	ghani130@ yahoo.co.in 9842686130	

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12	M. Murugan, S/o. P. Muniappan No: 10/20 Raj Bhavan Velachery, Chennai - 600042	8525885585	
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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.co 7907641572	
20	Shine Gopalakrishnan Achari S/o. Gopalakrishnan Achari Thundil veedu, Near Amman kovil Navaikulam, Trivandrum - 695603	shinegkrishna@gmail.com 7907730917	
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

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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	
25	R. Vishnuvardhan, S/o. P. Rajendiran 63/3c, Ezhil nagar, 5th Cross street Valapady	vishnuambiraj@gmail.com 8778438070/9363938070	
26	H. Yoosuf , S/o. Haja mydeen 6/4, Nainarputhoor Keezhasarakkal vilai, Edalakudi -629002	ssyoosufsameer@gmail.com 9629596687	
27	L. Bhavani, D/o. P. Paulson 16/47, Atham street Rayapuram, Chennai - 600013	9940302438	
28	Balachandar C, S/o. Chinnathambi 93/82, 2nd Floor, West street no - 1 Kumarasamy patty, Salem - 636007	c.balachandar@live.com 9894940015	
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30	D. Krishnamoorthy, S/o. Dharmalingam 32, Dhanpandi street, Chinnavedampatti , Coimbatore-641049	9944933553	
31	J. Prabu Kannan, S/o. Jaya 17/42, Balagandhi Road Gugai , Salem - 636006	9659355504	
32	S. Velappan, S/o. Subramanian 16D, Kanni Vinayagar Kovil street Palaya pettai, Tirunelveli - 627008	velappan850@gmail.com 8300484988	
33	R.Sivakumar,S/o.M.Ramasamy chettiar 196/6, Aalamarathukadu M. Thathanur Post, Salem - 636103	drskrsivakumar@gmail.com 9942912369	
34	Jayaramji S, S/o. Sadathipathy P 1/94, Perumalpuram, Kottaram - P.O Kanyakumari District-629703	9080816538	

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36	A.Krishnan, S/o. M. Arjunan 72, Thedeer Nagar, Seelanaickenpatty Salem - 636201	9585992274	
37	Devendra kumar V, S/o. Velayutham C No:9,Vanniyar street,Alangayam & P.O Vaniyambadi-TK,Tiruppattur District-635701	9042177574 7010370030	
38	T. Murugesan, S/o. K. Thangavel 119/1A, Kamarajar street, Dadagapatti Salem - 636006	9894855832	
39	Dr. M. Laila, D/o. R. Murugesan 2/137, Arisana colony Thiyaganur South, Thiyaganur - P.O,Salem	8637636519	
40	Mohamed Rizwan N,S/o.Nazeer Deen S 3430, 68th street, 2nd Main Road Mathur MMDA, Chennai - 600068	n.mohamedrizwan@gmail.com 7358405529	
41	Hari KS, S/o. Shivakumar K. 205, Hari complex, Shiva thottam Jarikondalam patty, Salem - 636010	hariks200501@gmail.com 9161612129	
42	Suresh Babu KPT, S/o. Kari Kuttadam padath, Niramaruthur - P.O Tirur, Malappuram District	9946736728	
43	D. Suba Lakshmi, W/o. Dhanarasan No- 6, First cross extension, Rainbow Nagar Near Thumber Nagathamman kovil Pudhucherry - 605011	9884714778	
44	Dr. M. Rajaram Narayanan S/o. N. Mailerum perumal 2/3, TNHB Flats, Sector – 1 Maduravoyal , Chennai - 600095	drmrajaram21@gmail.com 9884448821	
45	C. Natanam, S/o. Chandrasekaran 2/248, North main street Velukkudi – 610102, Tiruvarur District	natanamngc@gmail.com 8754624532	
46	M. Thammizhmaaran,S/o.S.Manavazhagan 210, Kali Amman kovil street, Mangudi Tiruvarur District - 610103	thammizhmaaran@gmail.com 9489894898	

Annexure – II

Photo Gallery



Lighting the lamp- Asok kumar Aasan



Overview of Thodu varmam - Dr.Jency Risha



Dasa vayukkal - Dr. Muthusanthi



Foot massage techniques -Asok kumar Aasan



Varma Silambam - Rajeshram Aasan



Happy Assembly - C.Vijayaragavan



Yoga – Velusamyji



Universel Brother hood day Celebration



Village Varma therapy - Vai.Chinnapoo Aasan



Varma points of six chakras and its Stimulation Techniques and uses
- Asok kumar Aasan