

Workshop on
Traditional Siddha Varma Bone Setting Practices

Second Year – Module II

01.	**Name of the Organization**	:	Varma Research and Resource Center Vivekananda Kendra – NARDEP, Kanyakumari
02.	**Date**	:	11th & 12th September 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 Silambam & Kalari



Annexure - I

Programme Schedule

1st day 11-09-2026 (Friday)

09.00 a.m. to 10.00 a.m	-	Registration
10.00 a.m. to 10.15 a.m	-	Inaguration i) Lighting the lamp - (Dr. Kumaresan) ii) Prayer - Ragupathy iii) Key note Address - C. Vijayaragavan
10.15 a.m to 11. 15 a.m	-	Session - I Over view of Six Chakra Varmam and its Simulating techniques (Dr. Kumaresan)
11.15 a.m to 11.30 a.m	-	Tea Break
11.30 a.m. to 01.00 p.m.	-	Session - II Over view of Six Chakra Varmam and its Simulating techniques (Dr. Kumaresan)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00 p.m to 04.15 p.m	-	Session - III Therapeutic view of Spinal Alignment techniques - Introduction (Vai. Methew Abraham)
04.15 p.m to 04.30 p.m	.-	Tea Break
04.30 p.m to 05.00 p.m	-	Universal Brotherhood day celebration
05.00 p.m to 07.30 p.m	-	Session - IV Varma Silambam (Adaikalam Aasan)
07.30 p.m to 08.30 p.m	-	Dinner
08.30 p.m to 09.30 p.m	-	Session - V Happy Assembly (C. Vijayaragavan)
10.00 p.m	-	Switch Off

2nd day 12-09-2026 – (Saturday)

05.30 a.m. to 06.30 a.m.	-	Session - VI Pratasmaran, Yoga (C. Vijayaragavan)
06.30 a.m to 07.30 a.m	-	Session - VII Varma Silambam (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 -VIII Over view of Nadi Science (Vai. Nagalingaraja)
11.30 a.m to 11.45 a.m	-	Tea Break
11.45 a.m to 01.00 p.m	-	Session -IX Over view of Nadi Science (Vai. Nagalingaraja)
01.00 p.m to 02.00 p.m	-	Lunch & Rest
02.00p.m to 04.00 p.m	-	Session - X Over view of Nadi Science (Vai. Nagalingaraja)
04.00 p.m	-	Concluding Session



Annexure – II

Total No. of Resource Person – 6

Total No. of Participants: 24



Traditional Siddha Varma Bone Setting Practices(2026-2027)

Second Year - Part -II

Venue: Vivekananda Kendra - nardep, Anjaneyapuram, Kalluvilai

Date: - 2026 - September - 11th & 12th (Friday, Saturday)

Resource person list

S.no	Name and Address	Mobile /email	Signature
1	Vai. P. Nagalingaraja Aasan 25, Illathu pillaimar street Keezhapavur & P.O	9443943385 9750121759	
2	Dr. Kumaresan Vel siddha vaidhya salai Paruthivilai, Kanyakumari District	9487187384	
3	P. Adaikalam Aasan No 3-1059 North street , Chempatti Aruppukottai, Virudhunagar District	9080664640	
4	Dr. M. Muthu santhi C/o. Vivekananda Kendra – nardep Kanyakumari -629702	9999822687	
5	C. Vijayaragavan C/o. Vivekananda Kendra – nardep Kanyakumari -629702	9486760713	
6	M. Mathew Abraham. #16/151, Ottapilavilai, Kamplar, Mangarai P.O – K.K-Dist-629157	8925733615	



Traditional Siddha Varma Bone Setting Practices(2026-2027)

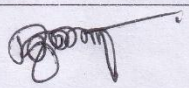
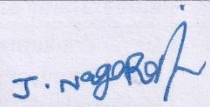
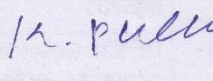
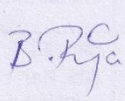
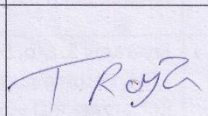
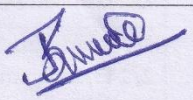
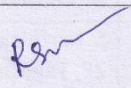
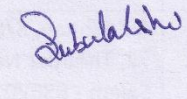
Second Year - Part -II

Venue: Vivekananda Kendra - nardep, Anjaneyapuram, Kalluvilai

Date: - 2026 - September 11th & 12th (Friday, Saturday)

Participants list

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

S.no	Name and Address	Mobile /email	Signature
12	D. Krishnamoorthy, S/o. Dharmalingam 32, Dhanpandi street, Chinnavedampatti , Coimbatore-641049	9944933553	
13	Dr. M. Laila, D/o. R. Murugesan 2/137, Arisana colony Thiyaganur South, Thiyaganur – P.O Salem district	8637636519	
14	T. Murugesan, S/o. K. Thangavel 119/1A, Kamarajar street, Dadagapatti Salem - 636006	9894855832	
15	Mohamed Rizwan N,S/o.Nazeer Deen S 3430, 68th street, 2nd Main Road Mathur MMDA, Chennai - 600068	n.mohamedrizwan@gmail.com 7358405529	
16	J. Nagarajan, C/o. P. Jagadeesan 3/64 - 2, Ottamethai, Sangiri main Road VTC : Pallipalayam Agraharam & - P.O NamaKkal District - 638008	arunalayam73@gmail.com 9043302766	
17	K.Palani, S/o. P. Krishnan 247/11 , Ammal Ari Road, Coolam pillai kadu,Dadagapatti Salem - 6	6381491223	
18	J. Prabu Kannan, S/o. Jaya 17/42, Balagandhi Road Gugai , Salem - 636006	9659355504	
19	Dr. M. Rajaram Narayanan S/o. N. Mailerum perumal 2/3, TNHB Flats, Sector – 1 Maduravoyal , Chennai - 600095	drmrajaram21@gmail.com 9884448821	
20	B.Raja, S/o. A. Balusamy 22/45, Muthuramalingam street, Erikarai, Gandhi nagar east Tambaram, Chennai - 600059	9840280858	
21	T. Raja, S/o. V. Tharmaraj 11/61, 2nd main road, Kumaran Nagar Virugambakkam, Koyambed Chennai - 600092	6381609655	
22	Suresh Babu KPT, S/o. Kari Kuttadam padath, Niramaruthur - P.O Tirur, Malappuram District	9946736728	
23	R.Sivakumar,S/o.M.Ramasamy chettiar 196/6, Aalamarathukadu M. Thathanur Post, Salem - 636103	drskrsivakumar@gmail.com 9942912369	
24	D. Suba Lakshmi, W/o. Dhanarasan No-6,First cross extension,Rainbow Nagar Near Thumber Nagathamman kovil Pudhucherry - 605011	9884714778	

S.no	Name and Address	Mobile /email	Signature
25	C. Sathish, S/o. K. Chandrasekaran 375/2, Middle Street Keezhur & P.O, Kurinji padi - TK , Cuddalore - 607302	8508948063	
26	R. Subramaniyan, S/o. C. Ravi 432/B3, VKV Phase - 9 , Somayanur Thadagam Road, Coimbatore - 641106	9047095008	
27	Dr. P.Sivasankar 48, Karnakkollai Agraharam street Kumbakonam - 612001 Thanjavur District	9443677766	
28	S. Velappan, S/o. Subramanian 16D, Kanni Vinayagar Kovil street Palaya pettai, Tirunelveli - 627008	velappan850@gmail.com 8300484988	
29	D. Faheen bacher, S/o. Deen , 1/30 -Thopputhura, Vedaranyam - T.K Nagapattinam District	Fahimuu786@gmail.com 9488849231	11/9
30	N. Suresh, S/o. K. Natarajan No - 29, Road street Kizhnayakkan palayam Vadakalpakkam - P.O Tiruvannamalai - 631702	suresh7356@gmail.com 7845682954	
31	S.Iyyappan, Balamore Road 7/205, Kesavan puthoor Alagiapandiyapuram – P.O Kanyakumari District-629851	iyappansathasivan@gmail.com 9367521427	
32	K.Krishnan Paramasivan,S/o. kuthalingam 40/12A, Uchimahali Amman kovil 3rd street, Kizhapuliyur - 627814 Tenkasi District	krish82000@gmail.com 9994862002	
33	R.Premkumaran, S/o. V. Rajendran 145, Nethaji street, Mamalan nagar Kanchipuram - 631501	8015773201	
34	R. Raveendran, S/o. K.K.Ramaiah No:5, Annai parasakthi nagar Kadappa Road, Kolathur, Chennai - 99	Kkctv2020@gmail.com 7305313096	
35	Udhayakumar Anantharao F5, Golden Flats Dr. Radhakrishnan Street Srinivasapuram,Guduvancherry - 603202	uday.suvan@gmail.com 9677266859	
36	P. Bavani 16/47 Adam street Royapuram Chennai -13	9940302438	

Annexure – III

Photo Gallery



Lighting the lamp - Dr.Kumaresan



Key note Address - C.Vijayaragavan



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



Therapeutic view of Spinal Alignment techniques - Introduction
-Vai.Methew Abraham



Universal Brotherhood day celebration



Yoga – Shri.C.Vijayaragavan



Varma Silambam - Adaikalam Aasan



Over view of Nadi Science- Vai.Nagalingaraja