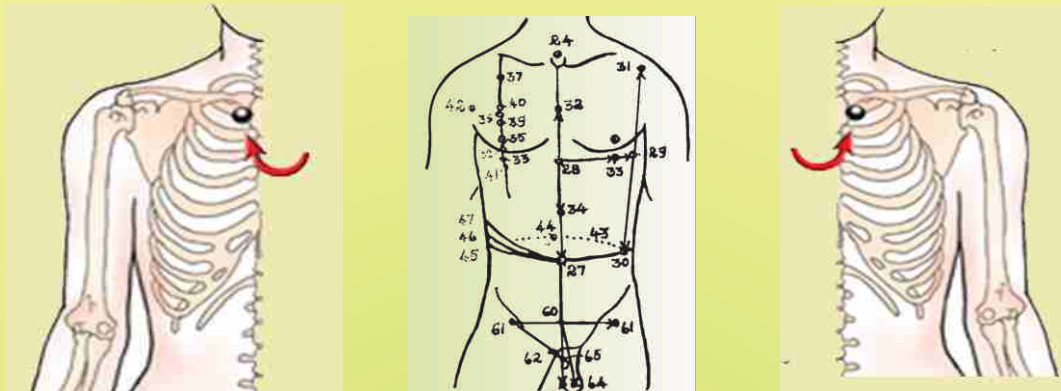
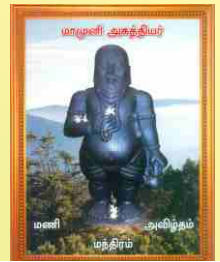


Varmam Research and Resource Centre
Vivekananda Kendra- Nardep
Vivekanandapuram, Kanyakumari -629702
Web: www.vknardep.org



Hands on Training “Therapeutic Varmam stimulation techniques and Varmam Massage Therapy”



Date : February 10 -15 th, 2025
Venue:
Vivekananda Kendra -nardep,
Kanyakumari -629 702

About Vivekananda Kendra- NARDEP

Vivekananda Kendra - Natural Resources Development Project (VK-NARDEP) is an integral part of Vivekananda Kendra, Kanyakumari. It was started in 1986 inspired by the Indic vision of the seers:

Isavasyam Idam Sarvam - All Existence is permeated by Divine & Swami Vivekananda's clarion call to uplift the downtrodden masses. VK-NARDEP combines traditional wisdom and modern science and provides cost-effective alternative holistic solution to the problems of modern living - especially for the rural communities. VK-NARDEP Works in the following fields and all these diverse fields are attached to its central axis of the concept of sustainable development - (i) Cost Effective Construction, (ii) Holistic Health, (iii) New and Renewable Energy, (iv) Agriculture, (v) Water Management and (vi) Inner Sustainability.



About Varmam Research and Resource centre (VRRC)



Varma Research and Resource centre promoting the indigenous medical system based on ancient knowledge focusing on holistic health in physical, mental, social and spiritual well being. VRRC involved in (i) Identification of rare herbs, (ii) Creation of herbal garden, (iii) Herbal home remedies, (iv) Cultivation of medicinal plants, (v) Manufacturing health care products through women SHGs, (vi) Conducting free health care camps, (vii) Documentation and Awareness programs on indigenous medicine.

Even though it involves a wide range of works in promoting holistic health, VRRC is focusing more on documentation and transferring the ancient knowledge of Siddha Varma to different stakeholders. In this process, we are involving various traditional Varma Aasans, Vaithyars, Siddha Varma experts and Physicians. To achieve the objective, VRRC is conducting workshops, training programs, seminars, conferences in various areas of Siddha Varmam and Siddha system of medicine. VRRC have conducted more than 200 such events. In this series VRRC has planned to organise



Hands on Training on “Therapeutic Varmam Stimulation Techniques and Varmam Massage Therapy”

Objectives:

- Enhancing the knowledge of Varmam points and Varmam massage .
- Promoting Science behind the Varmam Therapy

Who can attend:

- Under Graduate / Post Graduate Students from Siddha /AYUSH
- Faculties/ Medical Officers/Assistant Medical Officers/ Research Scholars/ Research Officers of Siddha /AYUSH
- Private Siddha /AYUSH Practitioners
- Yoga teachers & Therapists

Venue : Technology Resources Center, Anjaneyapuram &
Varmam Research and Resource Center, Vivekanandapuram ,
Kanyakumari -629 702
(Google map -Vivekananda kendra -Nardep training centre)

Syllabus:

1. Varmam - Basics, types.
2. Identification of Varmam Points of body.
3. Various varmam points stimulation
 - ★ Head and Neck (Cervical Spondylosis, Thyroid problem, Migraine and Sinusitis etc.,)
 - ★ Chest region - Anterior and posterior (Asthma and wheezing etc.,)
 - ★ Spinal cord problems (All disc problems, Lumbar spondylosis etc.,)
 - ★ Upper limb (Frozen Shoulder and Periarthritis etc.,)
 - ★ Lower limb(Sciatica and Osteoarthritis etc.,)
4. Special Varmam massage techniques for Children , Ladies and Adolescents.
5. Special varmam medicine preparations.
6. Varmam Silambam.

Training Date : 10th - 15th February 2025

Language : English and Tamil (Hindi Translation)

Course Fees : Rs.10,000/-

Registration form link : <https://docs.google.com/forms/d/e/1FAIpQLScFRKb6437pXvHtA2WgqQesHuGgBx27iqauHGyRUau3pPZ2g/viewform>



No of participants : 30 nos. only (First come First serve basis)

Last date of Registration: 20th January ,2025

**Bank account : Vivekananda Kendra-NARDEP Trust,
A/C No: 32656836156,
SBI Vivekanandapuram Branch
IFSC code: SBIN 0003780.**

Date and time of arrival : Before 8 AM on 10th Feb.2025

Date and Time of Departure : 4.30 pm on 15th Feb.2025

Note:

Simple satvik food and Environment friendly Ashram type (Dormitory) accommodation will be provided.

In an exceptional case contact : Dr.Muthusanthi Mobile : 9999822687

உணவே மருந்து ! மருந்தே உணவு!

Varmam Research and Resources Center

Documentation

Application & Clinical Research & Development

Preparation of Varma Medicine

Dissemination of Varma Knowledge

Propagating Varma Kalari Varma Massage

Publications Audio and visual CDs

Vivekananda Kendra -nardep ,
Kanyakumari 629 702
Phone : 04652 -246296,298294
Email ;vkvrcc@gmail.com www.vknardep.org





Coconut Garden

Laboratory

*Rural Building Center
Cum Work yard for practicals*

Anjaneya Gym

*Roof water
harvesting tank*

Kitchen And Dining Hall

Medicinal plants

Vermi yard

Admn. Building

Training Hall

Aerial View of Technology Resource Center, Anjaneyapuram