

# Project Vathsalya Bhavam

Varmam Therapy for  
Children with Special Needs

Year 2016



**Arts Research Institute**  
Coimbatore , Tamil Nadu.

**Ari Foundation**  
Coimbatore , Tamil Nadu.







# Project Vathsalya Bhavam



His Excellency Governor of Tamil Nadu Dr. K. Rosaiah Released the First copy of Varmam Therapy for Children with Special Needs by Dr. N. Shunmugom

*K. Rosaiah*



  
सत्यमेव जयते  
**GOVERNOR  
TAMIL NADU**

*Raj Bhavan  
Chennai-600 022*

Dated:01.02.2016

**FOREWORD**

Medicine is the science and art of healing. Ancient India was pioneer in the field of Medicine. Varmam is used in Siddha and Ayurveda Medicine in treatment of patients suffering from various ailments like nerve disorders, arthritis, back pain, spinal problems etc. I am happy that today Indian Medicine especially Varmam Therapy is gaining significance. It is high time that we bring the richness of our Ancient Indian Medicine to the people across the globe.

I am sure the Bilingual book of Arts Research Institute, Coimbatore, authored by Dr.N.Shunmugom on Varmam Treatment Methodologies for Special Children will serve as a guide to the parents.

The initiatives taken by Thirumoolar Varmam Research & Therapy Centre, unit of Arts Research Institute, to conduct various Conferences & Workshops on Varmam Therapy for Special Children deserves appreciation.

I wish Dr.N.Shunmugom Ph.D., Author, Shri A.Kannan, Managing Trustee and Members of Arts Research Institute all success in their endeavours.

*K. Rosaiah*  
(K.ROSAIAH)



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வாத்ஸல்ய பாவம்



சிறப்புநிலை குழந்தைகளுக்கு வரீம் சிகிச்சை



## திலர்தக்காலம்



**இடம்:**  
மூக்கு புருவ மையத்தில்  
சேரும் இடத்தில் இவ்  
வரம்பு புள்ளி உள்ளது.

**Location:**  
It lies at the junction  
between the eyebrows  
and the nose.

**இயக்குமுறை செய்பாகம்:**  
கால் மாத்திரை அழுத்தத்தில் தொட்டு  
மூன்று முறை மேல் நோக்கித்  
தூக்கி விடவும்.

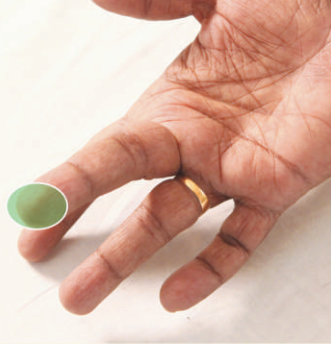
**Application:**  
Using ¼ maathirai  
pressure, press and lift  
upward three times.

## Thilarthakaalam



**இயக்குமுறை கைபாகம்:**  
நடு விரல் முனைப் பகுதியின்  
தசையால் தொடவும்.

**Placement of fingers:**  
Place the pulp part of the  
middle finger on the  
varmam point, such that  
fingers are pointing  
downwards.



86

87



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## கொண்டைக்கொல்லி



**இடம்:**  
தலை உச்சியில் இவ்வரம்பு  
புள்ளி உள்ளது.

**Location:**  
It lies on the vertex  
of the head.

**இயக்குமுறை செய்பாகம்:**  
கால் மாத்திரைப் பதித்து, பதித்த  
விரல்களை இடம் வலமாக மூன்று  
முறை அசைக்கவும்.

**Application:**  
Using ¼ maathirai  
pressure, apply sideward  
movement, three times.

## Kondaikolli



**இயக்குமுறை கைபாகம்:**  
நடு மூன்று விரல்களின்  
முனைப்பகுதியில் உள்ள தசைப்  
பகுதியைப் பதிக்கவும்.

**Placement of fingers:**  
Place the pulp part of the  
middle three fingers on  
the varmam point.



50

51



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Chennai Camp  
468 Children

Date: 21.02.2016

### INAUGURATION



**Dr.A.M. Moorthy, Ph.D.,**

Vice Chancellor, Tamil Nadu Physical Education and Sports University, Chennai.



**Dr. K. Ravi, M.D (S),**

Joint Advisor Siddha, Ministry of AYUSH, New Delhi.



**Mr. Karthi Sivakumar,**

Film Actor.



**Dr. N. Shunmugom, Ph.D,**

Associate Professor Tamil, Varmam Researcher, SRMV College of Arts and Science, Coimbatore.



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Chennai Camp  
468 Children

Date: 21.02.2016

Registration



Preliminary Check up



Doctors Consultation



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Chennai Camp  
468 Children

Date: 21.02.2016

Training to Parents



### Children Play Area



### Food Court



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Nagercoil Camp  
317 Children

### INAUGURATION

Date: 24.04.2016



**Tmt. Justice Prabha Sridevan**  
Retd., Judge, High Court, Madras.



**Dr. R. Ramasubbu**  
Associate Editor, Dinamalar Daily.



**Dr. V. R. Theiva Prakash, M.B.B.S.,**  
President, Madanmohan Malavya Vidya Kendram  
Educational Trust, Nagercoil.



**Dr. Devaprasath Jeyasakharan, M.S.**(Gen Surg) F.A.M.S.,  
Managing Trustee,  
Dr. Jayasekharan Medical Trust, Nagercoil. **Urology(Vienna)**



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Nagercoil Camp

Date: 24.04.2016

317 Children

Registration



### Doctors Consultation



### Training to Parents



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Nagercoil Camp

Date: 24.04.2016

317 Children

Conclusion



Children play area



Food Court



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Tirupur Camp  
633 Children

Date: 19.06.2016



### INAUGURATION



**Tmt. Rashmi Saxena Sahni, I.R.S.,**  
Joint Secretary, Ministry of Women & Child Development,  
Government of India, New Delhi.



**Thiru. M. N. Manjunatha, I.P.S.**  
IG / Commissioner of Police, Tirupur.



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Tirupur Camp

Date: 19.06.2016

633 Children

### Registration



### Doctors Consultation



### Training to Parents



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Tirupur Camp

Date: 19.06.2016

633 Children

### Conclusion



### Children Play area



### Food Court



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Namakkal Camp

Date: 23.10.2016

519 Children



### INAUGURATION



**Padma Shri Arulnithi. SKM. Maeilanandan,**  
President,  
World Community Service Centre, Chennai.



**Thiru. Arulnithi. Uzhavan M Thangavelu**  
Director,  
World Community Service Centre (Extension), Chennai.



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Namakkal Camp

Date: 23.10.2016

519 Children

### Registration



### Doctors Consultation



### Training to Parents



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Namakkal Camp

Date: 23.10.2016

519 Children

### Conclusion



### Children Play area



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# Project Vathsalya Bhavam

## Varmam Therapy for Children with Special Needs

Year 2016



S.No.	Date	Place	No.of
01	21.02.2016	Chennai	343
02	01.03.2016	Chennai	38
03	15.03.2016	Chennai	40
04	22.03.2016	Chennai	47
05	24.04.2016	Nagercoil	317
06	19.06.2016	Tiruppur	633
07	23.10.2016	Namakkal	517
Total			1935

**All camps under Project Vathsalya Bhavam was conducted totally free of cost benefiting 1,935 special children and their parents.**



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Children with Special Needs



**For More Details**

**Ari Foundation**

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[www.vathsalyabhavam.in](http://www.vathsalyabhavam.in)