



8th to 17th October 2024

Report on “Promoting Healthy Living through Varma Science and Deep Meditation yoga”

India-Sri Lanka Collaboration

The project titled “Promoting Healthy Living through Varma Science and Deep Meditation yoga” proposed by the Well-being Centre, University of Vavuniya and funded by India Sri Lanka Foundation (ISLF) has successfully been completed during the period from 8th October to 17th October 2024 commenced at University of Vavuniya with inaugural session. Three activities (such as awareness programs for academics and the staff of Universities of Vavuniya and Jaffna, General public, officers in various sectors, school teachers and the Training of Trainers program targeting Siddha Ayurveda Doctors attached to Government Siddha Ayurveda hospitals, Traditional Siddha Ayurveda Practitioners and the Siddha Ayurveda graduates) proposed in this project were achieved by conducting in two locations covering all five districts in the Northern Province of Sri Lanka. It should be noted with great sense that there were a few Ayurvedic doctors from Trincomalee, Amparai (Eastern Province) and Aluthgama (Western Province) were participated upon their individual requests. Further, the National College of Education, Vavuniya invited the resource persons for an awareness session for the teacher trainees from 5.00pm to 7.00pm on 9th October 2024, which is an additional event not included in the schedule of events. The resource persons from Tamil Nadu, India Dr.T.Rajendran MD Ph.D (Varma) and Dr.V.K.Ramasamy MD (AM) MA LLB agreed to do Deep Meditation yoga with pleasure upon their request. In addition, some school children and general public who are interested in Deep Meditation yoga in Vavuniya and Jaffna got benefitted by doing it with the guidance of Dr.V.K Ramasamy. Evidences for all these events are attached as photographs, video clips, feedback etc.

On behalf of Well-being Centre University of Vavuniya and the Northern Province of Sri Lanka, I thank India-Sri Lanka Foundation for the great support to conduct this program successfully. I express my gratitude to Hon. Shri Sai Murali, Consul General of India, Jaffna for grace the inaugural session of the Training of Trainers Program at Faculty of Siddha Medicine, University of Jaffna on 14th October 2024 and to Shri.V.Ram Mahesh, Head of Chancery and Commercial Representative, Indian Consul, Jaffna for grace the inaugural occasion held on 8th October 2024 in Vavuniya. I express my sincere gratitude to the Vice-Chancellor of University of Vavuniya Prof. Arulampalam Atputharajah for grace the occasions held in Vavuniya and Jaffna. I extend my sincere thanks to Vice-Chancellor University of Jaffna Prof. Sivakolunthu Srisatkunarajah for giving permission to conduct the programs at the Faculty of Graduate Studies and at the Faculty of Siddha Medicine and to the Provincial Commissioner (Northern Province) Indigenous medicine Dr.Thillaiyampalam Sarvanandan for facilitating the Government Siddha Ayurvedic Doctors to participate in the Training of Trainers Program in the Northern Province.

The links for all the evidences related to the above-mentioned events are given below.

Inaugural session & Awareness session at university of Vavuniya for Academic staff, administrative staff, non-academic staff and the undergraduate students of University of Vavuniya - 8th October 2024 from 9.30 am to 12.30 pm.

<https://drive.google.com/drive/folders/10fReMqPiLmJIGWecKP4vzfkAnFGRL0Cx?usp=sharing>

Awareness session in Vavuniya for the general public, school teachers, officers at various sectors and school students - 8th October 2024 from 2.00 pm to 5.00 pm.

<https://drive.google.com/drive/folders/1m2SHR4rrjH29j07YxyShM28TFpv5hokL?usp=sharing>

National College of Education, Vavuniya

<https://drive.google.com/drive/folders/1LkN2W-IPktKxhEKrOe5Qp69qxUBLzT3u?usp=sharing>

Training of Trainers session for Siddha Ayurveda Doctors attached to Government Siddha Ayurveda hospitals, Traditional Siddha Ayurveda Practitioners and the Siddha Ayurveda graduates from Vavuniya, Mannar, Mullaitivu districts (Northern Province) including Ayurvedic doctors from Trincomalee, Amparai (Eastern Province) and Aluthgama (Western Province) – from 9th to 12th 8.30am to 4.30pm.

<https://drive.google.com/drive/folders/1eiGuYeExTibLccXGA6q4I86Ddb08k0pe?usp=sharing>

Awareness session in Jaffna for the general public, school teachers, officers at various sectors - 13th October 2024 from 9.30 am to 12.30 pm.

<https://drive.google.com/drive/folders/1mOn1P9ZfRpg0R2culG2wwBk6fkHfKP8T?usp=sharing>

Awareness session at University of Jaffna for academic staff, administrative staff, non-academic staff and the undergraduate students of University of Jaffna -13th October 2024 from 2.30 pm to 5.30 pm.

https://drive.google.com/drive/folders/1NmQBU_WM_m86mkaMbnpf9M_U9EjkRvPo?usp=sharing

Inaugural session at Faculty of Siddha Medicine, University of Jaffna on 14th October 2024 at 9.00am

<https://drive.google.com/drive/folders/13EraV0EeUZr-UbBnOOeWecpz651L9S9v?usp=sharing>

Training of Trainers session for Siddha Ayurveda Doctors attached to Government Siddha Ayurveda hospitals, Traditional Siddha Ayurveda Practitioners and the Siddha Ayurveda graduates from Jaffna and Kilinochchi districts (Northern Province) – from 14th to 17th 8.30am to 4.30pm.

https://drive.google.com/drive/folders/1yIfY9darhnj_71VvvuEycXQIRGy9gHl1?usp=sharing

Deep meditation Yoga for Children

https://drive.google.com/drive/folders/1VVkP4UsLFBvENzgQAr_Y3UavbanFL7j?usp=sharing

Hotel Oviya

<https://drive.google.com/drive/folders/17w8ePXISmcSK0qCZ2JYhPP6yabAcf9-f?usp=sharing>

Feedback

<https://drive.google.com/drive/folders/1ideJD80UNuwyHBA9T6xKdluO9n7UexPq?usp=sharing>

Budgeted and Actual Expenditure incurred from 7th to 18th October 2024

Item no.	Description of expenditure (LKR)	Budgeted expenditure ISLF (LKR)	Budgeted expenditure UoV (LKR)	Actual expenditure ISLF (LKR)	Actual expenditure UoV (LKR)	Total Expenditure (LKR)
1	Air tickets from Trivandrum to Katunayaka and Return	150,000.00	-	165,200.00	-	165,200.00
2.	Transport charges for pick up and drop (from Katunayaka to Vavuniya and Return)	-	80,000.00	-	66,658.48	66,658.00
3.	Accommodation and meals	240,000.00	-	314,330.00	10,934.00	325,264.00
4.	Resource persons Honorarium payment	360,000.00		310,000.00		310,000.00
5.	Travel and transport for all the programs conducted		50,000.00		46,219.29	46,219.00
6.	Miscellaneous expenditure		50,000.00	27,630.00	10,720.00	38,350.00
	Total	750,000.00	180,000.00	817,160.00	134,531.77	951,691.77



**PROMOTING HEALTHY LIVING THROUGH VARMA
SCIENCE AND DEEP MEDITATION YOGA**

Date : 08/10/2024

Venue: University of Vavuniya



AGENDA



- 9.00am: Lighting the Oil Lamp**
- 9.10 am: Welcome Address**
Director /Wellbeing Center
Prof. (Ms.) A. Nanthakumaran
- 9.20 am: Address by the Vice-Chancellor**
University of Vavuniya
Prof. A. Atputharajah
- 9.30am: Address by the Chief Guest**
Shri V Ram Mahesh
Head of Chancery
- 9.45am: Awareness Program on Varma Science and Deep Meditation Yoga**
by
**DR.T. RAJENDRAN MD,
Ph.D(VARMA)**



- 11.00am : Tea Break**
- 11.10am: Continuation of Promoting Healthy Living Through Varma Science and Deep Meditation Yoga Work Shop**
- 12.20pm: Vote of Thanks**
Registrar,
University of Vavuniya
Mr.N.Rajavisahan
- 12.30pm: End of the Event**





WORKSHOP ON

“PROMOTING HEALTHY LIVING THROUGH VARMA SCIENCE AND DEEP MEDITATION YOGA”

Date : 14/10/2024
Venue: Auditorium,
Faculty of Siddha Medicine,
University of Jaffna,
Kaithadi, Jaffna



AGENDA

9.00am: Lighting the Oil Lamp with prayers

9.10am: Welcome Address
Prof. (Ms.) A. Nanthakumaran
Director /Wellbeing Center
University of Vavuniya

9.20am: Address by the Special Guest
Prof. A. Atputharajah,
Vice-Chancellor,
University of Vavuniya.

9.30am: Address by the Guest of Honour,
Professor S. Srisatkunarajah,
Vice-Chancellor,
University of Jaffna.



9.40am : Address by the Chief Guest
Honourable.Shri Sai Murali S
Consul General

9.50am: Vote of Thanks
Dr. (Mrs.) T. Thileepan
Head/Community Medicine
Faculty of Siddha Medicine
University of Jaffna

10.00am: Work Shop on Varma Science
and Deep Meditation Yoga
by
Dr.T.Rajendran MD,Ph.D(VARMA)





PROMOTING HEALTHY LIVING THROUGH VARMA SCIENCE AND DEEP MEDITATION YOGA



Awarness Program on Varma Science and Deep Meditation Yoga

RESOURCE PERSONS

DR.T. RAJENDRAN MD, Ph.D(VARMA)
DIRECTOR POWER SKILL DEVELOPMENT CENTRE VOCATIONAL
EDUCATION AFFILIATED BY MANONMANIAM SUNDARANAR UNIVERSITY,
TIRUNELVELI,
TAMIL NADU,
INDIA

organized by Well being
center, University of
Vavuniya

Funded by India - Sri Lanka
Foundation Colombo and
University of Vavuniya

DR.V.K. RAMASAMY MD(AM) MA LLB, DIPLOMA IN VARMA
AND MASSAGE SCIENCE.
SULAKKARAI MEDU, MAIN ROAD,
SATTUR, VIRUTHUNAGAR,
TAMIL NADU,
INDIA.

Date: 8th October 2024
Time: 9. 00am to 12.30 pm
Venue: University of
Vavuniya

Contact: 0715364459



"வரம் சிகிச்சை மற்றும் ஆழ்மனத்தியானத்தினூடாக சுக வாழ்வை மேம்படுத்தல்"

மருந்தில்லா மருத்துவம் மற்றும் ஆழ்மனத்தியானம் பற்றிய விழிப்புணர்வுக்கருத்தரங்கு

வளவாளர்கள்



DR .T. இராஜேந்திரன் ,Ph.D(VARMA),
மனோன்மனியம் சுந்தரனார் பல்கலைக்கழகத்தால்
இணைக்கப்பட்ட ஆற்றல்திறன் மேம்பாட்டு தொழிற்கல்வி மைய இயக்குனர்,
திருநெல்வேலி,
தமிழ்நாடு,
இந்தியா.

DR.V.K. இராமசாமி, MD (AM) MA LLB
வரம் அறிவியல் மற்றும் அமர்வு சிகிச்சை அறிவியலில் நிகழ்வழி சான்றிதழ்
சூலக்கரைமேடு, விருதுநகர்,
தமிழ்நாடு,
இந்தியா.



நாள்: 08/10/2024

இடம்: சுத்தானந்தா இந்து இளைஞர் மன்றம்,
புகையிரதநிலைய வீதி,
வவுனியா.

நேரம்: மதியம் 2.00 மணி தொடக்கம் மாலை 5.00 மணி வரை.

மொழி: தமிழ்

ஒழுங்கமைப்பு: நல்வாழ்வு மையம்,
வவுனியாப் பல்கலைக்கழகம்.
நிதி வழங்குநர்: இந்தியா- இலங்கை அமைப்பு , கொழும்பு.
மற்றும் வவுனியாப் பல்கலைக்கழகம்.

தொடர்பு கொள்ளவேண்டிய இலக்கம்: 0715364459



PROMOTING HEALTHY LIVING THROUGH VARMA SCIENCE AND DEEP MEDITATION YOGA

Awareness Program on Varma Science and Deep Meditation Yoga

by

DR.T. RAJENDRAN MD, Ph.D(VARMA)
DIRECTOR ,
POWER SKILL DEVELOPMENT CENTRE, VOCATIONAL EDUCATION
AFFILIATED BY MANONMANIAM SUNDARANAR UNIVERSITY,
TIRUNELVELI,
TAMIL NADU,
INDIA

organized by Well being
center, University of
Vavuniya
Funded by India – Sri Lanka
Foundation Colombo and
University of Vavuniya

DR.V.K. RAMASAMY MD(AM) MA LLB, DIPLOMA IN VARMA
AND MASSAGE SCIENCE.
SULAKKARAI MEDU, MAIN ROAD,
SATTUR, VIRUTHUNAGAR,
TAMIL NADU,
INDIA.

Date:13th October 2024
Time: 2. 00pm to 5.00 pm
Venue: Faculty of Graduate
Studies,
University of Jaffna

Contact: 0715364459



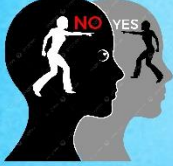
"வரம் சிகிச்சை மற்றும் ஆழ்மனத்தியானத்தினூடாக சுக வாழ்வை மேம்படுத்தல்"

மருந்தில்லா மருத்துவம் மற்றும் ஆழ்மனத்தியானம் பற்றிய விழிப்புணர்வுக்கருத்தரங்கு

வளவாளர்கள்

DR.T.இராஜேந்திரன் ,Ph.D(VARMA),
பணிப்பாளர்,மனோன்மனியம் சுந்தரனார் பல்கலைக்கழகத்தால்
இணைக்கப்பட்ட ஆற்றல்திறன் மேம்பாட்டு தொழிற்கல்வி மையம்,
திருநெல்வேலி,
தமிழ்நாடு,
இந்தியா.

DR.V.K.இராமசாமி,MD (AM) MA LLB
வரம் அறிவியல் மற்றும் அமர்வு சிகிச்சை அறிவியலில் நிகழ்வழிச்சான்றிதழ்
சூலக்கரைமேடு,விருதுநகர்,
தமிழ்நாடு,
இந்தியா.



நாள் : 13/10/2024

இடம் : கோண்டாவில், சிவபூமி, யாழ்ப்பாணம்.

நேரம்: காலை 9.30 தொடக்கம் மதியம் 12.30 மணி வரை.

தொடர்பு கொள்ளவேண்டிய இலக்கம்: 0715364459

ஒழுங்கமைப்பு : நல்வாழ்வு மையம்,

வவுனியாப்பல்கலைக்கழகம்.

நிதி வழங்குநர் : இந்திய-இலங்கை நடப்புறவுக்கழகம்,
மற்றும் வவுனியாப்பல்கலைக்கழகம்.



WORKSHOP

On



PROMOTING HEALTHY LIVING THROUGH VARMA SCIENCE AND DEEP MEDITATION YOGA by

DR.T. RAJENDRAN MD, Ph.D(VARMA)
DIRECTOR ,
POWER SKILL DEVELOPMENT CENTRE,
VOCATIONAL EDUCATION AFFILIATED BY
MANONMANIAM SUNDARANAR UNIVERSITY,
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DR.V.K. RAMASAMY MD(AM) MA LLB, DIPLOMA IN VARMA
AND MASSAGE SCIENCE.
SULAKKARAI MEDU, MAIN ROAD,
SATTUR, VIRUTHUNAGAR,
TAMIL NADU,
INDIA.

Date: 09/10/2024 to 12/10/2024
Time: 8.30am to 4.30pm
Venue: University of Vavuniya



WORKSHOP

On



PROMOTING HEALTHY LIVING THROUGH VARMA SCIENCE AND DEEP MEDITATION YOGA by

DR.T. RAJENDRAN MD, Ph.D(VARMA)
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INDIA.

Date: 14/10/2024 to 17/10/2024
Time: 8.30am to 4.30pm
Venue: Auditorium,
Faculty of Siddha Medicine,
University of Jaffna,
Kaithady, Jaffna

News items Published in the Newspaper and Television

Veerakesari News

<https://www.virakesari.lk/article/195788>

DAN Television News

<https://www.facebook.com/share/v/cbqkuW4xZWEJNfi1/>

The resource person Dr.V.K.Ramasamy prepared this link to publish in youtube channel.

https://youtu.be/Sn4Vbd_cGGI?si=YhKrzAWCMjITdN-M

Summary of the feedback of the participants

The certificate was awarded to 102 participants (Siddha Ayurveda doctors, Traditional Siddha Ayurveda Practitioners and the Siddha Ayurveda graduates) who followed four days Training of Trainers program at University of Vavuniya and at University of Jaffna. They are highly satisfied with this program. Based on their feedback, it is noted that more than 75% of the participants (Siddha Ayurvedic doctors) are willing to follow diploma program. More than 90% of the participants requested to repeat this kind of workshop to improve their knowledge and skills in future as well. They were highly satisfied with the time management for this program. 95% of the participants responded that they would use these varma therapy for the patients. Further they were amazing with the resource person's knowledge and skills in varma science and therapy. They witnessed the excellent way of presenting his knowledge and skills with practical sessions.





