

# INSTRUCTIONS FOR THE CONTENTS OF SOUVENIR TO BE RELEASED ON THE SECOND SIDDHA DAY

## 1. Rules for Siddha Essay Writing

- It should be written either in Tamil, English or Hindi (Any one language)
- It should include Introduction, Body and Conclusion
- It should be word processed preferably using double line spacing, with each page numbered and the essay title at the top.
- It should not exceed 500 words excluding references
- Concept of the essay is "Opportunities and Challenges in Siddha system of Medicine"
- The essay should be an original piece of work.
- Evaluation will be based on Creativity, language, innovative ideas, coherence and Spelling/ Grammatical accuracy of the essay.

## 2. Rules for Siddha Poetry :

- The concept of the poem is "Strengths of Siddha system of medicine "
- It should be written either in Tamil, English or Hindi (Any one language)
- All poems must have a title and must not exceed 40 lines or 250 words
- It should be in poem format.
- The poem must be an original work.
- It must not have been published on a website, broadcast or featured among the winners in any other competition.

## 3. Rules for Siddha Titbits:

- Concept is "Preventive aspects of Siddha system of medicine."
- It should be written either in Tamil, English or Hindi (Any one language)
- Titbits should not exceed 50 words .

## 4. Rules for Siddha Concept Drawing:

- Theme is "Globalization of Siddha"
- A title may be given to the drawing.
- We encourage use of natural colours from plants.
- In case of above usage, description may be given regarding the colours.
- The judgement is based on criteria regarding the painting technique, adherence to theme and overall impression of work.
- Maximum size of the artwork must not exceed 18" x 24"
- The artwork may be of a Pencil drawing /Black and White/Colour drawing / Painting

## 5. Siddha Slogans:

- Topic is 'Promotion of health in Siddha'
- It should be catchy with minimum of 10 words and maximum of 15 words.
- It should be written either in Tamil, English or Hindi (Any one language) judgement is based on the fact and innovativeness.
- The slogan should not contain inappropriate language or content

## 6. Any other Siddha related creatives:

- It should be a creative which may portray any one the following:
  - a) Siddha Basic Principles
  - b) Siddha Pharmacology
  - c) Siddha External Therapy
  - d) Siddha Special therapies like Varmam, yogam etc.,
- It may be a model, or any form of presentation.

## 7. Scientific background of Siddha basic concepts / principles:

- It should be written either in Tamil, English or Hindi (Any one language)
- It should not exceed 1000 words.
- It may be a literature review or clinical study or any other research activities related to Siddha basic concepts and principles.

## 8. Rare Plant Photography

- Rare medicinal plants of high therapeutic value may be included which are mentioned in Siddha classic literatures
- Photography should be recently taken with high clarity.
- It should include description of plant (in English)
  - a) Tamil Name
  - b) Common Name
  - c) Other Name
  - d) Botanical Name
  - e) Part Used
  - f) Habitat
  - g) Medicinal Value
  - h) Therapeutic Usage
  - i) Collected by whom
  - j) Area/place of collection
- Basic editing, including color enhancement, the use of filters, and cropping of the photo is acceptable...
- Advanced editing used to create illusions, deceptions or manipulations, adding and removing of significant elements within the frame is not acceptable.

## 9. Siddha Health Care Information:

- It should highlight on Preventive aspects of Siddha System or Siddha system for public health in the promotion of health of all age groups
- It should not exceed 500 words
- It may include
  - a) Siddhar Piniyanukavidhi
  - b) Naal Ozhukum
  - c) Kaala Ozhukum
  - d) Kaaya Kalpam
  - e) Yogam
  - f) Varmam
  - g) Other areas related to Siddha

## 10. Unique Siddha Medicinal Book/Palm leaf Manuscript/Handwritten manuscript :

- It should be a short description of either a specific book or text or palm leaf Manuscript or Handwritten manuscript.
- It should not exceed 1000 words

## 11. Unique Siddha formulation:

- It should include
  - a) Ingredients
  - b) Purification of drugs
  - c) Preparation
  - d) Literature review
  - e) Reference
- Therapeutic use and clinical studies related to the formulation may be mentioned
- Rationale behind the uniqueness of the formulation may be elaborated.
- It should not exceed 500 words.

Note: Participants are free to participate in any event.

**CONTENTS FOR THE SOUVENIR TO BE RELEASED ON THE SECOND  
SIDDHA DAY CELEBRATION SHOULD BE SENT TO:**

The Director

**National Institute of Siddha**

Tambaram Sanatorium, Chennai-600 047, Tamil Nadu.

or Mail to: [secondsiddhaday@gmail.com](mailto:secondsiddhaday@gmail.com)

Last date for submission of articles/materials: 15.12.2018