

Central Council for Research in Siddha, Chennai

The Ministry of AYUSH accorded approval to observe Siddha Day every year on the birthday of Siddhar Agathiyar, the father of Siddha Medicine. The Second Siddha day was celebrated on 26th December, 2018 by Central Council for Research in Siddha (CCRS) in collaboration with National Institute of Siddha (NIS), Chennai and Directorate of Indian Medicine, Chennai at Kalaivanar Arangam, Chennai. With the support of Shri. Vaidya Rajesh Kotecha ji, Secretary, Ministry of AYUSH and mentorship of Shri. P. N. Ranjith Kumar, Joint Secretary, Ministry of AYUSH, the Second Siddha day was celebrated in a grand manner.



Figure 1: Lighting of Lamp by Shri Banwarilal Purohit, Governor of Tamil Nadu



Figure 2: Lighting of Lamp by Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai



Figure 3: Lighting of Lamp by Shri Shripad Yesso Naik, Hon'ble Minister of State (Independent charge), Ministry of AYUSH



Figure 4: Chief Guest address by Shri Banwarilal Purohit, Governor of Tamil Nadu

Shri Banwarilal Purohit, His Excellency the Governor of Tamil Nadu inaugurated the 2nd Siddha day celebration and in his chief guest address, highlighted the need of the hour is to return to our roots and imbibe the age old, time tested Traditional Medicine in our day to day life to live a long and healthy life. Shri Shripad Yesso Naik, Hon'ble Minister of State (Independent charge), for AYUSH, the guest of honour explained the various initiatives taken by the Ministry of AYUSH in creating awareness by organizing specialized days of respective systems and showcasing their strength. Dr. C. Vijaybaskar, Hon'ble Minister for Health and Family welfare, Tamil Nadu, briefed the initiatives taken by the State machinery in implementing both the Schemes of the Central and State Governments. Dr. Senthil Kumar, IAS, Director of Indian

medicine, felicitated the gathering. Prof. Dr. V. Banumathi, Director, National Institute of Siddha welcomed the gathering. Prof. Dr. K. Kanakavalli, Director General, Central Council for Research in Siddha, Chennai, delivered the vote of thanks.



Figure 5: Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai is being honoured by Shri Banwarilal Purohit, Governor of Tamil Nadu



Figure 6: Prof. Dr. K. Kanakavalli, Director General, CCRS is honouring Shri Shripad Yesso Naik Hon'ble Minister of State (IC), Ministry of AYUSH



Figure 7: Special address by Guest of honour by Shri Shripad Yesso Naik, Hon'ble Minister of State (IC), Ministry of AYUSH



Figure 8: Prof. Dr. K. Kanakavalli, Director General, CCRS delivering vote of thanks

To observe the Siddha day in a befitting manner, a National Conference on the theme “Siddha for Public Health” was organized. Four plenary lectures were delivered. Dr. G. Sivaraman, Managing Director, Arogya Health Care (P) Ltd. Chennai, delivered a lecture on the topic “Exploring Siddha for combating Non Communicable Diseases”. Dr. J. Jebasingh, Assistant Professor of Medical Oncology, Madurai Medical College & Consultant (Medical Oncologist), Asirvadham Specialty Hospital, Madurai, delivered a lecture on the topic “Indigenous Medical Practices”. Dr. J. Jeyavenkatesh, Chairman, Kokila Siddha Hospital and Research Centre, Madurai, delivered a lecture on the topic “Siddha Medicine - a bright beginning of a dark end” and Dr. T. Anandan, Former Director i/c, SCRI, Chennai, delivered a lecture on the topic “Be Strong on your Fundamentals”.

More than 1200 registered delegates participated in this mega-event apart from several invitees and Siddha experts. To encourage young students and researchers, scientific papers were presented as posters by the delegates on various topics pertaining to Siddha for Public Health. The celebration of the second Siddha Day was marked by many valuable events –an exhibition

of medicinal plants was arranged by Siddha Medicinal Plants Garden, a unit of CCRS in Mettur Dam, Salem exclusively for Medicinal plants Research.

Accordingly, Dr. M. Padma Sorna Subramanian, Research Officer (Botany), Sci. II, i/c, Siddha Medicinal Plants Garden, Mettur Dam along with Dr. K.N. Sunilkumar, Research Officer (Pharmacognosy), SCRI, (CCRS) Chennai organized the Medicinal Plants and Raw Drugs Exhibition. Colour posters of important Siddha Medicinal plants and live specimens of labelled raw drugs used in Siddha System of Medicine were displayed with the details of their botanical, vernacular name and its therapeutic uses. The faculty members of various Siddha Colleges / Institutes, Dignitaries, UG, PG and Research Scholars were benefited by this informative exhibition.

Prior to Siddha day, Write-a-thon Competition, Mural Painting Contest, Terrace Garden Contest and Mini Project Research Grant Competition was held to hone the talents of students of Siddha medical colleges, various other colleges and the public. Prizes and certificates were awarded to the winners on the Siddha Day.

Mural Painting Contest

Mural painting contest was held on 24th December, 2018. The wall adjacent to the CCRS was chosen to execute the Mural Painting. Among the entries, ten participants /teams were shortlisted and invited to execute the Mural Painting. The jury was constituted by Prof. Dr. K. Kanakavalli, Director General, CCRS comprising Prof. N.S. Manoharan, Retd. Principal, Fine Arts College, Chennai, Dr. R. Shakila, R.O (Chemistry) and Sh. A. Manoj, SCRI headed by DG, CCRS.

Cash awards of Rs.10,000/-, Rs.6000/- & Rs.4000/- as first, second and third prize were awarded to the winners respectively. Consolation prize of Rs.1000/- for each team was also given.

The prize winning participants are:

First Prize: Dr. M. Latharani

Second Prize: Ms. P. Hema

Third Prize: Ms. Priyadardhini and Mr. K.P.S. Raja Abdul Hameethu

To facilitate the competition, a committee under Dr. Selvarajan, Research Officer (Siddha) & DDO, CCRS comprising team members Dr. S. Bhavani, Research Officer (Siddha), Dr. S. Esaivani, Research Officer (Siddha) and Dr. K. Samraj, Research Officer (Siddha) coordinated the event.

Mini Project Research Grant

Mini Project Research Grant competition was organized by Central Council for Research in Siddha as a part of Pre-Siddha day event. The guidelines for Mini Project Research Grant was uploaded in the council's website. 28 proposals were received from Siddha Medical Colleges.

The following members were nominated by DG CCRS, as scrutinizing members for mini projects under U.G and P.G category:

1. Dr. G. Veluchamy, Chairman, SAB, CCRS
2. Dr. P.R. Saroja, Former Assistant Director (Siddha), S-II, SCRI
3. Dr. J. Yuvaraj, Scientist – F, National Institute of Epidemiology (ICMR)
4. Dr. Sharada Vasanth, Former Research Officer (Chemistry), CCRAS
5. Dr. G. Dayanand Reddy, Assistant Director (Pharmacology), SCRI.

Accordingly, all projects were scrutinized on 21st & 22nd December, 2018 at Mini conference hall in Siddha Central Research Institute, Chennai. Based on the suggestions given by the experts, mini projects was short listed. The following members were nominated as Internal scrutinizing members for Skype / Google hang out interview for mini project under U.G and P.G category:

1. Dr. P. Sathiyarajeswaran, Assistant Director (Siddha), i/c, SCRI, Chennai
2. Dr. S. Selvarajan, Research Officer (Siddha), S-II / DDO, CCRS, Chennai
3. Dr. M.S. Shree Devi, Research Officer (Siddha), SCRI, Chennai
4. Dr. C. Anbarasi, Research Officer (Siddha), SCRI, Chennai
5. Dr. K. Samraj, Research Officer (Siddha), SCRI, Chennai

Based on the Video call interview, the following candidates have been selected for the Mini project grant under U.G and P.G category:

Sl. No	Name	UG / PG	Title	College
1	Barathi Kannamma G	UG	Screening of antimicrobial potential and Anti-Histaminic activity of sarva sengaara UPPU parpam	Velumailu Siddha Medical College & Hospital, Sriperumbudur
2	Ajantha R	UG	Standardization of Maldevi Chendooram	Tamil Nadu Dr. M.G.R. Medical University, Chennai
3	Deepika C	UG	Therapeutic Effectiveness of Amukkara Kizhangu Pattru	Sri Sairam Siddha Medical College & Research Centre, Chennai
4	Dharshini K	UG	Detoxification Methodologies in Siddha System of Medicine A Documentation practice	Sri Sairam Siddha Medical College & Research Centre, Chennai

Sl. No	Name	UG / PG	Title	College
5	Vignesh K	UG	An innovation in Siddha Uroscopy as a Diagnostic method - An Observational Pilot Study	Sivaraj Siddha Medical College, Salem
6	Dr Thirunarayanan G	PG	Management of Epilepsy with Siddha Varma Therapy-A Case Series Study	Government Siddha Medical College, Palayamkottai
7	Dr Sonitha S	PG	Untargeted approach to the exploration of in- vitro anti-tuberculosis activity of traditional Siddha drug	Government Siddha Medical College, Chennai

In this regard, with the approval of DG, CCRS, funds were provided to the respective Siddha colleges / university.

Dr. Eugene Wilson, Research Officer (Siddha), CCRS, Dr. M. Shreedevi, Research Officer (Siddha), SCRI and Dr. C. Anbarasi, Research Officer (Siddha), SCRI coordinated and facilitated the mini project research grant.

Terrace Garden Contest:

This competition was organized to encourage the cultivation of herbs – medicinal plants and create an awareness about traditional uses of herbs mentioned in Siddha system of medicine to the common man. Ten photographs depicting the terrace garden collection was submitted by the contestants and the jury inspected the best terrace gardens.

The jury was constituted by Prof. Dr. K. Kanakavalli, DG, CCRS comprising the following members Dr. Sasikala Ethirajalu, Former Research Officer (Pharmacognosy) S-III, SCRI, Chennai, Dr. R. Yasodha, Former Research Officer (Siddha), SCRI, Chennai, Dr. Shyamala Rajkumar, Research Officer (Siddha) S-II, CCRS, Chennai, Dr. M. Kannan, Research Officer (Siddha) S-II, SCRI, Chennai, Dr. L. Mugunthan, Research Officer (Medicine), CCRS, Chennai and Dr. K. N. Sunil Kumar, Research Officer (Pharmacognosy), SCRI, Chennai

The winners were scrutinized based on the following criteria:

- Design and general arrangement of the garden
- Variety of medicinal plants
- General neatness, tidiness and cleanliness
- Number of medicinal plants and rare herb collections will be accorded priority
- It is important that the garden be a model of sustainability and an inspiration for others to replicate

The prize winners were:

- | | | |
|--------------------------|---|-----------------------|
| 1. Mrs. Subashree Vijay | - | 1 st Prize |
| 2. Mr. S. Indrakumar | - | 2 nd Prize |
| 3. Mr. V. Munibabu Reddy | - | 3 rd Prize |
| 4. Dr. T.L. Anbumani | - | 3 rd Prize |
| 5. Mr.K. Mohanraj | - | Consolation prize |
| 6. Mr. Sandeep Reddy | - | Consolation prize |

Siddha Central Research Institute, Chennai

Seminar on Reproductive and Child Health through Siddha

Siddha Central Research Institute, (CCRS, Ministry of AYUSH, Govt. of India) and Govt. Siddha Medical college, Chennai under the aegis of Directorate of Indian Medicine and Homoeopathy, Chennai jointly conducted a one day seminar to seek, share and disseminate knowledge in Reproductive and Child Health (RCH) organized as a pre-event to mark the Second Siddha day.

Dr. P. Sathiyarajeswaran, Director i/c, Siddha Central Research Institute, Chennai welcomed the dignitaries and delegates.

Prof. Dr. K. Kanakavalli, Director General, Central Council for Research in Siddha presided the workshop and stressed the need for Siddha gynecologists and Siddha paediatricians to come up and prove their utility and significance. Prof. Dr. K. Kanakavalli released the CD containing the seminar manual and scientific papers alongwith two books prepared by SEARCHi team namely 1. Glossary on Siddha Balavagadam – Excerpts from T. V. Sambasivam Pillai Dictionary 2. Glossary on Siddha Sool and Magalir Maruthuvam – Excerpts from T. V. Sambasivam Pillai Dictionary

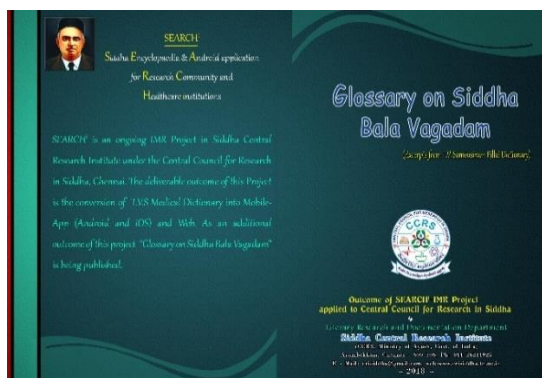


Figure 9: Book release on Glossary on Siddha Balavagadam – Excerpts from T. V. Sambasivam Pillai Dictionary during the inaugural ceremony of the seminar



Figure 10: Book release on Siddha Sool and Magalir Maruthuvam – Excerpts from T. V. Sambasivam Pillai Dictionary during the inaugural ceremony of the seminar

Prof. Dr. P. Parthiban, Joint Director, Directorate of Indian Medicine and Homoeopathy, Chennai delivered the special address.

Dr. I. Sorna Mariammal, Member, Governing Body (GB), CCRS, Dr. R. Patturayan, Prof. & HOD Kuzhanthai Maruthuvam (Retd), National Institute of Siddha, Chennai, Dr. T.K. Kalyanasundaram, Prof. & HOD Kuzhanthai Maruthuvam (Retd), Government Siddha Medical College, Chennai and Dr. R. Meenakumari, Principal, Govt. Siddha Medical College, Chennai delivered the felicitation address.

Dr. M. Kannan, Research Officer (Siddha) S - II, HOD of Clinical Research, Siddha Central Research Institute, Chennai delivered the vote of thanks.

Eleven invited talks were presented by eminent Scientists and faculties as detailed below:

1. Dr. G. Kiruthiga - Siddha Perspective on Neuro Developmental Milestones SCRI
2. Dr. S. Gandhimathi - Evidence Based Record on Amma Magaperu Sanjeevi Kit
3. Dr. F.R. Shameem - Natal Practices in Siddha GSMC, Chennai
4. Dr. S. Esaivani - Role of Diet and Nutrition in the Management of Healthy Fertility and Ovulatory Infertility
5. Dr. A. Usha - Siddha way of approach for a graceful menopause
6. Dr. T. Kavitha - "Nutrition for Adolescent Girls"
7. Dr. P. Sathiyarajeswaran - Research Ethics in dealing Vulnerable Population
8. Dr. P. Arulmozhi, NIS - Scope of Siddha Medicine in the Clinical Management of Siravatham (Cerebral Palsy)
9. Dr. S. Natarajan - Experiences in treating Special Children in Varmam Paediatric Special OPD
10. Dr. M. Meenakshi Sundaram, NIS - Adolescent Health and Infertility
11. Dr. K. Suresh, NIS - Common Respiratory Problems in Children



Figure 11: A Book entitled Siddha Sool and Magalir Maruthuvam was released during the inaugural session of the seminar



Figure 12: Prof. Dr. K. Kanakavalli Director General, CCRS honouring Dr. I. Sorna Mariammal, Member, Governing Body (GB), CCRS



Figure 13: Prof. Dr. K. Kanakavalli Director General, CCRS released the book entitled "Glossary on Siddha Balavagada"



Figure 14: Prof. Dr. P. Parthibhan, Joint Director, Directorate of Indian Medicine and Homoeopathy, Chennai delivering the special address

124 delegates from 6 Colleges / Institutes including National Institute of Siddha, Chennai, Govt. Siddha Medical College, Chennai, Sri Sairam Siddha Medical College and Research Centre, Chennai, Velumailu Siddha Medical College, Sriperumbudur, JSA Medical College for Siddha and Research Centre and The Tamil Nadu Dr. MGR Medical University, Guindy participated in the workshop.



Figure 15: Inaugural ceremony of the seminar - Section of the audience who participated in the seminar



Figure 16: Inaugural ceremony of the seminar - Another section of the audience who participated in the seminar

Siddha Medical Camps

As a part of the celebration of 2nd Siddha day, Siddha Central Research Institute of Central Council for Research in Siddha identified a village Ellamman Pettai which is 25 km far

and conducted three consecutive medical camps on 2nd, 9th and 16th December, 2018. The accessibility and availability of the healthcare services for these people are far away. So SCRI conducted medical camp at Ellamman Pettai, Pammadhukulam panchayat through Statistical and Survey Division, Department of Clinical Research, SCRI. This village is the centre place for 17 habitations around it. There are 2156 households with the population of 9271. Below Pie chart shows the habitation wise population.

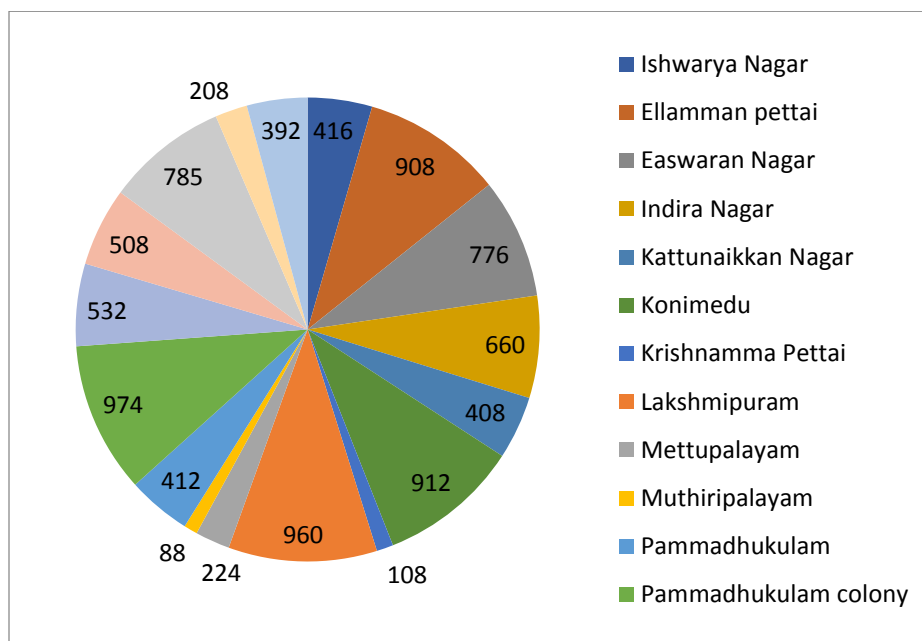


Fig. 1 Population details of 17 habitations around Ellamman Pettai

People from all the habitations visited the medical camp for treatment, and the Research officers delivered awareness speech about the Siddha system of medicine. 7 Research officers and a team of 20 PG Scholars from Govt. Siddha Medial College, Arumbakkam, Chennai provided consultation to the patients and surveyed the patients who attended the camp. Doctors also taught them simple home remedies which would be useful and handy. Some of the medicines that was taught were as follows:

1. Thalaivali pasai – Thalaivali, mookkadaippu
2. Karpoorathi thailam – moottuvali, kai, kaalvali
3. Aadathodai manappagu – Sali, Irumal
4. Nannari manappagu – Siruneererichal, neersurukku
5. Poondur then – Thondai Azharchi, Tansil

Number of patients benefited from the camp are as follows:

Total Number of Visits Per Day			
Date	New No. (%)	Old No. (%)	Total No. (%)
02.12.2018	181(32.67)	0(0)	181(32.67)
09.12.2018	127(22.92)	59(10.65)	186(33.57)

16.12.2018	111(20.04)	76(13.72)	187(33.75)
Total	419(75.63)	135(24.37)	554(100)

Table. 1 Patients visits to the camps



Figure 17: Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai addressing the gathering during the Special Siddha day medical camp at Ellamman Pettai



Figure 18: Dr. M. Kannan, Research Officer (Siddha), SCRI, Chennai delivering a talk during the Special Siddha day medical camp at Ellamman Pettai

Glimpses of the Special Siddha day camps at Ellamman Pettai on 2nd, 9th and 16th December, 2018



Figure 19: Section of the audience who participated in the Special Siddha day medical camp at Ellamman Pettai



Figure 20: Section of the audience who participated in the Special Siddha day medical camp at Ellamman Pettai



Figure 21: Queue of patients waiting at the camp



Figure 22: Registration of patients at the medical camp



Figure 23: Consultation in progress during the Special Siddha Day medical camp at Ellamman Pettai



Figure 24: Participation of Students from Government Siddha Medical College, Chennai providing Consultation



Figure 25: Consultation in the Special Siddha Day camp at Ellamman Pettai



Figure 26: Consultation in the Special Siddha Day camp at Ellamman Pettai



Figure 27: Consultation in the Special Siddha Day camp at Ellamman Pettai



Figure 28: Consultation in the Special Siddha Day camp at Ellamman Pettai



Figure 29: Consultation in the Special Siddha Day camp at Ellamman Pettai



Figure 30: Varmam Therapy being provided in the Siddha medical camp at Ellamman Pettai



Figure 31: Distribution of medicines in the medical camp



Figure 32: Distribution of medicines in the medical camp



Figure 33: Demonstration of preparation of simple home remedies



Figure 34: Demonstration of preparation of simple home remedies



Figure 35: Demonstration of preparation of simple home remedies



Figure 36: Public providing feedback about the camp

Write – a – thon competition:

Write-a-thon (Essay writing) competition was conducted at Siddha Central Research Institute, Chennai on 16.12.2018 (Sunday). Dr. M. Kannan, Sci-II RO(S), HOD, DCR and Dr. S. Natarajan, RO(S), Head, Varmam Division inaugurated and facilitated the event. The following team of Officers coordinated the programme:

1. Dr. V. Aarthi, Research officer (Siddha)
2. Dr. L. Juliet, Research officer (Siddha)
3. Dr. P. Thenmozhi, Research officer (Siddha)
4. Dr. A. Usha, Research officer (Siddha)

51 participants from the following institutions participated:

1. Jayagopal Garodia Matric Higher Secondary School, Choolaimedu
2. Ethiraj College for Women, Egmore
3. Thiruvalluvar University College of Arts and Science, Arakkonam
4. C. Kandaswami Naidu College for Men, Anna Nagar
5. Shankar IAS Academy, Anna Nagar
5. Bhaktavatsalam Memorial College, Korattur
6. Sri Venkateswara Matric Hr. Sec. School, Thirumullaivoyal
7. Govt. Hr. Sec. School, MMDA Colony
8. Quaid-e-Millath Government College for Women, Anna Salai
9. Jaya College of Physiotherapy, Thiruninravur

The essays were evaluated by the team and the following participants were selected on merit for the cash prize respectively.

- | | |
|--------------------------------------|--|
| 1. First prize | : V. R. Cholarajan, Cuddalore. |
| 2. Second prize | : K. Rajkumar, C Kandaswami Naidu College, Chennai. |
| 3. Third prize | : S. Shanmugam, Choolaimedu, Chennai |
| 4. 1 st consolation prize | : A. Akhila, Ethiraj College for Women, Chennai. |
| 5. 2 nd consolation prize | : R. Munishwaran, C Kandaswami Naidu College, Chennai. |



Figure 37: Lighting of Lamp by Dr. S. Natarajan, Research Officer (Siddha), Siddha Central Research Institute, Chennai



Figure 38: Write-a-thon (Essay writing) competition was conducted at Siddha Central Research Institute, Chennai



Figure 39: Dr. M. Kannan, Research Officer (Siddha) distributing the participation certificate to one of the participants of the write-a-thon competition



Figure 40: Participants during the Write-a-thon (Essay writing) competition

Siddha Regional Research Institute, Puducherry

Scope and Management of Skin Diseases in Siddha System of Medicine (SMSD 2018)

A one day Seminar on Scope and Management of Skin Diseases in Siddha System of Medicine was organized by Siddha Regional Research Institute, Puducherry in association with Sivaraj Siddha Medical College, Salem on 13th December, 2018 at Auditorium of Sivaraj Medical College, Salem.

Dr. A. Rajendra Kumar, Research Officer (S), S-II, i/c, SRRI, Puducherry welcomed the gathering. Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai presided over the function and delivered the presidential address. The guest of honour was Prof. Dr. G. Ganapathy, Member, General Body of CCRS, Chennai. He emphasized the strength of Siddha and its therapeutic value in the management of Skin diseases. Dr. G. Kannan, Principal, Sivaraj Homeopathic Medical College & Research Institute, Salem and Dr. M. Saravanan, Principal, Sivaraj Naturopathy and Yoga Medical College, Salem, delivered the felicitation address. Dr. J. Jaganathan, Principal, Sivaraj Siddha Medical College, Salem, delivered the vote of thanks. Five plenary lectures which covered various aspects of Skin disease management through Siddha were presented by eminent resource persons.

Dr. P. Samundeswari, Lecturer, Dept. of Sirappu Maruthuvam, National Institute of Siddha, Chennai delivered a plenary lecture on “Vitiligo and its management through Siddha System of Medicine”. She explained the various aspects of Vitiligo management.

Dr. C. P. Gokul Kumar, Siddha Physician, Chellam Siddha Maruthuva Maiyam, Dindigul delivered a lecture on “Approach and Application of Siddha Fundamentals while treating Skin diseases”. The mukuttram based diagnosis, drug selection were the main focus and case reports were presented.

Dr. P. Vijayakumar, Emergency Medical Officer, Sivaraj Siddha Medical College delivered a speech on “Wonders of time tested Siddha Medicines in Skin Care – An experiential sharing”. He presented the case reports on various Skin diseases along with demo videos.

Dr. A. Mamallan, Asst. Medical Officer (S), Govt. Primary Health Centre, Mallankinar, Virudhunagar District spoke on “Management of certain Skin Diseases with Higher Order Siddha Medicines”. Various techniques and nuances in the preparation of higher order medicines and the remarkable effects of their efficacy were presented elaborately.

Dr. R. Rathinamala, Research Officer (Siddha), Siddha Regional Research Institute, Puducherry delivered a plenary lecture on “Implications of Diet in Skin diseases – Solace or Menace? The lecture focused the pros and cons of diet in various Skin diseases along with some scientific evidence to Siddha claims.

A panel discussion was organized with the eminent speakers and the participants actively interacted with the speakers. 180 delegates comprising UG students, faculty members, private practitioners and research scholars participated and benefitted through this seminar.



Figure 41: Lighting of Lamp by Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai at the SMSD 2019 seminar organised at Sivaraj Siddha Medical College, Salem



Figure 42: Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai honouring Prof. Dr. G. Ganapathy, Member, General Body of CCRS, Chennai



Figure 43: Release of Seminar proceedings in CD format



Figure 44: Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai delivered the Presidential address



Figure 45: Section of the participants attending the SMSD Seminar



Figure 46: Guest of honour Prof. Dr. G. Ganapathy, Member, General Body of CCRS, Chennai delivering the Chief Guest address

Free Siddha Medical Camp and Herbal Expo

As a part of Pre Siddha Day event, Siddha Regional Research Institute, Puducherry organized a Siddha Medical camp and Herbal expo at *Pandachozhanallur* village located around 30 kms from Puducherry Town. SRRI, Puducherry jointly organized the Siddha Medical camp

with Department of Indian Systems of Medicine and Homeopathy, Puducherry and also with Field Outreach Bureau, Ministry of Information & Broadcasting, Puducherry. The camp was conducted in the Government Middle School, *Pandachozhanallur* on 8th, 15th & 22nd December, 2018 i.e. 3 consecutive Saturdays. In the camp, 30 medicinal herbs and 30 raw drugs were displayed with its name and uses for public awareness. Random Blood sugar was tested for the needy. Moreover, *Nilavembu Kudineer* was also dispensed to the students and public who attended the camp. In addition, a survey on the assessment of awareness about Siddha system was done with attendees of camp.

On 8th December, 2018, Siddha medical camp was inaugurated. Dr. S. Indira, Chief Medical Officer, Dept. of Indian Medicine and Homeopathy, Puducherry welcomed the gathering. The objective of the camp was detailed by Dr. A. Rajendra Kumar, In-Charge, Siddha Regional Research Institute, Puducherry. The felicitation address was delivered by Dr. T. Sivakumar, Assistant Director, Field Outreach Bureau, Ministry of Information & Broadcasting, Govt. of India, Puducherry. Address by Guest of Honour was given by Dr. Anish Anto Xavier, Medical Officer, Govt. Primary Health Center, Nettappakkam, Puducherry. Finally, vote of thanks was presented by Dr. B. Chitra, Research Officer (Siddha).

On 15th December, 2018, Siddha medical camp with herbal display was held with *Nilavembu kudineer* distribution. Blood test was done for needy patients and survey was carried out.

On 22nd December, 2018, Siddha medical camp was arranged with herbal display and Blood test facility. The camp concluded with valediction arranged by Field Outreach Bureau, Puducherry. Dr. B. Chitra welcomed the gathering. Address by Guest of Honour was given by Dr. T. Sivakumar, Assistant Director, Field Outreach Bureau, Ministry of Information & Broadcasting, Govt. of India, Puducherry. Dr. S. Indira, Chief Medical Officer, Dept. of Indian Medicine and Homeopathy, Puducherry delivered the chief guest address. The importance of Siddha medicine through such medical camps was detailed by Dr. A. Rajendra Kumar, In-Charge, Siddha Regional Research Institute, Puducherry. Vaithiyar K.P. Arjunan, Director, IMPCOPS, Vellore explained about the medicinal importance of locally available herbs. In the felicitation address delivered by Sh. M.G. Robert Kennady, Deputy Director of School Education, Villianur, Puducherry and Sh. P. Angaalan, Secretary, Karunaalayam Village Welfare Society, Nettappaakam who detailed the importance of Siddha Medicine and its impact among the common man. Presidential address was delivered by Dr. J. Allirani, State Nodal Officer, PC-PNDT Program Officer cum Deputy Director, Directorate of Health & Family Welfare Service, Puducherry. The programme concluded with vote of thanks by Sh. M. Thiagarajan, Field Publicity Assistant, Puducherry. The number of beneficiaries in the 3 consecutive camps and beneficiaries of *Nilavembu Kudineer* are given below:

Date	Male	Female	Child		Total No. of cases	Nilavembu Kudineer
			Male	Female		
08-12-2018	25	102	25	31	229	340

15-12-2018	29	64	3	9	105	321
22-12-2018	15	48	10	6	79	289
					413	950



Figure 47: Dr. A. Rajendra Kumar, In-Charge, Siddha Regional Research Institute, Puducherry explaining the objective of the camp



Figure 48: Exhibition for the benefit of students at the camp premises



Figure 49: Consultation being provided to the patients



Figure 50: Distribution of Nilavembu Kudineer to the public

Free Medical Awareness camp with JSA Siddha Medical and Research Centre, Ulundurpet

As a part of Pre-Siddha day event, another free Siddha medical camp was conducted by Siddha Regional Research Institute, Puducherry at Mangalampettai Village, Cuddalore district jointly with JSA Siddha Medical and Research Centre, Ulundurpet and Greens Lions Club, Mangalampettai on 20th December, 2018. In the inaugural ceremony, Dr. A. Rajendra Kumar, i/c Siddha Regional Research Institute, Puducherry briefed about the objectives of the Pre-Siddha Day medical camp. Dr. K.P. Kannan, Principal, JSA Siddha Medical College and Research Centre also spoke about the significance of Siddha System. 289 patients were treated for various diseases with free Siddha medicine and Nilavembu Kudineer was distributed to 168 persons for Dengue prevention.



Figure 51: Free Siddha Medical awareness camp jointly conducted with JSA Siddha Medical and Research Centre, Ulundurpet



Figure 52: Siddha Consultation to the needy patients

Write-a-thon Competition

Siddha Regional Research Institute (under CCRS), Puducherry, organized a Write-a-thon competition as a Pre-Siddha Day event. The contest was announced to all public and college students (except Siddha stream) through display boards at SRRI OPD premises and Puducherry beach to receive registrations from the participants. 32 participants (both from public and college students) registered for the competition. The competition was conducted at Committee Hall of SRRI, Puducherry on 16.10.18 from 10:30 am to 12 noon. Among 32 registrations, 24 members participated and wrote their views, ideas, concepts as essays on the theme, “Siddha way of living for a Healthy Life”. Participation certificates were issued to all the participants. All the papers were evaluated by two experts, one from Siddha stream and another from Language stream. Winners were chosen from the marks scored based on their writing skills, concept and way of presentation. As per the instructions from Council, cash prizes were announced for winners, which were distributed by Dr. G. Ganapathy, Member – General Body of CCRS. The winners are as follows:

First Prize (Rs.2000/-)	– Smt. S. Malathy, Puducherry
Second Prize (Rs.1000/-)	– Smt. M. Manju, Puducherry
Third Prize (Rs.500/-)	– Shri. A. Balaji, Puducherry
Consolation Prizes (Rs.250/- each)	– Shri. A. Ananda Kumar, Puducherry
	Ms. S. Kalaiyarasi, Puducherry



Figure 53: Write-a-thon competition as a Pre-Siddha Day event at SRRI, Puducherry



Figure 54: Participants of the Write-a-thon competition receiving the certificates



Figure 55: Write-a-thon competition prize distribution ceremony



Figure 56: Cash prizes for Write-a-thon competition were distributed by Dr. G. Ganapathy, Member – General Body of CCRS

Siddha Regional Research Institute, Thiruvananthapuram

Pre-Siddha day Seminar – FPSSM

The Pre-Siddha day Seminar on “Fundamental Principles in Siddha System of Medicine (FPSSM-2018)” was organised by Siddha Regional Research Institute, Poojappura, Thiruvananthapuram under Central Council for Research in Siddha, Chennai (Ministry of AYUSH, Govt. of India) jointly with Santhigiri Siddha Medical College and Maria Siddha Medical College on 11th December, 2018 at the auditorium of Santhigiri Siddha Medical Pothencode, Thiruvananthapuram to enlighten the students, practitioners and academicians in Siddha system of Medicine.

In the Inaugural ceremony, Dr. A. Kanagarajan, Assistant Director (Siddha) SRRI, Thiruvananthapuram delivered the Welcome address. Prof. Dr. K. Kanakavalli, Director General, Central Council for Research in Siddha (CCRS) delivered the presidential address and released the Proceedings of the Seminar. The Inaugural ceremony was blessed with the presence of Swami Gururethnam Jnana Tapaswi, the organising Secretary of Santhigiri Ashram.

Special address was delivered by Prof. Dr. V. Arunachalam, Senior Advisor & Dean of Santhigiri Healthcare Research Organization, Thiruvananthapuram. Dr. V. B. Vijayakumar, Vice-president of CCIM and Nodal Office of ISM and Dr. A. Vasuki Devi, Principal, Santhigiri Siddha Medical College, Thiruvananthapuram felicitated the gathering. Dr. V. Gayathri Devi, Research Officer (Chemistry), SRRI, Thiruvananthapuram delivered the Vote of Thanks.

Six Invited experts delivered plenary lectures on Fundamental Principles of Siddha System of Medicine as follows:

Sl. No.	Speaker	Topic
1.	Dr. S. K. Sasi	Importance of <i>Theganilai</i> and its significance in the Pathogenesis of the Diseases
2.	Dr. P. Sathyarajeswaran	Application of Six tastes theory in Siddha therapeutics
3.	Dr. J. Jayavenkatesh	Balancing of humours using Siddha therapies
4.	Dr. B. Michael Jayaraj	Basic principles in Siddha system of Medicine
5.	Dr. J. Sriram	Application of <i>Mukktram</i> (humours) and <i>Neikuri</i> in Therapeutics
6.	Dr. A. Vasukidevi	Practical application of <i>Muthras</i> in relation with <i>Panchapootham</i>

The Seminar focused on the theme pertaining to diagnostic, experimental and Therapeutic aspects in Siddha System.

The Poster presentation of the delegates was reviewed by the experts Dr. S. K. Sasi from Govt. Siddha Medical College and Dr. J. Jeyavenkatesh from Kokila Siddha Hospital and Research Centre, Madurai. 29 Posters were presented. Valuable Siddha books were provided as Prizes (First Prize – Siddha Pharmacopeia for 4 Students, Second Prize – *Pulipani Vaidhyam* 500 for 3 Students, Third Prize – A-Z of Common Remedies in Siddha System for 6 Students) as encouragement for the students. The Seminar was successfully completed with the participation of 179 students.

This Seminar had created an ideal platform for the students for gaining the basic knowledge and to promote the understanding of fundamentals in Siddha. Moreover this Seminar has encouraged the students to actively participate in the Seminar and Conferences in Siddha System.



Figure 57 Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai inaugurating the FPSSM by Lighting of Kuthuvillaku at Santhigiri Healthcare Research Organization, Thiruvananthapuram



Figure 58 Releasing the Proceedings of the Seminar by Prof. Dr. K. Kanakavalli, Director General, Central Council for Research in Siddha and other dignitaries



Figure 59: Prof. Dr. K. Kanakavalli, Director General, CCRS honouring Prof. Dr. V. Arunachalam, Senior Advisor & Dean of Santhigiri Healthcare Research Organization



Figure 60: Poster presentation session was reviewed by the experts Dr. S. K. Sasi, Govt. Siddha Medical College and Dr. J. Jeyavenkatesh, Kokila Siddha Hospital and Research Centre, Madurai

Siddha Medical Camps

Siddha Regional Research Institute, Poojappura, Thiruvananthapuram organized Medical Camp for Tribal people in Amboori Grama panchayat, Thiruvananthapuram. The Inauguration was held on 4th December 2018, 10.00 am at Kaarikkuzhi community hall, Thodumala ward. Dr. Parvathy delivered the welcome address. The camp was inaugurated by Shri P. S. Ninan, Member, Health and Education Standing Committee, Amboori Grama Panchayat. Dr. Gayathri Devi, HOD Chemistry, SRRI Thiruvananthapuram and Shri V. Shibu, Ward Member, Thodumala delivered the felicitation address. Dr. V.A. Rahul, Programme Assistant, Pharmacovigilance, SRRI Thiruvananthapuram delivered the vote of thanks.

The medical team from SRRI, Thiruvananthapuram with officials and three Internees from Santhigiri Siddha Medical College, Thiruvananthapuram participated in the Camp.

Majority of the patients treated was suffering from musculoskeletal disorders, skin diseases and acid peptic disease were treated in the Camp. Appropriate Siddha medicines along with dietary advice and *Varmam* special treatment were provided.

Camp	M	MCH	F	FCH	Total
04.12.2018	39	-	42	-	81
13.12.2018	38	-	58	3	99
20.12.2018	42	1	63	8	114
Total	119	1	163	11	294



Figure 61: Inauguration of the Siddha day medical camp at Kaarikkuzhi community hall, Thodumala ward



Figure 62: Inauguration of the Siddha day medical camp at Kaarikkuzhi community hall, Thodumala ward



Figure 63: Siddha Consultation in progress



Figure 64: Checking of vitals during the medical camp

Medical camp held on 4th December, 2018



Figure 65: Varmam Therapy provided in the medical camp



Figure 66: Participation of students from Santhigiri Medical college

Medical camp held on 13th December, 2018



Figure 67: Participation of students from Santhigiri Medical college



Figure 68: Dispensing medicines at the medical camp

Medical camp held on 20th December, 2018

Write-a thon Competition

Siddha Regional Research Institute, Thiruvananthapuram conducted the Write-a-thon Essay writing competition to the Public for the propagation of Siddha System of Medicine in Kerala on 16-12-2018 at the conference Hall of SRRI, Tvpm. The theme of the competition was “Siddha way of living for a healthy life”. The participants showed much interest and wrote the competition.

After the successful completion of the competition, certificate of Participation was given to all participants for encouragement. The submitted essays were evaluated as per the guidelines and in relevance to the theme.

The winners of the competition are

1 st Prize	-	Bhadra Ram
2 nd Prize	-	Lavanya P K
3 rd Prize	-	Surya S Nair
Consolation Prizes (3)	-	Binsu Josna Theresa Gigo Gopika G



Figure 69: Write-a-thon Essay writing competition organised at SRRI, Thiruvananthapuram



Figure 70: Write-a-thon Essay writing competition organised at SRRI, Thiruvananthapuram

Other Activities

An essay writing competition was held on 19-11-2018, 4.00 pm, at Lal Bahadur Shastri Institute of Technology for Women, Poojappura, Thiruvananthapuram. The subject of the competition was “Management of occupational disorders through Siddha System of Medicine” and 19 students participated. Moreover, Dr. G.S. Lekha, Research Officer (Siddha) delivered an awareness lecture on “Management of Non-communicable disease through Siddha System of Medicine”. 20 National Service Scheme volunteers and 35 students attended the programme.

An essay writing competition was held on 22-11-2018, 10.00 am, at Karthika Tirunal Govt. Girls High School, Manacaud, Thiruvananthapuram. The competition was held based on the “Food as Medicine” and 22 students participated. Moreover, Dr. V. A. Rahul delivered awareness lecture on “An introduction to Siddha System of Medicine”. 4 teachers and 35 students attended the programme. A herbal exhibition was also organised. 25 Teachers and 160 students visited the exhibition and cleared their several doubts about the medicinal plants and raw drugs used in Siddha.



Figure 71: Competition was organised on the topic “Management of occupational disorders through Siddha System of Medicine at Lal Bahadur Shastri Institute of Technology for Women, Thiruvananthapuram



Figure 72: Dr. G.S. Lekha, Research Officer (Siddha) is delivering an awareness lecture on “Management of Non-communicable disease through Siddha System of Medicine”



Figure 73: Essay writing competition at Karthika Tirunal Govt. Girls High School, Manacaud, Thiruvananthapuram.



Figure 74: Dr. V. A. Rahul delivering an awareness lecture on “An introduction to Siddha System of Medicine”

Medicinal plant cum raw drug exhibition and book sale was conducted on 13th November, 2018 at SRRI, Thiruvananthapuram. 31 common medicinal plants were procured from Pharmacognosy Unit, Ayurveda Research Institute, Thiruvananthapuram for the exhibition. Raw drugs, pamphlets and books were sorted and arranged for exhibition. The residents of Poojappura and students visited the exhibition counter and asked several questions about the

medicinal plants used in Siddha. They were very surprised to know that minerals like coral and conch are used in the Siddha formulations.



Figure 75: Medicinal plant cum raw drug exhibition at SRRI, Thiruvananthapuram



Figure 76: Medicinal plant cum raw drug exhibition at SRRI, Thiruvananthapuram



Figure 77: Visitors at Medicinal plant cum raw drug exhibition at SRRI, Thiruvananthapuram



Figure 78: Another section of visitors Medicinal plant cum raw drug exhibition at SRRI, Thiruvananthapuram

Herbal exhibition at Karthika Tirunal Govt. Girls High School, Manacaud, Thiruvananthapuram.



Figure 79: Herbal exhibition at Karthika Tirunal Govt. Girls High School, Manacaud, Thiruvananthapuram



Figure 80: Another section of students at the Herbal exhibition at Karthika Tirunal Govt. Girls High School, Manacaud, Thiruvananthapuram

Yoga demonstration and training classes for 5 days from 16-11-2018 (3.00 pm.) was held at Govt. Higher Secondary School (Girls), Karamana. Dr. K. S. Maanickha Chelvi, Research

Officer (Siddha), directed the students to do yoga step by step emphasizing the benefits of each Yogasanam. 30 students participated and eagerly practiced Yoga. A guest lecture was delivered on Traditional nutritional foods at Govt. Lower Primary School, Karamana on 28-11-2018 and Traditional nutritional foods were distributed the students.

Dr. K. S. Maanickha Chelvi, Research Officer (Siddha), SRRI, Thiruvananthapuram, delivered an awareness lecture on “Personnel Hygiene in Siddha Way” with *Naal Ozhukkam* (Daily Activities) at Govt. Upper Primary School, Poojappura on 14-11-2018. IEC materials - pamphlets were distributed to 120 students and 11 teachers.



Figure 81: Dr. K. S. Maanickha Chelvi, Research Officer (Siddha), SRRI, Thiruvananthapuram, delivered a lecture on Personnel Hygiene in Siddha Way



Figure 82: Pamphlets were distributed to students and teachers at Govt. Upper Primary School

Yoga Training Programme was organised at Govt. Girls Higher Secondary School, Karamana on 19-11-2018 (3.00 pm). Dr. K. S. Maanickha Chelvi, Research Officer (Siddha), SRRI, Thiruvananthapuram, delivered a lecture on the topic of “Basic principles and importance of Yoga” followed by discussion with students and clarified the doubts of students about do’s & Don’ts while practising Yogam. Pamphlets were distributed to 150 students and 15 teachers.



Figure 83: Yoga Training Programme was organised at Govt. Girls Higher Secondary School, Karamana



Figure 84: Yoga Training Programme was organised at Govt. Girls Higher Secondary School, Karamana

Yoga training programme at Govt. Higher Secondary School (Girls), Karamana



Figure 85: Dr. K. S. Maanickha Chelvi performing Yoga and training the students at Govt. Higher Secondary School (Girls), Karamana



Figure 86: Students performing Yoga following the instructions of the trainer Dr. K. S. Maanickha Chelvi

Consecutive Yoga training programme at Govt. Higher Secondary School (Girls), Karamana



Figure 87: Prayer prior to the Yoga training programme at Govt. Higher Secondary School (Girls), Karamana



Figure 88: Students performing Yoga following the instructions of the trainer Dr. K. S. Maanickha Chelvi

A health awareness programme was conducted for the public on 15.11.2018 in association with AKG residence association Pangappara. It was organised by Dr. S. Aparna, Research Officer (Pathology), SRRI, Thiruvananthapuram and detailed information about cancer prevention and early screening methods that help in diagnosis was provided to the public. Dr. K.S. Maanickha Chelvi, Research Officer (Siddha), SRRI, Thiruvananthapuram delivered a lecture highlighting Siddha principles. Pamphlets were distributed providing information on Siddha principles, Siddha treatment for post-menopausal syndrome and Osteoarthritis. 32 residents participated and benefited through this programme.



Figure 89: Dr. K.S. Maanickha Chelvi, Research Officer (Siddha), SRRI, Thiruvananthapuram delivered a lecture highlighting Siddha principles for healthy life



Figure 90: Dr. S. Aparna, Research Officer (Pathology), SRRI, Thiruvananthapuram delivered a lecture on cancer prevention and early screening methods

To overcome exam fear, an awareness programme was organised in the Govt. Girls Higher Secondary School, Karamana, on 27-11-2018 (3.00 pm.). A team comprising Dr. K. S. Maanickha Chelvi Research Officer (Siddha), Sh. Ommerfarooq, Sh. M.S. Satheesh Kumar met 40 students studying 10th standard. Dr. K. S. Maanickha Chelvi, delivered a lecture on “Stress management in exams”. Dr. Chelvi, clarified the doubts regarding Yogasanam and Pranayamam. Students felt relaxed and got the confidence to face their exams. The session concluded with vote of thanks by Miss. Amitha, head mistress. SRRI thanks the support rendered by Mrs. Remuna Devi, Principal.



Figure 91: Dr. K. S. Maanickha Chelvi, delivered a lecture on “Stress management in exams at Govt. Girls Higher Secondary School, Karamana



Figure 92: Students keenly listening to the lecture delivered by Dr. K. S. Maanickha Chelvi to manage exam stress

Dr. K. S. Maanickha Chelvi, Research Officer (Siddha), Smt. C. Saraswathy and Sh. M.S. Satheeshkumar visited the Govt. Lower Primary School, Karamana on 28-11-2018(10.00 am.). An awareness lecture on Traditional nutritive foods as well as its preparation was exhibited to the students. Mrs. B. Geetha, Head Mistress gave her opening remarks. Dr. K. S. Maanickha Chelvi, delivered a lecture on personnel hygiene and importance of nutrition and traditional food varieties. 210 students participated in this programme. Sesame Laddu (*Ellu Urundai*) was distributed to all the students and staff. Pamphlets was also distributed to the students and teachers. Vote of thanks was delivered by Mr. Anbu.



Figure 93: Mrs. B. Geetha, Head Mistress of Govt. Lower Primary School, Karamana giving her remarks prior to the awareness lecture



Figure 94: Dr. K. S. Maanickha Chelvi delivered a lecture on personnel hygiene to students at Govt. Lower Primary School, Karamana



Figure 95: Section of the audience listening to the awareness lecture



Figure 96: Nutritious Sesame Laddu (Ellu Urundai) preparation was demonstrated to the students

Siddha Clinical Research Unit, Palayamkottai

Observance of 50th Countdown Day

The 50th Day countdown was observed by the staff of SCRUP Palayamkottai and Govt. Siddha Medical College (GSMC), Palayamkottai on 6th November, 2018. IEC materials were distributed to the Inpatients and Outpatients of GSMC, Palayamkottai.



Figure 97: Initiation of 50th day countdown day at GSMC campus



Figure 98: Distribution of pamphlets to the Inpatient of GSMC

Seminar “Scope of Clinical Practice in Siddha System of Medicine”

Siddha Clinical Research Unit, Palayamkottai organised a Pre Siddha day seminar on Scope of Clinical practice in Siddha System of Medicine on 19th December, 2018 at Govt. Siddha Medical College (GSMC) auditorium, Palayamkottai. It was organized in association with GSMC Palayamkottai and ATSVS Siddha medical college Munchirai. Dr. P. Elankani, Research Officer (Siddha) S-II i/c welcomed the gathering. Prof. Dr. S. M. Kannan M.S., M.Ch presided over the function and delivered the inaugural address. Dr. J. Mabel Arulmani, DSMO Tirunelveli, Dr. Rajaselvi, DSMO Thoothukudi, Prof Dr. B. Malarvizhi and Dr. A. Rajendra Kumar, Research Officer (Siddha) S-II, i/c, SRRI, Puducherry felicitated the gathering.

Four stalwarts in Siddha system of medicine delivered plenary lecture as follows:

Prof. Dr. D. Rajasekar, Professor, Santhigiri Siddha Medical College, Thiruvananthapuram delivered a lecture on “Siddha Clinical management of Rheumatological disorders”. He shared his wide knowledge and clinical experience in the treatment of Rheumatological disorders.

Dr. G. Rajanayaki, Siddha Medical Consultant, Sri Sivasakthi Pharmaceutical motivated the students to handle the gynaecological cases. She also advised students to believe in the words of Siddhars and to follow the Siddha way of living.

Dr. B. Ramasamy, Assistant Medical Officer, Rajavallipuram, Govt. Primary Health Centre, dealt with management of speech disorders. His lecture gave hope to the students to manage all kind of speech disorders

Dr. J. Sriram, Assistant Medical Officer, Govt. Primary health Centre, Rajakamangalam, shared his experience and traditional practice followed in various parts of Tamilnadu in the treatment of Pediatric disorders.

Abstracts were invited for poster presentation from the participants and posters were displayed in the conference hall. Poster presentations were judged by the panel of three judges namely: 1. Dr. Anbumalar, Asst. Lecturer, GSMC, Palayamkottai, 2. Dr. Malliga, Lecturer, GSMC, Palayamkottai 3. Dr. Meenakshi Sundaram, Asst. Lecturer, GSMC, Palayamkottai.

First Prize of Rs.1000/- was awarded for Poster presentation entitled “Comparative studies on Seenthil Choornam and its Anti- Hypoglycemic activity” by Dr. Rajendran Ajanthan M.D(S), II year, PG Scholar, Dept. of Pothu Maruthuvam, GSMC, Palayamkottai.

Second prize of Rs.750/- was awarded for Poster presentation on “Effectiveness of Thirumoolar Pranayamam in improving Quality of Life” by Dr. I. Joshi, II year, PG Scholar, Dept. of Sirappu Maruthuvam, GSMC, Palayamkottai.

Third prize of Rs.500/- was awarded for Poster presentation on “Management of Atherosclerosis” by S. Arockia Sebinska Chishi, Final year BSMS, ATSVS Siddha Medical College, Munchirai.

Students were attentive and showed keen interest during all the sessions. They requested the organizers to organize such seminars at least once in three months. Dr. K. Sivaranjani, Research Officer (Siddha) delivered the vote of thanks. Dr. Sivaranjani acknowledged Prof. Dr. R. Neelavathy, Principal, GSMC, Palayamkottai, Dr. G. Subash Chandran, Asst. Lecturer, GSMC Palayamkottai and Dr. T. Paulthurai Manimozhian, Principal and staff of ATSVS Siddha medical college for their support and organizing this seminar.



Figure 99: Prof. Dr. S. M. Kannan, Dean, Tirunelveli Medical College Inaugurating the seminar by Lighting the Lamp



Figure 100: View of dignitaries on the dias



Figure 101: Audience keenly participating in the seminar



Figure 102: Dr. P. Elankani, Research Officer (Siddha) S-II i/c, SCRU, Palayamkottai welcomed the gathering



Figure 103: Students receiving the award for best Poster presentation



Figure 104: Students receiving the award for best Poster presentation

Free Siddha Medical Camps

As a part of observance of Second Siddha Day, Siddha medical camps was organised by Siddha Clinical Research Unit, Palayamkottai in association with Govt. Siddha Medical College, Palayamkottai and ATSVS Siddha Medical College, Munchirai at Agasthiyar and Servalaru

Kaani tribal settlements. The camp was conducted on three consecutive days on 4th, 11th and 18th December 2018. On 4th December, 2018, a team headed by Dr. P.Elankani, Research Officer (Siddha) S-II, i/c, SCRUP, Palayamkottai, Dr. C. Vimala, Dr. A. Sharmila, Lecturers from ATSVS Siddha Medical College, Munchirai and S. Hemanathan, C. Mohana, Monica Celus Internees of Govt. Siddha Medical College, Palayamkottai participated in the camp. C. Iyyappan, Pharmacist, SCRUP distributed medicines to the patients.

The second medical camp was conducted on 11th December, 2018 at Servalaru tribal settlement headed by Dr. K. Sivaranjani, Research Officer (Siddha), SCRUP, Palayamkottai and Dr. Prakash, Dr. S. Harish Titto PG Scholars, N.S. Manoj Suriya, S.A. Mathina Afrin, S. Mayuri, CRRI of GSMC, Palayamkottai participated in the camp.

The third medical camp was conducted on 18th December, 2018. PG Scholar Dr. Malarvizhi and Dr. Soundarya, CRRI Manoj Surya, Govindaraj participated in the camp along with Dr. Elankani, Research Officer (Siddha) S-II, i/c, SCRUP Palayamkottai and pharmacist C.Iyyappan.

Dr. V.Chelladurai, Honorary expert IMR Project(Botany) helped us in organizing the camp. We also thank Mr. Ganesan, Eco Development Officer, Kalakkadu Mundanthurai Tiger Reserve and Mr. Mohandass, Deputy Superintendent of Police for accompanying us throughout the camp. We also acknowledge Dr. R. Neelavathy, Principal, GSMC, Palayamkottai and Dr. Paulthurai Manimazhian, Principal, ATSVS Siddha Medical College for their valuable support.

Date	Male	Male Child	Female	Female Child	Total
04-12-2018	28	29	31	37	125
11-12-2018	33	11	31	04	79
18-12-2018	26	03	59	06	94
Total	87	43	121	47	298



Figure 105: Banner displaying the special Siddha Medical camp at Agasthiyar and Servalaru Kaani tribal settlements



Figure 106: Team of Doctors and paramedical staff who participated in the special Siddha Medical camp



Figure 107: Doctors providing consultation to the public



Figure 108: Beneficiaries of the medical camp

04.12.2018



Figure 109: Participation of PG scholars and internees in the second Special Siddha medical camp



Figure 110: Doctors providing consultation to the public

11.12.2018



Figure 111: Third special Siddha medical camp at Agasthiyar and Servalaru Kaani tribal settlements



Figure 112: Patients waiting to receive the medicines at the Pharmacy

18.12.2018

Write-a-Thon Competition

Write-a-Thon essay competition was organized to encourage and nurture writers to create stories / concepts / perception / visualization / ideas on Siddha system of medicine for the benefit of people. The competition intends to open a platform for the student fraternity and public to participate and share their views on Siddha medicine and which in-turn raise the awareness on Siddha medicine. Write – a - thon competition was held at Siddha Clinical Research unit, Palayamkottai on 16th December 2018 from 10.30 AM to 12 PM. Students from various institutions in and around Tirunelveli actively participated in the competition. Competition was held at Sirappu Sikichai Pirivu of Govt. Siddha Medical College, Palayamkottai. The essays written by the participants was judged by Prof. Dr. P. Malarvizhi, HOD, Dept. of Thotrakirama Araichi, GSMC, Palayamkottai. Prizes were distributed to the winners of Write-a-Thon on 19th December 2018. The details of the prize winners are as follows:

Prizes

1 st Prize	–	V. Thillai Ramya, III year B.Com (CA), Sri Saradha College for Women
2 nd Prize	–	I. Veilu Muthu, II year B.Sc. (Maths) MDT Hindu College
3 rd Prize	–	C. Angala Eswari III year B.Sc. (Physics) Sri Saradha College for Women
Consolation prize (2)	–	T. Janani Selvam III year B.Sc. (Maths) Sri Saradha College for Women S. Kamakshi III year B.Sc. (Physics) Sri saradha college for Women



Figure 113: Write – a - thon competition was organised by Siddha Clinical Research unit at GSMC, Palayamkottai



Figure 114: Participants with enthusiasm taking part in the Write-a-thon competition



Figure 115: Prof. Dr. S. Victoria, GSMC, Palayamkottai, distributing the Prizes to the winners of Write-a-Thon competition



Figure 116: Prof. Dr. S. Victoria, GSMC, Palayamkottai, distributing the Prizes to the winners of Write-a-Thon competition

Siddha Medicinal Plants Garden

National Conference on Herbal Wealth in Siddha System of Medicine (NCHWSSM):

To make the Second Siddha Day a memorable and purposeful event, CCRS proposed to conduct a Conference/Seminar in collaboration with the nearby Siddha colleges / institutions. A one day National Conference on “Herbal Wealth of Siddha System of Medicine” was organized by SMPG in collaboration with RVS Siddha Medical College and Hospital, Kannampalayam, Coimbatore at RVS Siddha Medical College on 7th December, 2018. The purpose of the conference is to provide a common platform to share the research findings of the researchers on Medicinal plants in Siddha system of Medicine.

Live potted medicinal plants and photographs were exhibited and displayed in front of the conference venue. Prior to the inauguration, Prof. Dr. K. Kanakavalli, DG, CCRS visited the herbal exhibition and addressed a press meet. DG, CCRS highlighted the efforts of Ministry of AYUSH through NMPB for the cultivation and conservation of Medicinal Plants.

Dr. M. Padma Sorna Subramanian, Research Officer (Botany), S-II, i/c of SMPG, Mettur Dam welcomed the dignitaries and delegates.

Prof. Dr. K. Kanakavalli, Director General, Central Council for Research in Siddha presided over the inauguration of the National Conference on Herbal Wealth in Siddha system of Medicine and highlighted the importance of identification of medicinal plants in her presidential address. Dr. Kanakavalli also released the CD of conference proceedings.

Prof. Dr. R. Gopalan, Former Scientist, Botanical Survey of India and Head of the Botany Department, Karapagam University, Coimbatore delivered the inaugural address.

Shri. N. Shanmugam, IAS, Executive Director, RVS Educational Trust and Dr. V. Chelladurai, Former Research Officer (Botany), S-III, CCRAS and Honorary expert, SMPG, Mettur & Dr. Eugene Wilson, Research Officer (Siddha), CCRS, delivered the felicitation address.

Dr. A. Karthikeyan, Principal, RVS Siddha Medical College, Coimbatore delivered the vote of thanks.

Six invited talks were presented by eminent Scientists as detailed below:

- i. Dr. R. Gopalan, Former Scientist, BSI, Southern circle delivered a special lecture on “Herbal wealth of Siddha Medicine.”
- ii. Dr. V. Chelladurai, Former Research Officer (Botany), Scientist-III, (CCRAS) delivered a special lecture on wealth of Herbal medicine in Siddha system.
- iii. Dr. V. Gopal, Principal, College of Pharmacy, Head of the Dept. of Pharmacognosy, Mother Theresa Post Graduate and Research Institute of Health Science, Puducherry delivered a special lecture on “Current trends in the Pharmacognostical evaluation of Siddha Medicinal Plants.”
- iv. Dr. Jeya Venkatesh, MD (Siddha) Reader, RVS Siddha Medical College, Coimbatore presented a special lecture on “Thirithoda samana porukal and impact of taste in Medicinal Plants”.

- v. Dr. S. Rajan, Field Botanist-i/c, Centre for Medicinal Plants Research in Homeopathy, Ministry of AYUSH, Nilgiri District presented a special invited lecture on “Plants used in Siddha system of Medicine having Potential therapeutic efficacy and found in the Nilgiris, Tamil Nadu.”
- vi. Dr. N. Abdul Azees, M.D. (Siddha), Professor, Maria Siddha Medical College, Marthandam presented a special lecture on “Role of Varmam in management of Life Style diseases.

47 paper presentations including 10 poster presentations were presented by the delegates from different disciplines on medicinal plants and Siddha system of medicine in six scientific sessions conducted in two parallel sessions.

175 delegates from 11 Colleges / Institutes including RVS Siddha Medical College, Coimbatore, RVS Ayurveda Medical college, Govt. Siddha Medical college, Chennai, Govt. Siddha Medical College, Palayamkottai, PSGR Krishnammal college of Arts and Science, Coimbatore, Sri Sairam Siddha Medical College and Research Centre, Chennai, National Institute of Siddha, Chennai, Sivaraj Siddha Medical college, Salem, PSG college of Arts and Science, Coimbatore, CSMRADD (CCRAS) Chennai and Siddha Medicinal Plants Garden, Mettur participated and presented their research work.

In the Valedictory function, Dr. G. Kavitha, Joint Organizing Secretary, Professor, RVS SMCH welcomed the dignitaries and the delegates. Dr. P. Sathiyarajeswaran, Asst. Director-Siddha i/c, Siddha Central Research Institute, Chennai presided the function and delivered the presidential address. Prof. Dr. K. Kanakavalli, M.D. (Siddha) delivered the chief guest address. Dr. A. Saravana Gandhi, Prof. & Head, Dept. of Botany, Rani Anna Govt. College for Women, Tirunelveli; Dr. C. Murugan, Scientist-D, Regional Director, Botanical Survey of India, Coimbatore and Mr. P.S. Srivathsan, Chief Operative Officer, RVS SMCH, Coimbatore delivered felicitation address. Three best oral and postal presenters were presented with mementos by Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai and certificates were distributed to the delegates. DG, CCRS honoured Dr. M. Padmasorna Subramanian, Organizing Secretary, and Dr. A. Karthikeyan, Convener for the successful conduct of this Conference. Dr. M. Padma Sorna Subramanian, Organizing Secretary, Research Officer (Botany), Scientist-II, i/c, Siddha Medicinal Plants Garden, Mettur dam, Salem delivered the vote of thanks. Cultural programmes were performed by the students of RVS Siddha Medical College.



Figure 117: Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai inaugurating the National Conference on Herbal Wealth in Siddha System of Medicine at RVS Siddha Medical College



Figure 118: Prof. Dr. K. Kanakavalli, Director General, CCRS, Chennai delivering the presidential Address at the National Conference on Herbal Wealth in Siddha System of Medicine



Figure 119: Prof. Dr. K. Kanakavalli, DG, CCRS visiting the display of Central Council for Research in Siddha publications



Figure 120: Prof. Dr. K. Kanakavalli Director General, CCRS visiting the Live potted medicinal plants and photographs exhibition



Figure 121: Dr. P. Sathiyarajeswaran, Asst. Director-Siddha i/c, Siddha Central Research Institute, Chennai delivering the valedictory address



Figure 122: Dr. A. Karthikeyan, Principal, RVS Siddha Medical College delivering the Vote of Thanks

Three Successive Free Siddha Medical camps:

SMPG organized three successive free Siddha Medical Camps on 4th, 11th and 18th December, 2018 at Govt. Union Primary School, Neethipuram a tribal area located at the foothills of Kathirimalai, nearby Chennampatti hills, Kolathur taluk, Erode district to create awareness amongst the public regarding Siddha system of medicine using Siddha day as an occasion.

The first free Siddha medical camp was conducted on 4th December, 2018 at Union Primary School at Neethipuram, Mettur taluk of Salem district. Dr. M. Padma Sorna Subramanian, Research Officer (Botany), Scientist - II, i/c of Siddha Medicinal Plants Garden, CCRS, Mettur Dam, Salem inaugurated the Free Siddha Medical Camp and honoured Mr. James George, Asst. Head Master.

Dr. I. Chelladurai, Research Officer (Siddha) and Dr. M. Thiruvalluvar treated 203 patients by providing appropriate Siddha medication along with dietary advice. Nilavembu kudineer was also distributed to the students and public.

Second free Siddha medicinal camp was conducted on 11th December, 2018 at the Union Primary School at Neethipuram, Mettur taluk of Salem district. Dr. I. Chelladurai, Research Officer (Siddha) and Dr. M. Thiruvalluvar treated 172 patients with distribution of Nilavembu Kudineer.

The third successive free Siddha Medical camp was held on 18th December 2018 at the Union Primary school of the tribal village Neethipuram. Dr. I. Chelladurai, Research Officer, (Siddha) along with Dr. M. Thiruvalluvar, provided the Siddha treatment and dietary advice to 199 patients.

All the patients including the school children were provided Nilavembu kudineer. The school children were taught hygienic practice for the prevention of disease and the need of hand wash.

As per the request of Mrs. Rathnapraba, Headmistress, Union Primary School, Neethipuram, Dr. M. Padma Sorna Subramanian, Research Officer (Botany), provided 10 live medicinal plant pots with label to be displayed in the corridor of School so as to enable the students to get themselves aware of the medicinal value of the plants. In addition, 15 medicinal tree saplings were gifted to be planted in the premises of the school.



Figure 123: First free Siddha medical camp was conducted on 4th December, 2018 at Union Primary School at Neethipuram, Mettur taluk of Salem district



Figure 124: Siddha Consultation being provided to the general public



Figure 125: Medicinal tree saplings gifted to be planted in the premises of Union Primary School, Neethipuram



Figure 126: Nilavembu kudineer distribution to School children

Write-a-Thon competition

SMPG Organized “Write-a-Thon” an essay competition at Shree Venkateshwara College of Paramedical Sciences, Gobichettipalayam, Erode Dt. Tamil Nadu on 16th December, 2018 as a Pre-Siddha Day event to spread the awareness about Siddha System of Medicine. A total of 99 candidates actively participated in the competition. Of the registered 102 participants, 99 students / public participated in the Write-a-Thon competition on the theme “Siddha way of living for a healthy life”. The enthusiasm among the students for this competition was awesome. The Management and Dr. K. B. Ilango, Principal, College of Pharmacy, Shree Venkateshwara College of Paramedical Sciences, Gobichettipalayam provided necessary support to conduct the competition. Sh. K. Kumaraguru, Sh. PMD Sameer, and Ms. Anita Sharma, Asst. Professors of College of Pharmacy served as invigilators for the competition.

The essays written by the participants were sealed in front of Dr. K.B. Ilango, Principal, College of Pharmacy, Shree Venkateshwara College of Paramedical Sciences, Gobichettipalayam and send to the Headquarters, CCRS, Chennai for evaluation.

Dr. K. Kanakavalli, Director General, CCRS, Chennai constituted eight Siddha Research officers / Associates to evaluate the essays. The Prize winners of the Write-a-Thon competition was declared on 4th January, 2019. Selvi. M. Bhoomika, Selvi. M. Vaishnavi, Selvi. M. Indu and Sh. A. Mahendraprasath, College of Pharmacy, SVCPS, Gobichettipalayam won the 1st, 3rd and 1st and 2nd consolation prizes respectively. Mrs. K. Mounika, Faculty, College of Pharmacy, SVCPS, Gobichettipalayam won the 2nd prize.

Since, all the prize winners were from College of Pharmacy, Shree Venkateshwara College of Paramedical Sciences, Gobichettipalayam, prize distribution ceremony was organized on 9th January 2019. Dr. K. B. Ilango, Principal, College of Pharmacy, SVCPS welcomed the gathering. The Guest of Honour Thiru K. C. Karupanan, Hon. Minister for Environment, Govt. of Tamil Nadu & Secretary SVCPS presided over the function and distributed the prizes to the winners in the presence of the Chief Guest Dr. M. Padmasorna Subramanian who also delivered the guest lecture and distributed the participant certificates to the winners. Dr. I. Chelladurai, Research Officer (Siddha), Sh. Thirumaran, SMPG, CCRS and Sh. Venkatachalam, Chairman, Sh. G.P. Kettimuthu, Joint Secretary, SVCPS delivered the felicitation address. Sh. S. Devapraksh, 1st year, SVCPS delivered the vote of thanks. Competitions and cultural programmes were performed by the students of the College of Pharmacy, SVCPS, Gobichettipalayam.



Figure 127: “Write-a-Thon” competition at Shree Venkateshwara College of Paramedical Sciences, Gobichettipalayam, Erode Dt. Tamil Nadu



Figure 128: Section of the participants taking part in the “Write-a-Thon” competition



Figure 129: Thiru K. C. Karupanan, Hon. Minister for Environment, Govt. of Tamil Nadu & Secretary SVCPS distributed the prizes to the winners



Figure 130: Dr. M. Padmasorna Subramanian delivered the guest lecture and distributed the participant certificates to the winners

Social Media Content for Countdown of observance of the Second Siddha Day

SMPG developed posters on cultivation of medicinal plants at SMPG, women’s health and Siddha, documentation of folklore claims, traditionally important medicinal plants grown at SMPG for countdown of observance of the second Siddha day, posters on National conference, three successive free Siddha medical camps, write-a-thon competitions, Prize distribution

ceremony and Siddha expo were uploaded in the AYUSH-Siddha portal of Facebook and WhatsApp.

Siddha Clinical Research Unit, New Delhi

Observance of 50th countdown day

Siddha Clinical Research Unit, New Delhi initiated the count down for Second Siddha Day: 50 days to go on 6th November, 2018.

Free Siddha Medical Camps

Free Siddha medical camps were conducted on three consecutive days at Inderpuri village, New Delhi. 195 patients were benefited through these camps.



Figure 131: Siddha Clinical Research Unit, New Delhi initiated the 50th count down day for observing the Second Siddha Day



Figure 132: Siddha Day special medical camps being conducted at Inderpuri village, New Delhi

Camp	M	MCH	F	FCH	Total
02.12.2018	67	3	29	4	103
09.12.2018	21	4	26	2	53
16.12.2018	15	7	15	2	39
Total	103	14	70	8	195

National Seminar on Vector borne Diseases through Siddha System

National Seminar on Vector borne Diseases through Siddha System was held on 15th December, 2018 at AYUSH Auditorium, Janakpuri, New Delhi.

The event was inaugurated by Shri P.N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH in the presence of Prof. Dr. K. Kanakavalli, Director General, CCRS.



Figure 133: Shri P.N. Ranjit Kumar, Joint Secretary, Ministry of AYUSH inaugurated the National Seminar on Vector borne Diseases through Siddha System and delivering the Chief Guest Address

Dr. Azim Ali Khan, Director General, CCRUM, Dr. Ishwar N. Acharya, Director, CCRYN, Dr. Mohd. Idris, Principal, A & U, Tibbia College, Dr. Anil Khurana, Deputy Director General, CCRH graced the Seminar.

The invited lectures was delivered by Dr. Sujatha Sunil, Group Leader, Vector borne disease Group, ICGEB, New Delhi; Dr. M. Santhosh Kumar, Scientist B, ICMR- NIE, Chennai; Prof Dr. Naresh Gupta, Director, Maulana Azad Medical College, New Delhi and Dr. P. Sathiyarajeswaran, Director, In- Charge, SCRI, Chennai;

Dr. M.A. Kumar, Former Joint Advisor (Siddha), Ministry of AYUSH, Dr. S. Selvarajan, Research Officer (Siddha), Scientist -II, CCRS & Dr. K. Natarajan, Assistant Registrar, CCIM delivered the concluding remarks about the Seminar.

110 delegates participated in the seminar including Prof. Narain Medury, IIT, New Delhi; Dr.V.Vijayakumar, Scientific Officer from PCIMH, Ghaziabad, Head of the departments/Faculties/Students from Ayurveda & Unani Tibbia College, New Delhi; All India Institute of Ayurveda, New Delhi; Choudry Brama Prakash Ayurveda Charak Sansthan, New Delhi; National Institute of Ayurveda & other National Institutes and Research Officers from Ayurveda/ Homeopathy/Unani/Yoga.

Write -a- thon-Siddha Essay competition

SCRU, New Delhi conducted Write -a- thon-Siddha Essay competition on 21st December at DTEA School, RK Puram and DTEA School, Mandhir Marg and DTEA School, RK Puram. 90 students studying in the 11th standard participated from schools managed by Delhi Tamil Educational Association.



Figure 134: Write -a- thon-Siddha Essay competition conducted at DTEA School in RK Puram



Figure 135: Participants of the Write -a- thon-Siddha Essay competition at DTEA School in Mandhir Marg

Siddha Clinical Research Unit, Bengaluru

Observance of 50th countdown day

SCRU, Bengaluru observed the 50th day countdown of Siddha day on 6th November, 2018. A countdown banner was fixed opposite to the Dispensary. All the Officials and staff of SCRU, Bengaluru participated in the 50th day countdown occasion.



Figure 136: Siddha Clinical Research Unit, Bengaluru initiated the 50th count down day for observing the Second Siddha Day

Free Siddha Medical Camps

Free Siddha medical camps were conducted on three consecutive days at Lakshmanapuri, Bengaluru. Lakshmanapuri is an urban slum and is one of the socially backward areas of Bengaluru.

All the Officials and staff of SCRU, Bengaluru participated in the camp based on the weekly schedule. 154 patients got benefited by the camps. Patients were advised to continue their follow-up treatment at SCRU, Bengaluru. The census of the medical camps are as follows:

Date	Male	Female
03.12.2018	12	53
10.12.2018	9	23
17.12.2018	17	40
Total	38	116



Figure 137: Free Siddha medical camps were conducted at Lakshmanapuri, Bengaluru on three consecutive days



Figure 138: Patients waiting to receive the medicines at the Pharmacy

National Symposium on TASVT 2018:

National symposium on therapeutic applications of Siddha Varmam Treatment was held on 21st December, 2018 at Government Ayurveda Medical College Auditorium, Bengaluru.

The event was inaugurated by Dr. B.S. Sridhara, Joint Director, Department of AYUSH, Government of Karnataka and delivered the Inauguration address. He insisted the need of Intra-AYUSH collaboration in research.

Dr. B.R. Lalitha, HoD, Dravyaguna Dept., Govt. Ayurveda Medical college, Bengaluru & Dr. S. Natarajan, Research Officer (Siddha), SCRI, Chennai felicitated the gathering. Dr. V. Krishnamoorthi, District Siddha Medical Officer, Dharmapuri & Krishnagiri district participated in the event.

59 participants registered for symposium including Graduates residing and practicing in Karnataka, Traditional Varmam practitioners, Assistant Medical Officers from Dharmapuri & Krishnagiri districts, Students and faculty of Government Ayurveda Medical College, Bengaluru and common public also participated in the symposium.

In the first technical session, Dr. S. Natarajan, Research Officer (Siddha), SCRI, Chennai, delivered a lecture on the topic “Basic principles of Siddha Varmam therapy”. Dr. Natarajan explained in detail about Vaasi, Saram, Naadi and its relationship with Varmam. The relationship between Amirthanilai and Varmam points was also explained in his animated presentation.

In the second technical session, Dr. V. Ganapathy, Project officer, Vivekananda Kendra gave a lecture on topic “Management of spine disorders with Siddha Varmam therapy”. Dr. Ganapathy explained in detail about the folklore Varma practices, Varmam points for spine disorders. Practical demonstration was given about the location of Varmam points for treatment of spine disorders. He insisted the usage of specially designed wooden rolls in clinical practice of Varmam.

In the third technical session, Dr. T. Rajendran Asan delivered a lecture on ‘Treatment of challenging clinical conditions with Siddha varmam treatment’. Dr. Rajendran Asan explained in

detail about line of treatment followed in treatment of challenging clinical conditions with case reports on Motor neuron disorders, Renal failure, Hemiplegia etc. treated at his own clinic in Moolachel, Kanyakumari. The session was followed by interaction with participants. The participants interacted with the speakers about the topic discussed during the presentation and clarified their doubts.

In the fourth technical session, Dr. T.R. Siddique Ali, Lecturer, GSMC, Chennai delivered a lecture on the topic “Management of Osteo arthritis with Siddha Varmam therapy”. After a brief explanation about Siddha Varmam therapy, he demonstrated through a video presentation about the Varmam points, Massage techniques followed in the treatment of Osteo arthritis. The lecture also included the lifestyle modification and physical exercise that have to be followed by the Osteo arthritic patients.

In the final technical session of the symposium, Dr. R. Meena, Research Officer (Siddha), CCRS, Chennai delivered a lecture on topic, ‘Clinical Research in Siddha Varmam therapy- A road map’. She explained about the challenges in clinical research on Varmam, Common modules and ethical considerations of research.

A meeting of Siddha graduates residing and practicing in Karnataka was arranged after the symposium. The functions of SCRUI, Bengaluru was explained to the practitioners by the Research Officers of SCRUI, Bengaluru. Siddha practitioners in and around Bengaluru assured to refer the patients to SCRUI, Bengaluru for Varmam treatment and to special OPDs.



Figure 139: Dr. B.R. Lalitha, HoD, Dravyaguna Dept., Govt. Ayurveda Medical college, Bengaluru lighting the kuthuvillakku in the National Symposium on TASVT 2018



Figure 140: Dr. B.S. Sridhara, Joint Director, Department of AYUSH, Government of Karnataka delivered the inaugural address



Figure 141: Dr. T.R. Siddique Ali, Lecturer, GSMC, Chennai delivered a lecture on Management of Osteo arthritis with Siddha Varmam therapy



Figure 142: Dr. S. Natarajan, Research Officer (Siddha), SCRI, Chennai, delivered a lecture on Basic principles of Siddha Varmam therapy



Figure 143: Dr. M. Harihara Mahadevan presenting the memento to Dr. Rajendran Asan for his invited lecture



Figure 144: Section of the audience who participated in the seminar