



# SIDDHA DAY 2020

**DATE & TIME**  
13<sup>th</sup> January 2020  
Monday, 9.00 a.m.



**VENUE**  
Amma Arangam  
Shenoy Nagar, Chennai - 30

**Theme: Siddha Science for Preventive and Promotive Health**



With the support of  
**Ministry of AYUSH, Government of India**

**Organized by**



**Central Council for Research in Siddha**  
Ministry of AYUSH, Govt. of India



**National Institute of Siddha**  
Ministry of AYUSH, Govt. of India

**In association with**



**Directorate of Indian Medicine and Homoeopathy**  
Govt. of Tamil Nadu



## Siddha System of Medicine

Siddha is one of the ancient, codified, traditional systems of medicine and an important component of AYUSH systems providing holistic care. Siddha system emphasizes more on prevention of illness as well as promotion of health through its various internal and external dosage forms. Moreover, the strength of Siddha is its distinct therapeutic procedures namely *Varmam*, *Thokkanam*, *Pura maruthuvam* which have gained universal acceptance and recognition. Siddha has a structured system for imparting education, health services, research and manufacturing with the constant support from Ministry of AYUSH, Govt. of India and State AYUSH Departments in Tamil Nadu, New Delhi, Kerala, Puducherry, Karnataka and Andhra Pradesh. With the support of Hon'ble Prime Minister, Shri Narendra Modi, the creation of dedicated Ministry for AYUSH by the Govt. of India has strengthened the growth of Siddha system through the Research Council, National Institute and network of health care facilities by AYUSH Directorates.

### Observance of the Siddha Day

Siddhar Agathiyar is considered as the father of Siddha medicine and was born in Star *Ayilyam* in the Tamil month of *Margazhi*. The Ministry of AYUSH, Govt. of India has accorded approval for observing his birthday as Siddha Day every year. This year, the *Ayilyam* star falls on 13<sup>th</sup> January 2020 and hence it is proposed to observe the third Siddha Day with the support from Ministry of AYUSH. The celebration is to be conducted in an apt manner, so that the general public are educated about the benefits of Siddha System of Medicine through various activities. In addition, several events / activities are planned to take forward the Siddha system by the practitioners, faculty members, students, NGOs and all stake holders of Siddha system.

### Objectives of the Siddha Day

- To sensitize the public about the holistic approach of healthcare & disease prevention through Siddha principles
- To propagate the unique strengths of Siddha medicine
- To promote Siddha medicine into the mainstream of healthcare
- To equip the students, faculty members and practitioners of Siddha for providing standard of care
- To harness the potential of Siddha medicine in National Health Policy & National Health Programmes

### About the Theme

The theme of the Siddha Day is "Siddha Science for Preventive and Promotive Health". Personalized medicine and disease prevention are the core concepts of Siddha System of Medicine which is also emphasized in P4 medicine which is an approach to make medicine more Predictive, Preventive, Personalised and Participatory. Its two major objectives are to quantify wellness, predict and prevent disease. Siddha System of Medicine emphasizes the quality of life through various preventive and promotive healthcare measures.

Siddhars have also recommended certain basic lifestyle guidelines for healthy life. Besides various holistic treatment methodologies, "*Kayakarpam*" is one of the important disease preventing and health promoting concept in Siddha. They recommend simple lifestyle practices, daily regimen and seasonal regimens for prevention of diseases and promotion of health. These disease preventing practices are aimed to increase the immunity towards both physical and mental illness. Thus the current theme is coined to cherish the Siddha system and also to educate its science to the common public and learned society.

### Siddha Day Events

#### National Conference on Siddha Science for Preventive and Promotive Health

##### Plenary lectures and Poster presentations

**Siddha Master Health Check-up:** Body constitution analysis, Pulse diagnosis, Diet / activity counselling, Free medical camp and *Varmam* therapy.

**Exhibition:** Medicinal plants and raw drugs display.

**Culturals - Competitions**

**Herbal Cooking Competition**

### About Amma Arangam

Amma Arangam is an air conditioned auditorium situated at Shenoy Nagar in Chennai and is named after Former Chief Minister Dr. (Late) J. Jeyalalitha popularly and fondly remembered as Amma, which means mother for all. The swanky Amma Arangam is built on an area of 12,446.35 sq m and has an auditorium at the ground-level that could seat 896 people, and a first floor community centre.

### Abstracts are invited on the following topics

1. Siddha Nutrition and Dietetics in Nutraceuticals & healthcare industry
2. Siddha Hygiene, Preventive & Promotive healthcare principles
3. Siddha diagnostics including pulse reading for early detection and prevention of diseases
4. Role of *Kayakarpam*, *Yogam*, *Varmam*, etc in prevention of triple burden (NCD's, Communicable & Nutritional disorders)
5. Evidence based rejuvenators and elixir drugs used in Siddha medicine for promotion of health
6. Preventive and promotive healthcare in Oncology - Exploring the scopes in Siddha System of Medicine
7. Folklore claims as an evidence for traditional lineage of the Siddha System of Medicine
8. Natural products and their molecular targets in enhancing the quality of life
9. Novel strategies and innovations in biomedical research of Siddha System of medicine
10. Role of Siddha antioxidants in disease prevention and health promotion

**Mode of Presentation: Poster only**



## Guidelines for Abstracts Submission

- Title: Times New Roman, Font size 14, Bold
- Author: Name of authors with affiliation of each author and E-mail ID of presenting author. Times New Roman, Font:10, Italicize the presenting author
- Structured abstracts preferred: Background / objectives, methods, results, conclusion, 5 keywords, Times New Roman, Font 12, line spacing 1.5, all headings bold. Not more than 250 words
- Final decision pertaining to the selection of abstract rests with the scientific committee
- Original unpublished research works / case reports are preferred
- Registration for the event is mandatory for poster presentations
- Guidelines for poster presentation will be available on [www.siddhacouncil.in](http://www.siddhacouncil.in) & [www.nischennai.org](http://www.nischennai.org)
- Guidelines for full paper submission: <http://siddhacouncil.com/ccrs/wp-content/uploads/2018/10/12-JRSM-AI.pdf>

### Registration Fee

- UG Students, PG Students, Practitioners & Others – ₹ 100/-
- Spot registration subject to availability – ₹ 200/-
- Registration fee can be paid through Demand Draft / Online transfer / Cheque / Cash
- DD in favour of “Siddha Day A/c of CCRS” payable at Chennai
- For online transfer SBI A/c No. 38947137438, IFSC Code : SBIN 0003273
- The registration form can be downloaded from CCRS/NIS websites & filled form with the fee details to be submitted to [siddhaday2020@gmail.com](mailto:siddhaday2020@gmail.com)

### Important Dates to Remember

Last date for Registration & Abstract submission: 31.12.2019

Last date for Full paper submission: 31.12.2019

### Best Poster Awards

Agathiyar Award  
Pulathiyar Award  
Theraiyar Award  
Best poster awards for Siddha UG and PG  
Best poster awards for Science disciplines

### Communication Address

**The Director General**  
Central Council for Research in Siddha  
Arignar Anna Hospital campus,  
Arumbakkam, Chennai 600 106  
E-mail: [siddhaday2020@gmail.com](mailto:siddhaday2020@gmail.com)

## About the Organizers

### Central Council for Research in Siddha (CCRS)

Central Council for Research in Siddha is the apex body for research in Siddha. It has eight peripheral Institutes/ Units – three in Tamil Nadu and one each in Puducherry, Kerala, New Delhi, Karnataka and Andhra Pradesh. These Institutes / Units carry out clinical research, drug research, medicinal plants research, literary research and fundamental research. The outcome of research at CCRS is evident as 5 patents have been published in the patent journal. It has been the constant effort of CCRS to generate and record evidence to support the various time-tested practices, medicines and therapies of Siddha, to seek a wider role for Siddha in the public health firmament of the country and to take the benefits of this system to people in different corners of the country and beyond the National borders.

### National Institute of Siddha (NIS)

The National Institute of Siddha, Chennai is an autonomous organization under the Ministry of AYUSH, Government of India. It has been constructed in 14.78 acres of land. This institute was registered under the societies Act 1975. This institute was dedicated to our nation by the then Hon'ble Prime Minister on 3-9-2005. The National Institute of Siddha is as an apex Institute of Siddha in the country to develop high standard of teaching, training and research in all aspects of Siddha System of Medicine with scientific approach. The Institute is offering PG education and Ph.D. programme under the regulation of Central Council of Indian Medicine (CCIM) and affiliated to The Tamil Nadu Dr. M.G.R. Medical University, Chennai for rendering Healthcare through NABH accredited 250 bedded Ayothidoss Pandithar Hospital and Research at Post Graduate and Ph.D. level.

### Directorate of Indian Medicine & Homoeopathy (DIM & H)

Directorate of Indian Medicine and Homoeopathy was established by the Government of Tamil Nadu in the year 1970. The Indian Medicine and Homoeopathy Department was established to look after the AYUSH Medical Systems. The aim and objectives of Department is to provide health service to the Public through Indian systems of medicine and Homoeopathy monitor the education and research activities in Indian systems of medicine and to promote the growth of Medicinal Plants, etc. The AYUSH healthcare render its services through Major Hospitals, Medical College Hospitals, District Head Quarters Hospitals, Taluk / Non Taluk Hospitals, PHCs, Rural Dispensaries, NRHM Wings etc., and Siddha Educational Institutions.

### Associated Institutions / Organizations / Departments / Entrepreneurs

- Directorate of ISM, Puducherry
- Department of AYUSH of ISM, Kerala
- Directorate of AYUSH, NCT, New Delhi
- Department of Siddha, The TN Dr. M.G.R. Medical University, Chennai
- Government Siddha Medical College, Palayamkottai
- Government Siddha Medical College, Chennai
- ATSVS Siddha Medical College & Hospital, Kanyakumari
- Sri Sai Ram Siddha Medical College and Research Centre, Chennai
- Velumailu Siddha Medical College, Sriperumbudur
- Santhigiri Siddha Medical College, Thiruvananthapuram, Kerala
- Sivaraj Siddha Medical College, Salem
- R.V.S. Siddha Medical College, Coimbatore
- Maria Siddha Medical College, Thiruvattar, Kanyakumari
- JSA Medical College for Siddha & Research Centre, Ulundhurpet
- Nandha Siddha Medical College and Hospital, Erode
- Excel Siddha Medical College & Research Centre, Namakkal
- Department of Siddha, Tamil University, Thanjavur
- IMPCOPS Ltd., Chennai
- TAMPCOL, Chennai
- Siddha Entrepreneurs and NGOs

**Prof. Dr. K. Kanakavalli**  
Director General  
Central Council for Research in Siddha

**Prof. Dr. N. J. Muthukumar**  
Director, i/c  
National Institute of Siddha



## Patrons

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## Shri S. Ganesh

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DIM & H, Govt. of Tamil Nadu

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### Prof. Dr. M. Menaka

Principal, Nandha Siddha Medical College and Hospital, Erode

### Prof. Dr. V. Sunitha Sharon

Principal, Excel Siddha Medical College & Research Centre, Namakkal

**For further details, submission of registration forms and abstracts:**

**E-mail: [siddhaday2020@gmail.com](mailto:siddhaday2020@gmail.com)**

**Mobile: 8939470210 & 9444088634**

**Last date for Registration and Abstract submission: 31.12.2019**



Registration No.   
(for office use only)



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13<sup>th</sup> January, 2020

Venue: Amma Arangam, Shenoy Nagar,  
Chennai – 600 030.

Please affix  
recent  
passport size  
colour  
photograph

1. Name (in capital letters) : .....
2. Date of Birth : ..... Gender : M/F
3. Qualification : .....
4. Discipline : Siddha / Science / Industry / Others  
If others please specify : .....
5. Designation : .....
6. Student : UG / PG / Ph.D / Others
7. Registration Number : TNSMC No: ...../ CCIM No: .....
8. College / Institution / Organization : .....
9. Address for Communication : .....

..... Pincode:

10. E-mail id : .....
11. Mobile Number : .....

**Registration Details**

12. Mode of Payment : Online Transfer  DD  Cash
13. Amount : .....
14. Bank & Branch : .....
15. Online Reference / DD Number : .....
16. Date of online transfer / DD : .....

For payment of Registration fees, bonafide certificate or photocopy of ID card from respective Institutions / Organization should be enclosed.

Date:

Signature:

Fill and submit the form along with passport size photo to [siddhaday2020@gmail.com](mailto:siddhaday2020@gmail.com)

**CENTRAL COUNCIL FOR RESEARCH IN SIDDHA**  
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