மத்திய சித்த மருத்துவ ஆராய்ச்சிக் குழுமம்
Central Council for Research in Siddha
(Ministry of Ayush, Govt. of India)

'Yoga Unplugged'- 11th International Day of Yoga (IDY)- 2025 e-Poster Competition

1. Background:

The Central Council for Research in Siddha(CCRS) under Ministry of Ayush observes the 11th International Day of Yoga on 21st June 2025. In this context CCRS is organizing various events to disseminate the beneficial effects of Siddhar Yogam. As the ancient wisdom of Siddhar Yogam deserves to be preserved and passed on to future generations, the Central Council for Research in Siddha (CCRS) is focusing on engaging young people through the ' Yoga Unplugged' among the 10 signature events of International Day of Yoga (IDY) 2025. In this connection CCRS is proud to host an e-poster competition as part of its efforts to creatively promote the principles of Siddhar Yogam."

2. Competition Details for e-Poster:

Eligibility:

All the students/Scholars of Bachelor of Siddha Medicine and Surgery (B.S.M.S), Doctor of Medicine in Siddha M.D(S), PhD(s) (Full-time) in Siddha are eligible to participate.

Topics to be covered for e-poster:

➢ Historical Evidence & Antiquity of Yoga in Siddha Medicine.
➢ The therapeutic power of Yoga: A Clinical Perspective.
➢ Scientific Research on Yoga: A new paradigm in Disease Management.

3. Guidelines to submit the article in e-poster Competition:

➢ e-Poster should be submitted through the Google link mentioned below.
➢ A maximum of 4 number of Authors are allowed per e-poster and first name mentioned in the e-poster will be treated as first author and others will be treated as co-authors.
➢ **Submission should be made by the First Author only.**
➢ Participants are required to submit their e-posters that poses **any one of the topics as mentioned above.**
➢ The language of the e-poster shall be in English or Tamil or in both.
➢ The interpretation to be substantiated by scholarly references and publications wherever possible.
➢ The poster should be self-explanatory and concise, allowing different viewers to interpret on their own.
➢ Only one e-poster submission per first author will be allowed.
➢ Competitions will be categorized into two sections
  ❖ Undergraduate (UG) Students & CRRI.
  ❖ Pursuing PG and Full-time PhD (S) Scholars

- ➤ Participation Certificate will be issued.
- ➤ Cash awards will be awarded to the Prize winners.
  - ❖ 1st Prize   : Rs 5,000/-
  - ❖ 2nd Prize   : Rs 3,000/-
  - ❖ 3rd Prize   : Rs 2,000/-
  - ❖ Consolation Prize : Rs 1,000/-
- ➤ e-poster along with the Abstract should be submitted **on or before 17th June 2025**.

4. Technical Guidelines for e- Poster Preparation:

- ➤ Create the e-poster using provided MS-Power Point template.
- ➤ Poster title, Corresponding Authors, affiliated to the department and name of the College should be mentioned on the top.
- ➤ **File Format: PDF format**. **1 page only**.
- ➤ **Orientation:** Create your document in the provided PowerPoint Portrait Layout and submit it in **PDF format** only.
- ➤ **Font types:** Arial, Calibri, Verdana, Times New Roman or Helvetica fonts only to be utilized.
- ➤ **Font size:** Minimum 14 points for Title/sub-headings and others contents should be in 12 points.
- ➤ Hyperlinks, animated images, animations and videos are **not** permitted
- ➤ Use appropriate pictures, diagrams, graphs, tables and charts with high resolution, when inserting images, photos, tables, etc., use only copy-paste methodology.
- ➤ Avoid overlapping objects and layers.
- ➤ Only original unpublished review/research articles /Case reports/ Case Series will be accepted.

5. Abstract guidelines:

- ➤ Submit your abstract in Microsoft Word document with Times New Roman Font, size 12, single spacing with all headings in bold.
- ➤ Any other documents like PDF/ JPEG are not accepted.
- ➤ Abstracts must be written in English.
  - ▪ **Title**: Times New Roman, Font 12, Bold
  - ▪ **Author:** Name of first author & Co-authors with affiliation of each author and email ID of first author should be mentioned.
  - ▪ **Font type & size for Author**: Times New Roman, Font: 10, Italicize the presenting author.
- ➤ Only Structured abstract is preferred: Title, Background, Aim and Objective, Materials and Methods, Results, Conclusion and Keywords. Keywords should be only 3-6.
- ➤ Abstract should not be more than 300 words

For further details, please visit: **www.siddhacouncil.com**
Google Link: **https://forms.gle/RNC5XQdm99aMMwSu6**