



NIS Newsletter

Special Edition

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JOURNEY OF NATIONAL INSTITUTE OF SIDDHA DURING PANDEMIC



Unlocking the COVID - 19 Pandemic - Siddha Way





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Prof. Dr.R Meenakumari, M.D(s),
Director
National Institute of Siddha Chennai - 600 047.

Editorial

In early March 2020, the whole world was startled due to the COVID-19 pandemic. There was chaos among the medical professionals and researchers because of the mysterious nature of the virus, the severity of the disease and infectiousness. A rapid response to mitigate this crisis was the need of the hour. Mitigation of COVID-19 demands intersectoral, interdisciplinary and multipronged approach. Medical Institutes play a vital role in this process. National Institute of Siddha, a premier National healthcare and research institution shouldered this responsibility with the guidance of Ministry of AYUSH and State health administration to efficiently deliver the tasks assigned to it. The areas of involvement were as broad as it had its roots. In early March, educating the larger public was initiated. The hospital was operational amid the pandemic. The healthcare personnel were trained and motivated. The outreach and public health activities were in tandem with health priorities. Teaching and learning went on as usual, using online platforms. Research was accomplished without interruption. Clinical trials on Siddha drugs to combat this pandemic were taken up with the support of Ministry of AYUSH. This Institute was self-sustaining and offered support to the society.

LEADERSHIP

In this situation of crisis, the leadership of National Institute of Siddha adapted and updated itself to hold the grip of the situation through expert consultations. Meanwhile, second-level leaders were kept in the loop and ensured everyone is safe and at the same time prepared to respond. Issues were addressed timely to prepare faculty to deal with stress. This exemplary leadership helped the faculty to work with a high level of spirit in the difficult days.

We unravel
When
We have
Opportunity
to serve the
Public.

Orientation by Hospital Administrators to all faculties and second line leaders



Addressing the concerns about patient care



Meeting for developing and conducting the research protocols



Brainstorming sessions were conducted to arrive the trial protocol, conduct of study, collection of data, analysis and manuscript preparation for publication.

Prof.Dr.R.Meenakumari, Director, National Institute of Siddha (NIS), & team of doctors had discussion with **Shri.Dr. Manoj Murhekar** Director & Scientist-G, **National Institute of Epidemiology (NIE)**, Chennai and his team of scientists for developing clinical research protocols



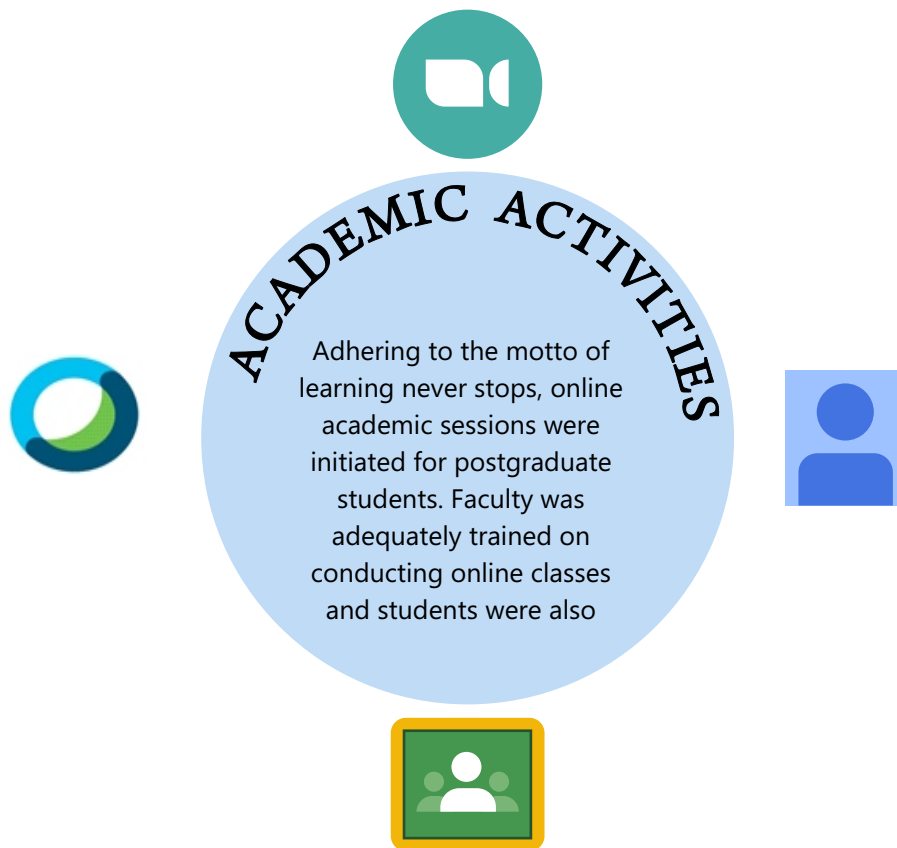
Research team in consultation with **All India Institute of Medical Sciences (AIIMS)**, Raipur experts for developing Clinical research protocols



Meeting with
SRM Research
Team

ACADEMIC ACTIVITIES

Learning continues at National Institute of Siddha



Dr.R.Gomathi, Dr. Nesketh and Dr.Saranya-PG scholars of this Institute won award for Oral presentation in the international conference on Bio science, medical science and medicine



PG Scholars- Dr.D.Velaman and Dr.Aiswariya grabbed best abstract award from Noble research solutions in association with International Journal of Translational Research in Indian medicine (IJTRIM).in the theme of "Scope of



Dr.Lalitha Kumaresan, received two Gold medals from The Governor of Tamil Nadu His excellence Shri Banwarilal Purohit during the convocation for securing the highest marks in University examination in her BSMS course



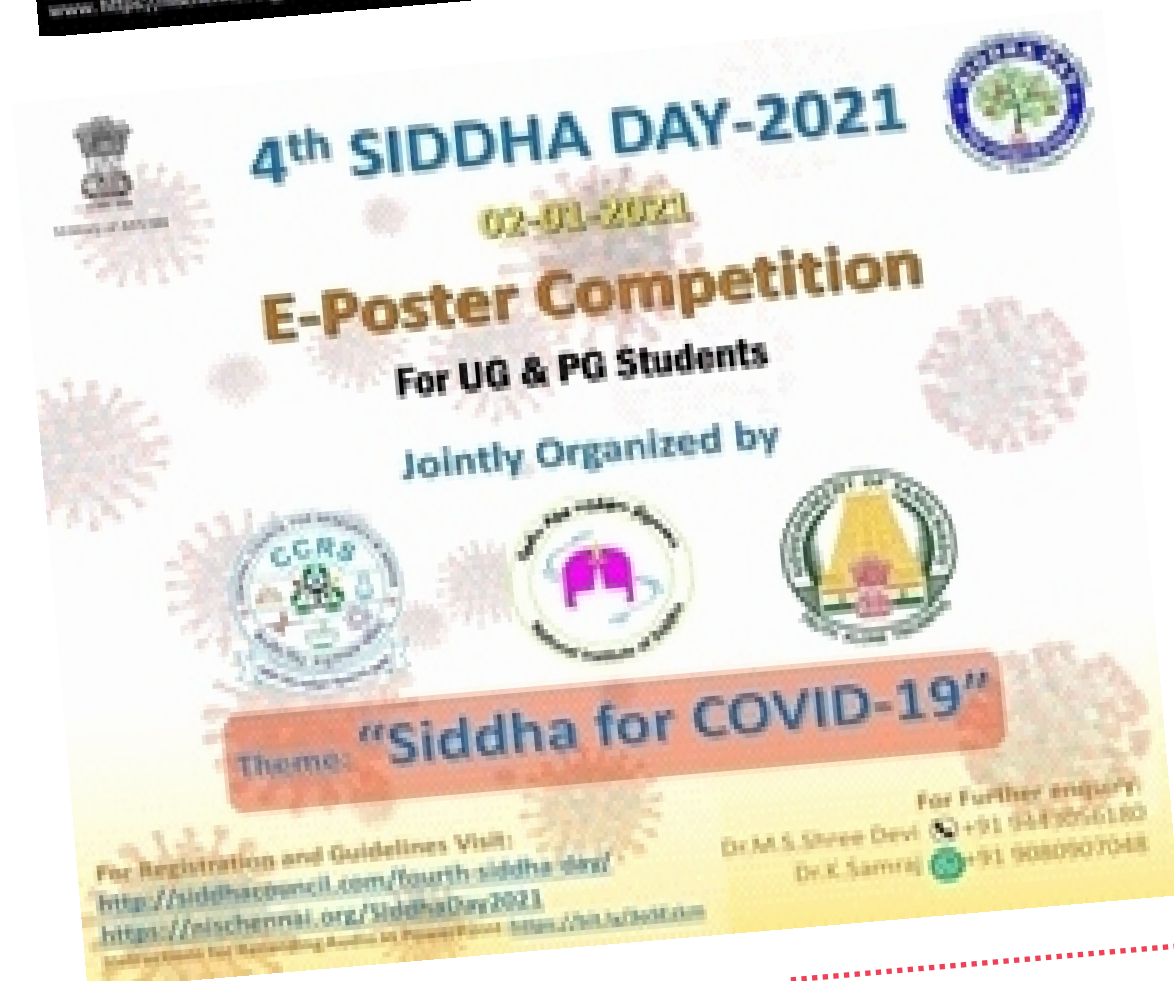
Events in process to Enrich the Knowledge of Scholars



4th Siddha Day -2021
Virtual Oral presentation competition
For Siddha UG/ PG Scholars/ PhD Scholars
Date: 30/12/2020
THEME: SIDDHA FOR COVID19
Jointly organised by

For Registration and other details:
[www. http://siddhaacouncil.com/fourth-siddha-day](http://siddhaacouncil.com/fourth-siddha-day)
[www. https://iisichennai.org/4th-siddha-day-celebrations-2021.html](https://iisichennai.org/4th-siddha-day-celebrations-2021.html)

For further enquiries:
99625 18101
94454 08599
82481 71177



4th SIDDHA DAY-2021
02-01-2021
E-Poster Competition
For UG & PG Students
Jointly Organized by

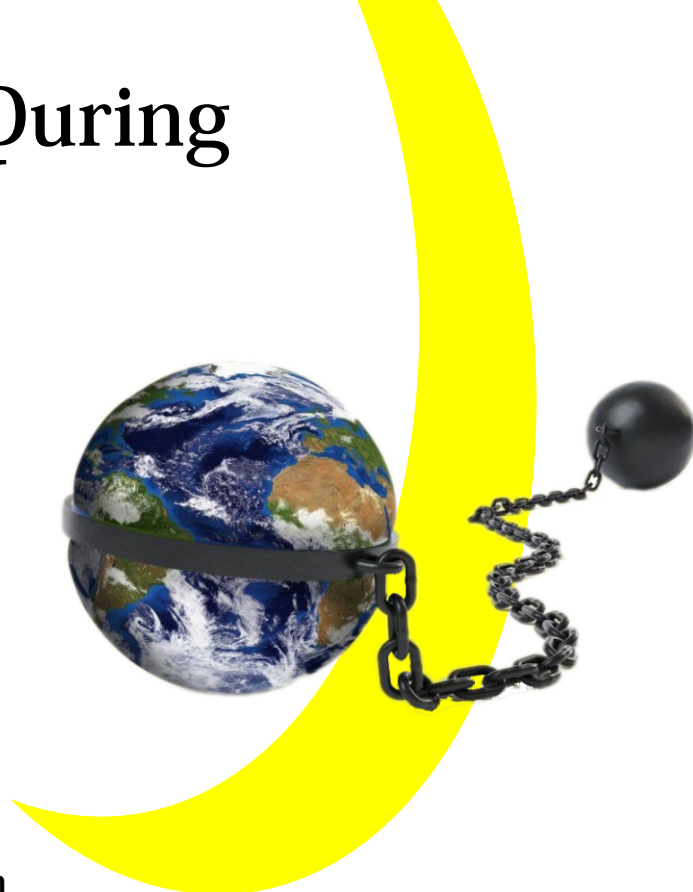
Theme: **"Siddha for COVID-19"**

For Registration and Guidelines Visit:
<http://siddhaacouncil.com/fourth-siddha-day/>
<https://iisichennai.org/SiddhaDay2021>
Submit your Audio or Recording Audio as PowerPoint: <https://bit.ly/3ed6tzm>

For Further enquiry:
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Dr.K. Samraj 📧 +91 9080907048

Research Activities During LOCK DOWN

Research at NIS during this pandemic is a part of National endeavour to cultivate a scientific temper and to prove the potential of Siddha system of medicine during the pandemics. Research during this period is just not a routine activity but rather a mission with the objective of providing cost effective traditional health care with scientific proof. When the entire world is clueless about this pandemic, this Institute with the guidance of Ministry of AYUSH has taken up clinical research in



Clinical Trials/Preclinical Trials Undertaken

S.No	Study Titles	Study Site	Sample Size
1.	An Open- label Randomized controlled Controlled Clinical trial to evaluate the safety and efficacy of selected Siddha formulation in patients diagnosed with COVID-19	Chengalpattu Medical College, Chennai	200
2.	A Randomized Controlled Clinical Trial to determine the complementary effect of selected Siddha formulations in facilitating the possibility of accelerated recovery in COVID 19	SRM Medical College Hospital and Reseach Institue,	150
3.	A prospective Non Randomized Open Label Controlled Intervention Study on the effect of Polyherbal Siddha formulation Kabasura Kudineer as a prophylactic measure among High risk population (Health care	National Institute of Siddha, Chennai	20000 Participants
4.	An observational proof of concept retrospective study to evaluate the safety and efficacy in COVID-19 Patients treated with selected Siddha formulation and standard of Care	SRM Medical College Hospital and Reseach Institue,	204
5.	Preclinical toxicity studies of Siddha formulation selected as adjuvant therapy for	National Institute of Siddha, Chennai	----

Institutional Ethics Committee

Institutional Ethics Committee (IEC/IAEC) activities were continued during the COVID-19 lock down period through online platform
All the correspondence of IEC/IAEC with members, investigators and co-ordinators are through online platform as per the regulatory

Research Publications of NIS to address the COVID-19 Challenges

S.No	Title of the article	Details of Journal
1.	Siddha dietary and lifestyle pattern: A strong shield and weapon to win the Covid-19 pandemic battle	A.Aishwarya, T.Lakshmi Kantham, R.Meenakumari. International Journal of Herbal medicine 2020:8(6): 19-27
2.	A systematic review of the prophylactic role on Seerana Kudineer, A traditional Siddha Therapeutic drink in Corona virus disease - 19 (Covid-19,	Santhini.N, Mahespriya S, Gomathi R, Lakshmi Kantham T, Meenakumari R Journal of Research in Biomedical Sciences (JRBMS), 3(4), 2020, 82-90.
3.	Siddha Concepts in Diagnosis and Management of COVID -19	M.Selvakumar, M.Suganthi, A.Aishwarya, T.Lakshmi Kantham, R.Meenakumari. Scholars Journal of Applied Medical sciences
4.	Iyya Irumal (Identical to Sars-CoV -2) Its Pathological aspects and Treatment guidelines in Siddha	A.Aishwarya, B.K. Priya, M.Selvakumar, T.Lakshmi Kantham, R.Meenakumari Journal of Dental and Medical sciences (ISOR-JDMS) e-ISSN: 2279-0853, p-ISSN: 2279-0861, Volume 19, Issue 6 Ser. 6 (June
5.	Therapeutic effectiveness of the Siddha Immuno modulatory polyherbal formulation Nellikai legiyam against Covid-19 pandemic- a review" world journal of	Siva Lakshmi.S , H.Vetha merlin kumari, S.Mohan, R.Meenakumari, "vol 9 issue 7,june 2020.Impact factor 8.084
6.	In-Silico Screening of Phytochemicals in Febrifuges Used in Siddha Medicine for SARS-CoV-2 RNA Dependent RNA	Mariappan A1* , Devaprasad Markendayan2 , Sasi Priya T3 , Meenakumari R4. Sch Acad J Pharm,
7.	Siddha therapeutics targeting COVID-19: A review	R.Gomathi*, E.Preetheekha, T. Lakshmikantham and R.Meenakumari. Journal of Siddha (Article in Press)
8.	AYUSH Kudineer: An Immune boosting herbal health drink for COVID-19: Siddha diet and nutrition to enhance Immunity in	Sivakkumar S*, Juliet L, Jasmine Ranjana V, Meenakumari R1
9.	Conceptualization of ancient Siddha disinfectant techniques to combat COVID-	Dr. Elakkiya, A. Aishwarya and R.Meenakumari
10.	Kadukkai (terminalia chebula) water: prophylactic siddha herbal drink	Indhu PM SherinNisha A, Sivakkumar S, Mariappan, Visweswaran S Meenakaumari R
11.	Curcuma longa for covid-19: A review	Dr.Senthamizhvani, M. Meenakshisundaram, K. Suresh, A.M. Amala Hazel, P.Arulmozhi, K.Vennila & R. Meenakumari



**Research Team
conducting clinical trial
in collaboration with
Medical team of
Chengalpattu Medical
College for add on
therapy of Siddha drugs
with Standard of Care
for the management of
COVID-19**

**Research Team
conducting clinical trial in
collaboration with
Medical team of SRM
Medical College Hospital
and Research Institute,
Kattankalathur for add on
therapy of Siddha drugs
with Standard of Care for
the management of
COVID-19**



Linkages Made to Tackle this Pandemic

MoU with All India Institute of Medical Sciences (AIIMS), Raipur through virtual platform for conducting collaborative research



MoU with Sathyabama Institute of Science and Technology, Chennai



NIS entered into MoU with **Santhigiri Ashram**, Pothencode, Thiruvananthapuram, Kerala through virtual platform.



NIS signed MoU with SKM siddha and Ayurveda company India Pvt Ltd, for COVID19 clinical study at Chengalpattu Medical College

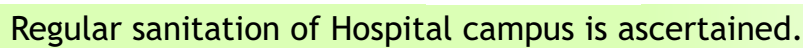


MoU with Central Council for Research in Siddha, Chennai for mutual exchange of

MoU with SRM Medical College Hospital and Research Centre, Kattankalathur for conducting clinical trials



HOSPITAL
INFECTION
CONTROL
COMMITTEE
conducted regular
trainings on
Infection
Prevention Control
Practices for all the



The screenshot displays a Zoom meeting interface. The main window shows a presentation slide with a blue background. On the left is a green, spiky virus-like illustration. The text on the slide reads: "COVID-19 RESPONSE AND CONTAINMENT MEASURES TRAINING OF **SIDDHA DOCTORS AND STUDENTS**". Above this text is the Government of India emblem and the text "Ministry of Health & Family Welfare, Government of India". At the bottom of the slide, a line of small text states: "This guide for utilization of members from: The Ministry of Youth Affairs & Sports, National Cadet Corps, The Indian Red Cross Society & The Ministry of AYUSH." The Zoom interface includes a top bar with "Join on Desktop Instead" and "More Options", a bottom toolbar with icons for chat, gallery view, and other functions, and a small video inset in the bottom right corner showing a participant.



Myth Busters / Factual knowledge

Illustrious speakers and technical experts took the lead to address the concerns of people and medical fraternity via various webinars, panel discussions, and technical reports. The messages spread by these experts reached masses through various online platforms.

Prof.Dr.R.Meenakumari, Director, National Institute of Siddha was a resource person for the Live session hosted in Valai Tamil TV, You tube and face book pages. She answered the queries of people regarding Siddha medicine as protective medicine in this pandemic.

மக்களைக் காக்கும் சித்த மருத்துவம்

நாள் 22-08-2020 சனி

7:00PM (INDIA)

நிகழ்வு 2

Meeting ID: 982 0899 4996
Passcode: 187532

மேளாசிரிஸ் டாக்டர் ஆர் மீனாகுமாரி
DIRECTOR, NATIONAL INSTITUTE OF SIDDHA
MEMBER OF BOARD OF GOVERNORS OF
CENTRAL COUNCIL FOR INDIAN MEDICINE

தொழியாளர்கள்

www.valaitamil.tv

Dr.Arul Amuthan, MD (Siddha), MSc, Medical pharmacology, PhD,
Manipal Academy of Higher Education

Dr. V. Anitha, M.D, MD (Siddha), PGDY,
Professor, Department of Noi Naadal
Sri Sairam Siddha Medical College & Research Centre

LIVE at www.ValaiTamil.TV or www.YouTube.com/ValaiTamil or www.FB.com/ValaiTamil



Prof. Dr. R. Meenakumari., Director, NIS launched a camp for creating awareness about the COVID prevention and released a video entitled 'Siddha COVID Care' through teleconferencing to National Institute for Empowerment of Persons with Multiple Disabilities - NIPMED.

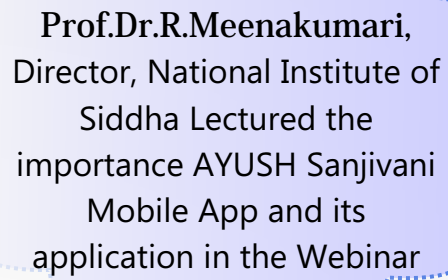
Prof.Dr.R.Meenakumari, Director, National Institute of Siddha addressed the public about the role of Siddha medicine in the prophylaxis and management of COVID-19 in the News-18 Tamil Nadu Channel



Reaching out to Larger Community Through AYUSH Sanjivani Mobile Application

NIS organized Webinar on AYUSH Sanjivani Mobile application and scope of applications on 11.06.2020 along with CCRS. NIS is promoting AYUSH Sanjivani through various social media platforms such as whatsapp, facebook, Twitter, Instagram, You tube etc., on daily basis in multi





A team of Doctors and PG Scholars deputed to the promotion of AYUSH Sanjivani among the public and patients visiting to NIS.



The Ministry of AYUSH has launched a three-month campaign on 'AYUSH for Immunity' aimed at increasing awareness about affordable and easy practices that can be adopted for enhancing immunity and preventing diseases.

National institute of Siddha initiated the "Siddha for Immunity" campaign. As the key objective of this campaign is to acquaint the people with valuable information about strengths of various Siddha-based solutions for enhancing immunity and preventing diseases.

Live talk about Siddha for Immunity is telecasted through various social media platforms such as whatsapp, facebook, Twitter, Instagram, You tube etc.



Prof.Dr.R.Meenakumari, Director, released the press note on the strategies and preparedness of Siddha Doctors of this Institute for the

கொரோனாவுக்கு சிகிச்சை அளிக்க தயார்

தேசிய சித்த மருத்துவ நிறுவனம் அறிவிப்பு

சென்னை, மே 2- கொரோனா வால் பாதிக்கப்பட்டவர்களுக்கு சிகிச்சை அளிக்க தேசிய சித்த மருத்துவ நிறுவனத்தில் டாக்டர்கள் தயார் நிலையில் உள்ளனர் என நிறுவனத்தின் இயக்குனர் மீனாகுமாரி தெரிவித்து உள்ளார்.

தாம்பரம் சாண்டோர்யத்தில் உள்ள தேசிய சித்த மருத்துவ நிறுவனத்தின் இயக்குனர் மீனாகுமாரி வெளியிட்டுள்ள செய்திக் குறிப்பு:

கொரோனா வைரஸ் தாக்கமால் இருக்க உடல் வலிமையைப் போய் தடுப்பூசி மருந்தையும் அங்கு கரிக்கும் வகையிலான உணவு வகைகளின் தொகுப்புகள் நிறுவனத்தின் இணையதளத்தில் பதிவிடப்பட்டுள்ளன.

இதை மீன்பற்றி மக்கள் தங்களை தற்காலிகக் கொள்வனாம். மேலும் நோயால் பாதிக்கப்பட்டவர்கள் அவர்களுக்கு நெருங்கிய தொடர்பில் உள்ளவர்களை பாதுகாக்கும் க்காதார தெரிமுறைகள் குறித்த பரிந்துரை நிறுவனத்தில் உள்ள டாக்டர்களுக்கு அளிக்கப்பட்டுள்ளது.

மேலும் 270 டாக்டர்கள் மற்றும் சித்த மருத்துவ பட்ட மேற்படிப்பு மாணவர்கள் பரிந்துரை பெற்று கொரோனாவால் பாதிக்கப்பட்ட பகுதிகளில் பணிபுரிய தயாராக உள்ளனர். இவ்வாறு அவர் கூறினார்.

கொரோனாவுக்கு சிகிச்சை அளிக்க டாக்டர்கள் தயார்!

சித்த மருத்துவ நிறுவனம் அறிவிப்பு

தாம்பரம், மே 2- கொரோனா வால் பாதிக்கப்பட்டவர்களுக்கு சிகிச்சை அளிக்க தேசிய சித்த மருத்துவ நிறுவனத்தில் டாக்டர்கள் தயார் நிலையில் உள்ளனர் என நிறுவனத்தின் இயக்குனர் மீனாகுமாரி தெரிவித்து உள்ளார்.

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Prof.Dr.R.Meenakumari, Director, released the press note on the mutual agreement of NIS with AIIMS, Raipur for conducting clinical trial of Kabasura Kudineer and

கரோனா தொற்றை குணப்படுத்தும் 'கபசுர குமநீர்' தன்மை குறித்து ஆய்வு

● தேசிய சித்த மருத்துவமனை - எம்ம்ஸ் மருத்துவமனை ஒப்பந்தம்

சென்னை கரோனா தொற்றை குணப்படுத்தும் கபசுர குமநீர் தன்மை குறித்து ஆய்வு செய்யும் ஒப்பந்தம் கரோனா தொற்றை குணப்படுத்தும் கபசுர குமநீர் தன்மை குறித்து ஆய்வு செய்யும் ஒப்பந்தம் கரோனா தொற்றை குணப்படுத்தும் கபசுர குமநீர் தன்மை குறித்து ஆய்வு செய்யும் ஒப்பந்தம்

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நமம் வாடி

கைகொடுக்கும் கபசுரக் குமநீர்

சென்னை, மே 20, 2020

கபசுர குமநீர் தன்மை குறித்து ஆய்வு செய்யும் ஒப்பந்தம் கரோனா தொற்றை குணப்படுத்தும் கபசுர குமநீர் தன்மை குறித்து ஆய்வு செய்யும் ஒப்பந்தம் கரோனா தொற்றை குணப்படுத்தும் கபசுர குமநீர் தன்மை குறித்து ஆய்வு செய்யும் ஒப்பந்தம்

Dr.B.R.Senthil Kumar, Faculty of this Institute reported the scientific validation carried out on various constituents of Kabasura Kudineer and various evidence

NATIONAL INSTITUTE OF SIDDHA
(Ministry of AYUSH, Govt. of India)
Tambaram Sanatorium, Chennai-47

9th September, 2020
From 2pm to 5pm

**WEBINAR ON
SIDDHA MANAGEMENT
FOR POST COVID-19
COMPLICATIONS**

e - Certificates will be issued *

Our speakers

<p>Hospital Preparedness for COVID-19: Protecting Healthcare Workers and Patients in Siddha Clinics and Hospitals</p>  <p>Dr. Valan AS. Public Health Specialist Centers for Disease Control and Prevention, New Delhi</p>	<p>Immune Response to Infectious Disease - COVID-19</p>  <p>Dr. Maruthu Ramachandran Assistant Professor of Microbiology National Institute of Siddha, Chennai</p>	<p>Post COVID-19 Complications: The Challenges</p>  <p>Dr. B. R. Senthikumar Assistant Professor of Physiology National Institute of Siddha, Chennai</p>	<p>Siddha Management of COVID-19 Complications</p>  <p>Prof. Dr. N. J. Muthukumar HOD, Dept. of Sriyoga Maruthovam National Institute of Siddha, Chennai</p>
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Register before 8th September, 2020, 5:00 pm
at <https://theindianmed.com/events/>

For further enquiries : CALL 9962240516

Prof. Dr. N. J. Muthukumar, Dr. Marudhu Ramachandran and Dr. B. R. Senthil Kumar delivered lecture on Post COVID complications and its management through

**Dr. Ambedkar Government Arts College
(Autonomous)**
Vyasarpadi, Chennai - 600 039, Tamil Nadu, India.

Postgraduate and Research Department of Chemistry
Organizes

Online Workshop on Health and Teaching Skill Development
Date: 01-07-2020

Session 1:
8:30 A.M. — 11:00 A.M.

Siddha Perspective and Prevention for Covid-19
Outliner: Kabasura Kudineer—Sci-facts and Preparation

Resource Person:
Dr. S. Sivakumar
Associate Professor
Department of Gunapadam
National Institute of Siddha
Chennai - 47




Mount Carmel College, Autonomous
58, Palace Road, Vasanth Nagar, Bengaluru - 560 052

Department of Botany
Organizing Webinar on

"Immunity enhancing Medicinal Plants to combat Covid-19 pandemic with special reference to Siddha system"

Patronized by: Dr. Sr. Arpana, Principal
THURSDAY, 4TH JUNE, 2020
2 PM - 3 PM

Resource Person



Dr. D. Aravind
BSMS, M.D(S), M.Sc. (Medicinal Plants), PGDMB,
Assistant Professor,
Department of Medicinal Botany,
National Institute of Siddha, Ministry of AYUSH,
Tambaram Sanatorium, Chennai - 600047

- Webinar will be conducted on Microsoft Teams
- Registration free
- E-Certificate will be provided
- [Click here to register](#)
- Login link will be shared with the registered participants

For any further details contact:
Dr. Roshni Rao, HoD - 9448433567
Ms. Jayanthi. D - 8105710702

Dr. D. Aravind delivered a talk on immune enhancing Siddha medicinal plants to combat COVID-19 in the Webinar organized by Mount

NATIONAL INSTITUTE OF SIDDHA
Ministry of AYUSH, Govt. of India
Tambaram Sanatorium, Chennai &

SRM INSTITUTE OF SCIENCE AND TECHNOLOGY
Kattankulathur, Chennai

jointly organizes
A Webinar on

Traditional Medicine: Time Tested OR Time to Test? - A Perspective in the Era of Evidence-Based Medicine

PRE-4TH SIDDHA DAY EVENTS
2.1.21

Inaugural address:
Prof. Dr. R. Meenakumari
Director, NIS

Speakers:

Dr. M. Balasubramanyam
Associate Dean of Research,
SRMIST

Dr. G. J. Christian
Prof & Head, Dept. of Noi Nadal, NIS

Register at <https://theindianmed.com>

NOVEMBER 18 2020
2:30 PM - 4:30 PM





Prof. Dr. G. J. Christian delivered a talk on

குறிஞ்சி இணையக் கருத்தரங்கம்-19

16.5.2020 சனி மாலை 6.00 மணிக்கு

**நோய் எதிர்ப்பாற்றலும்
உடழிவியல் முறைகளும்**

டாக்டர் செந்தில்குமார்
சித்த மருத்துவர் & Assistant Professor Physiology
National Institute of Siddha (NIS)
Tambaram Sanatorium, Chennai-600047.

நம்மோடு பேசுகிறார்!

zoom செயலி மூலம்

You Tube KURUNJI

f Nandakumar Arumugam

Meeting ID: 310 814 0829 Password: 123456

உடலால் தனித்திருப்போம்..! உள்ளத்தால் இணைந்திருப்போம்..!!

குறிஞ்சி மகளிர் சிந்தனைக்களம்
வேலாண்டிப்பாளையம், கோவை-25
செல்: 9894467672, 9842145000, 9500312370

Dr.B.R. Senthil Kumar delivered a talk on Life style and Immunity in the Webinar organized by Kurinji Magalir Sinthanaikalam

4th Siddha day (02.01.2021)
Celebration Pre Siddha day events

"Siddha as Trans-disciplinary Science and Technology"

December 17th, 2020 - Time : 3.00 pm to 4.30 pm

jointly organises a webinar on

NATIONAL INSTITUTE OF SIDDHA
Tambaram Sanatorium, Chennai-47

and

CENTRAL COUNCIL FOR RESEARCH IN SIDDHA
Arumbakkam, Chennai -106

DR.G SIVARAMAN,
Managing Director & Chief Siddha Physician,
Arogya Health Care, Chennai

DR.SHAN LAKSHMANAN
Vice-Chancellor/Founder,
Siddha Veda Center for Transdisciplinary Studies,
USA

Register @ : theindianmed.com

NATIONAL INSTITUTE OF SIDDHA
(Ministry of AYUSH, Govt. of India)
Tambaram Sanatorium, Chennai - 47

CENTRAL COUNCIL FOR RESEARCH IN SIDDHA
(Ministry of AYUSH, Govt. of India)
Arumbakkam, Chennai - 106

Pre-4th Siddha Day Event

INTERNATIONAL WEBINAR

December 29th, 2020
2.30 - 4.30 pm

Dr. S. Sivakumar
Associate Professor
Department of Gunapadam
National Institute of Siddha
Chennai

Dr. R. Jayachandran,
Principal, Government Arts College for Men (Autonomous),
Nandanam, Chennai - 600 035

Convener
Dr.A.Kala
Assistant Professor,
Department of Physics

Organizing Secretary
Dr.J.V.Arun
Assistant Professor,
Department of Economics

Technical Support
Mrs.B.Devi kamala
Assistant Professor,
Department of English

For Queries: skajaydev75@gmail.com
To Register: https://forms.gle/5g93IDZCcGDs8MsB6

Dr. S. Sivakumar
Associate Professor
Department of Gunapadam
National Institute of Siddha
Chennai

Dr. R. Jayachandran,
Principal, Government Arts College for Men (Autonomous),
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Mrs.B.Devi kamala
Assistant Professor,
Department of English

For Queries: skajaydev75@gmail.com
To Register: https://forms.gle/5g93IDZCcGDs8MsB6

Dr.S.Sivakumar delivered a talk on Role of Siddha Medicine in combating COVID-19 in the Government Arts college for men (Autonomous), Nandanam, chennai.

Institute Organized Webinar on Traditional medicine and Trans-disciplinary research

Clinical Activities

Preparedness for COVID-19 management

NIS administration conducted several meetings and brainstorming sessions to implement the COVID-19 pandemic preparedness at the hospital. This included Infrastructure modifications, training the manpower, segregating/zoning the areas, developing protocols, procuring PPEs for healthcare personnel, and other consumables. All the decisions were in par with the guidelines



Entrance

Ensuring physical distancing, screening the patients and their attendants before entering the hospital



General Waiting Area

Ensuring physical distancing, screening the patients and their attendants before entering the hospital. Adequate physical distancing was maintained at the main entrance to the hospital and registration



Outreach Activities

National Institute of Siddha offered a special Siddha treatment facility for COVID-19 patients at SRM University campus, Kattankulathur along with Chengalpattu district administration. **Prof.Dr.R.Meenakumari.**, Director NIS and **MRA.JOHN LOUIS, IAS.,** Collector, Chengalpattu District Jointly inaugurated a 490-bedded Siddha COVID Care Centre.



Director, Prof. Dr. R. Meenakumari briefed the Siddha management procedures to Dr.J.Radhakrishnan IAS Principal Secretary, Health and Family Welfare , Govt. Of Tamil Nadu



Director with the Honourable Minister for Tamil Official Language and Tamil Culture, Thiru K. Pandiarajan and Director General of CCRS, Chennai

NIS offered Siddha treatment add on with Standard of care for the management of COVID positive patients in Chengalpattu Medical College Hospital, Chengalpattu



Team teaching Yoga to COVID Patients, Chengalpattu Medical College Hospital.



NIS team in SRM COVID Care Centre



NIS-COVID-19 Care Medical Team has given Post COVID care awareness speech to the Covid-19 patient discharged at NIS-COVID 19 Care Centre, SRM engineering college, Kattankulathur, Chengalpattu District



NIS team teaching yoga practices to COVID patients in Vyasarpadi



NIS team in COVID Care Centre at Vyasarpadi, Chennai



NIS has provided special pediatric care. Kids were treated with bitter kashayam for better health care



Kabasura Kudineer- A poly herbal Siddha formulation as Prophylactic measure to combat this pandemic

In the wake of COVID-19 pandemic, National Institute of Siddha, is committed to defend the onslaught of the pandemic by providing Kabasura Kudineer (KSK) as per the directives of Ministry of AYUSH, and approval of Govt. of Tamil Nadu as an immunity booster. This drug was distributed to frontline workers, people residing in containment zone and common public to improve the immunity to fight against COVID-19. Institute has distributed Kabasura Kudineer chooranam pockets to more than 50,000 public to enhance the immunity and provide prophylactic measure.

Team distributed KSK pockets to **Thiru SR. Raja, MLA, Tambaram Constituency**



KSK Distribution in the Containment Zone municipalities such as East Tambaram, West Tambaram, Chitlapakkam, Anakaputhur, Pammal, Hasthinapuram, Sembakkam, Chrompet etc.,





KSK Distribution to Police officials, Tambaram & Chennai city Police Commissionerate, Central Zone



KSK distribution to the Directives of Ministry of AYUSH, New Delhi, Govt. of India



KSK Distribution to Doctors and frontline workers of SRM Medical college, Kattankulathur

NIS Offered Telemedicine Service



NIS offered Post COVID Siddha Care

Activities Published in Media

Management of Covid-Integrated Treatment of Siddha with Standard of Care

இந்தியாவில் கொரோனா சிகிச்சைக்கு 490 படுக்கை வசதிகளுடன் சித்த மருத்துவ வாஸ்டு தொடக்கம்

கொரோனா தொற்றால் பாதிக்கப்பட்டவர்களுக்கு மருத்துவ முறையில் சிகிச்சை அளிக்கும் கொரோனா தடுப்புத் திட்டம் கீழ்க் கருவிகளை மருத்துவமனைகளில் சேர்த்து கொடுக்கப்பட்டு வருகிறது. இதுவரை 490 படுக்கை வசதி கொண்ட மருத்துவமனைகள் சித்த மருத்துவ வாஸ்டு தொடக்கம் கீழ்க் கருவிகளை மருத்துவமனைகளில் சேர்த்து கொடுக்கப்பட்டு வருகிறது. இதுவரை 490 படுக்கை வசதி கொண்ட மருத்துவமனைகள் சித்த மருத்துவ வாஸ்டு தொடக்கம் கீழ்க் கருவிகளை மருத்துவமனைகளில் சேர்த்து கொடுக்கப்பட்டு வருகிறது.

தனது சித்தா சிகிச்சை அளிக்க புதிய திட்டம்

சென்னையில் மையத்தை தேர்வு செய்து அரசு சிகிச்சை அளிக்க புதிய திட்டம். சென்னையில் மையத்தை தேர்வு செய்து அரசு சிகிச்சை அளிக்க புதிய திட்டம். சென்னையில் மையத்தை தேர்வு செய்து அரசு சிகிச்சை அளிக்க புதிய திட்டம்.

5 நாளில் குணமடைந்த 13 நோயாளிகள்

கொரோனாவுக்கான ஆங்கில மருந்துகளுடன் நிலவேம்பு, கபசரக் குழந்தை சிகிச்சையால் 5 நாளில் குணமடைந்த 13 நோயாளிகள். கொரோனாவுக்கான ஆங்கில மருந்துகளுடன் நிலவேம்பு, கபசரக் குழந்தை சிகிச்சையால் 5 நாளில் குணமடைந்த 13 நோயாளிகள்.

கொரோனாவில் இருந்து மீண்ட 63 வயது இதய நோயாளி

63 வயது இதய நோயாளி கொரோனாவில் இருந்து மீண்டது. கொரோனாவில் இருந்து மீண்டது. கொரோனாவில் இருந்து மீண்டது.

தனித்து சித்தா சிகிச்சை அளிக்க புதிய திட்டம்

சென்னையில் மையத்தை தேர்வு செய்து அரசு சிகிச்சை அளிக்க புதிய திட்டம். சென்னையில் மையத்தை தேர்வு செய்து அரசு சிகிச்சை அளிக்க புதிய திட்டம்.

13 treated with allopathy, siddha

Chennai: In all, 13 coronavirus patients admitted at SRM Medical College and Hospital and Research Centre, Kattankulathur have been successfully treated with the help of allopathy and siddha medication in five days. Sundaram, medical superintendent Dr K Thangaraj, general manager A. Vijayakumar and director, MIS Dr R Meena Kumari. Along with the prescribed government medication, the patients were also administered kabasura kudin. Those discharged have been asked to consume kabasura kudin three times a day along with the prescribed allopathy medicines.

Excellence/Honours

Team of NIS Doctors received AYUSH EXCELLENCE AWARDS-2020 in the programme organized by World Tamil chamber of commerce in association with National Institute of Siddha, CCRS and Government of Tamilnadu

Award winners are,

Dr.M.Nijavizhi, Lecturer, Department of Nanju Maruthuvam,

Dr.Porchelvan, EMO Dr.S.Priyanka, PG scholar, Department of Noi Naadal

Hon'ble Telangana Governor Dr.Tamilisai Soundararajan, Hon'ble Tamil Nadu Deputy CM Shri.O.Paneer Selvam & Hon'ble TN Health Minister Shri.Vijayabaskar & Selvakumar President WTCC, TN Health Secretary Dr.Radhakrishnan, IAS & Director Indian medicine Secretary Dr.Ganesh, IAS Dr.Kanakavalli DG Central Central Council for Research in Sidhha, Dr.Manavalan Director& Eminent Ayush & Siddha Doctors participated in the event.





**RMOs of NIS
were honoured
by Ravina
Hospitals,
Chennai for their
contribution in
treating COVID
patients**



**Director, NIS honoured
COVID Warriors at various
occasions**



AMIDST THE PANDEMIC

Initiative Amidst this Pandemic



NIS is the leading Institute for Regional Raw Drug Repository (RRDR) for ASU&H Medicine for Southern Plateau. **Shri Shripad Yesso Naik**, Union Minister for AYUSH and Minister of State for Defence inaugurated the Regional Raw Drug Repository (RRDR) for ASU&H Medicine (Southern Plateau Region) at National Institute of Siddha through a virtual event. **Shri Vaidya Rajesh Kotecha**, Secretary Ministry of AYUSH presided over the program. NMPB have identified National Institute of Siddha as the lead Institute with the Regional Research Institute of Unani Medicine, Chennai and the Siddha Central Research Institute, Chennai as the Collaborating Institutes. This RRDR would play a stellar role in collection, documentation, and authentication of raw drugs collected from the agro-climatic region



Meeting with RRDR team

Institute Initiated Paid OPD service for the convenience of patients in the month of February 2020



Journal of siddha COVID Special Edition



NIS offers special issue of Journal of Siddha on "Siddha Preventive and Clinical Management for COVID-19 to address the Siddha management to combat COVID-19. It is proposed to be released on 4th Siddhar Day which falls on 02.01.2021

Shaping of BSMS Course

Initiated the process of obtaining BSMS course in NIS. Director thanked **Thiru. S.Ganesh IAS, Director-Indian Medicine and Homeopathy** for the issuance of NOC for starting BSMS course

Journal Club

NIS has initiated Journal Club activities for PG scholars in the month of March 2020 to enrich their research skills



Shaping of Deemed to be University status under De-novo category



Institute is in the process of applying Deemed to be University status under De-novo category. Director thanked Vice Chancellor of The TN DR.MGR Medical University, **Dr.Sudha Seshayyan** for issuing NOC

ROUTINES

Institute Organized 5 days workshop on “Basic Research Techniques and Practices of Laboratory Animal Care” in the month of February 2020

Workshop Participants



Chief Guest of the Valedictory function of the Workshop
Prof. Dr. Thamarai Selvi Somasundaram, Vice Chancellor, Thiruvalluvar University received the workshop manual

Breast Cancer Awareness Week

Breast Cancer Awareness was celebrated in the month of October 2020.

Breast cancer screening was organized by the institute in collaboration with Adyar Cancer Institute, Chennai



Webinar was organized by the Institute on the mark of Breast Cancer Awareness Week. Dr. T. Lakshmikantham, delivered a lecture on Siddha management for Breast Cancer

Jan Andolan for COVID-19 Appropriate Behavior at NIS

Covid-19 Appropriate Behaviour
Pledge taken under Jan Andolan
As per the directives received from
Ministry of AYUSH, GOI under the
Jan Andolan Campaign on COVID-
19 launched by Hon'ble Prime
Minister Shri Narendra Modi, a
pledge taking ceremony was held
at National Institute of Siddha,
under the leadership of
Prof.Dr.R.Meenakumari, in the
month of October 2020



An awareness program
conducted for patients
and public at
Ayothidoss Pandithar
Hospital, NIS
regarding COVID19
appropriate behavior
and Siddha for
Immunity.



Vigilance Awareness Week



Integrity Pledge taken by NIS Staff & Students:

As a part of Observance of Vigilance awareness week -2020 from 27.10.2020 -2.11.2020

Essay writing was conducted on the mark of Vigilance awareness week



Rangoli Competition on the mark of Vigilance awareness week



Prize distribution



Quiz Competition on the mark of Vigilance awareness week



Hand washing Technic Training Session Under NABH



Pongal Celebration



World Environment Day-June



Prof.Dr.R.Meenakumari, Director, NIS planted the saplings at our campus on the occasion of World Environment Day.

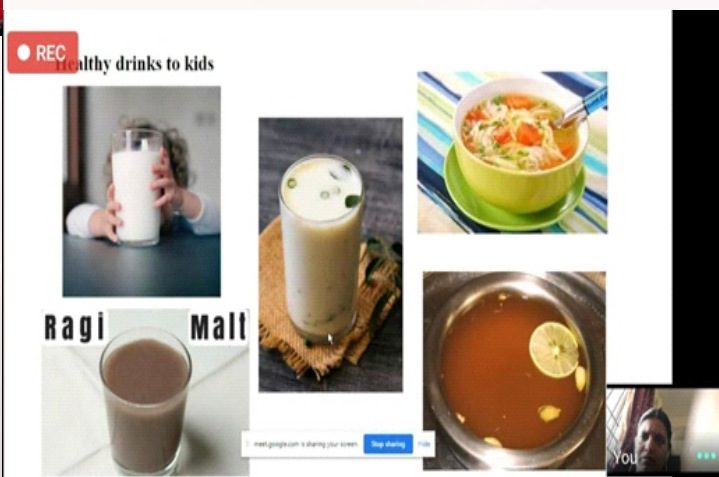
The theme for World Environment Day 2020 is "time for nature". The biodiversity is essential for our well-being. Every cure in AYUSH is supported by the intrinsic characteristics of natural herbs.

National Nutrition Month

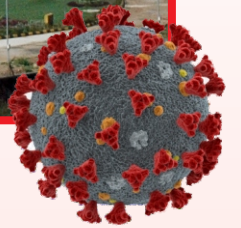


September month was observed as the National Nutrition Month across the country. As a part of Poshan Abhiyaan activities, National Institute of Siddha, organized a webinar on the topic "Nutrition -Siddha way" to the Vels Vidyashram, Pallavaram school students on 16.09.2020 . About 100 students from 6 th and 9 th students along with their teachers have participated and got clarified

As a part of this, NIS has organized awareness campaign to the public about the importance of tamil traditional dietary sources and its culinary usages of each food items and also propagate the Siddha slogan "Food it self is Medicine; Medicine it self is food".



Journey of National Institute of Siddha in COVID -19



Proud

Acknowledge / Gratitude / Respect



NIS appreciates the meticulous service done by all. It takes this great opportunity to salute our health Care workers and students for the brave and committed work performed during the fight against COVID-19 pandemic.

Honour
Thank You