



NIS NEWSLETTER

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DECEMBER 2023





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Prof. Dr. R. MEENAKUMARI

Director
National Institute of Siddha,
Director General (Additional Charge)
CCRS, Chennai

This year witnessed significant achievement in our academic growth. Ministry of Ayush encouraged us to add new academic programmes. Accordingly, NIS started Bachelor of Siddha Medicine and Surgery (B.S.M.S.) – an Under Graduate degree programme, with an intake of 60 seats. We are happy to inform that it is a milestone achievement to provide avenues to the students from all Indian states to get quality education and training in the Siddha system of Medicine.

Besides, NIS has made first of its kind initiative to promote the integrated Siddha treatment with Modern Medicine with the optimism of providing an affordable and practical solution to the global healthcare crisis. We are indeed highly indebted to Ministry of Ayush for permitting us to conduct Integrated Siddha OPD Centers at Chettinad Academy of Research and Education (CARE), Chengalpattu and Specialty Integrative Traditional Siddha Medicine OPD (SISMO) at Manipal Academy of Higher Education (MAHE), Manipal. We hope this initiative will pave the way to address the existing health care issues and open new avenues to conduct Clinical research to validate the potentials of Siddha system of medicine

In this year, we organized International Conference on Siddha Diet and Nutrition for Healthy Life. This conference attracted 582 oral & poster presentations. It is also noteworthy to mention that NIS started "Siddha Integrated Cancer Care Centre" at Ayothidoss Pandithar Hospital, combining traditional Siddha medicine and modern oncology care for comprehensive cancer treatment. Amidst all these important events we continue our outreach activities to mark our service to the Society. This institute strives to empower its academic, clinical and research activities as always.

HIGHLIGHTS

6th Siddha Day Celebrations, 2023

This year, the Sixth Siddha Day celebration on the theme “Siddha Diet and Nutrition for Healthy Life” was jointly organized by National Institute of Siddha (NIS, Ministry of Ayush, Govt. of India) Central Council for Research in Siddha (CCRS, Ministry of Ayush, Govt. of India), and Directorate of Indian Medicine & Homeopathy, Government of Tamil Nadu on 9th January 2023 at SPS Mahal, Tiruchirappalli. Several Pre-Siddha Day activities like conferences, workshops and medical camps were organized at different places of India which also included a “Walk and Run for Siddha” held at Tiruchirapalli on 8th January, 2023. The participants for the Siddha Day included esteemed dignitaries, Siddha physicians, Faculty members and Students from various Siddha Medical Colleges.

The auspicious occasion was graced by the Chief Guest, Shri Sarbananda Sonowal, Honorable Union Minister of Ports, Shipping and Waterways and Ayush, Govt. of India (virtual mode), Dr. Munjpara Mahendrabhai, Honorable Union Minister of State, Ministry of Women and Child Development and Ayush, Govt. of India and Honorable member of parliament, Tiruchirapalli, Shri Su. Tirunavukkarasar graced the occasion. The event was presided over by Shri Pramod Kumar Pathak, Special Secretary, Ministry of Ayush. Shri. S. Ganesh, Director and Shri. P. Parthibhan, Joint Director, Directorate of Indian Medicine & Homeopathy, Government of Tamil Nadu were the special guests. Prof. Dr. R. Meenakumari, Director, National Institute of Siddha and Director General (Additional Charge), Central Council for Research in Siddha organized this grand event successfully with the team of CCRS and NIS.



Walkathon to Create Awareness on Siddha Medicine

The 6th Siddha Day in 2023 featured a Walk & Run for Siddha event held in Tiruchirapalli on January 8, 2023.



Starting of BSMS Programme

NIS started Bachelor of Siddha Medicine and Surgery (B.S.M.S.) – an Under Graduate degree programme, with an intake of 60 seats. It is a new initiative to provide avenues to the students from all Indian states to get quality education and training in the Siddha system of Medicine.



Inauguration of Integrated Siddha OPD at Chettinad Hospital and Research Institute

National Institute of Siddha inaugurated Siddha specialty OPD at Chettinad Academy of Research and Education (CARE), Chengalpattu on 06.02.23 to provide integrated Siddha treatment to patients visiting the Chettinad hospital and to promote integrated research. This is the first of its kind initiative to promote the integrated treatment.



Re-accreditation with NABH

National Institute of Siddha was re-accredited by NABH, ensuring quality and adherence to accreditation standards. At Ayush Bhawan, New Delhi, the certificate was presented to NIS Director, Prof (Dr.) R. Meenakumari, by NABH CEO Atul Mohan Kochhar, in the presence of Secretary, Ministry of Ayush, Shri. Vaidya Rajesh Kotecha, Special Secretary Shri Promod Kumar Pathak and other ministry officials.



Specialty Integrative Siddha Medicine OPD at MAHE, Manipal

NIS initiated Specialty Integrative Traditional Siddha Medicine OPD (SISMO) at Manipal Academy of Higher Education (MAHE), Manipal. This OPD was inaugurated on June 16, 2023. It offers Siddha treatment for various ailments, staffed by specialty doctors from NIS. The virtual inauguration and MoU signing were overseen by the respective institutions' directors, followed by discussions on joint research and government schemes for Integrative Medicine research. (MAHE).



International Conference on Siddha Diet and Nutrition for Healthy Life, 2023



NIS organized the International Conference on Siddha Diet and Nutrition for Healthy Life 2023 in collaboration with CCRS and the Directorate of Indian Medicine and Homeopathy, from August 10-11 at The Tamil Nadu Dr. MGR Medical University, Chennai. Over 2000 participants from 15 Siddha colleges in Tamil Nadu and Kerala attended the conference. 582 oral & poster presentations were made during the conference. Tmt. Mythili Rajendran, IAS, Commissioner for Indian Medicine and Homeopathy, Government of Tamil Nadu, was the chief guest. Renowned researchers contributed as plenary speakers, keynote addresses, and special guests



AIMST University, Malaysia Delegates visit to NIS

A delegation from AIMST University, Malaysia, visited National Institute of Siddha on 05.08.2023. Led by Prof. Dr. Kathiresan (Deputy Vice Chancellor), the AIMST team appreciated NIS's dedication to public health. Prof. Dr. R. Meenakumari, Director, highlighted the Institute's academic, research, and hospital initiatives, emphasizing the global promotion of the Siddha system.



Participation in National Ayush Mission Southern States/UTs Review Meeting:

NIS team participated in the National Ayush Mission (NAM) Regional Review Meeting on 05.09.2023. Secretary Shri. Vaidya Rajesh Kotecha and Ministry officials visited NIS to review the healthcare services provided in NIS.



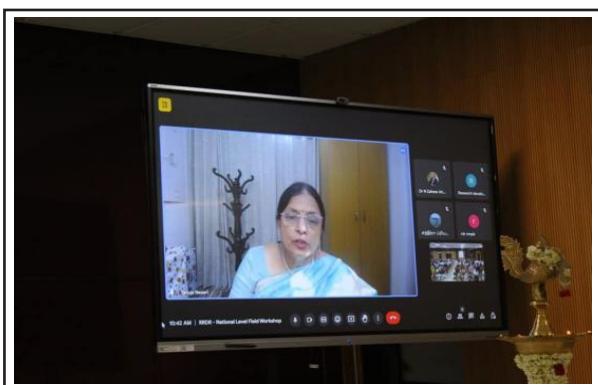
Siddha Integrated Cancer Care Centre Inauguration:



On October 20, 2023, NIS inaugurated the "Siddha Integrated Cancer Care Centre" at Ayothidoss Pandithar Hospital, NIS combining traditional Siddha and modern oncology for comprehensive cancer care. Dr. Kalpana Balakrishnan and Prof. Dr. R. Meenakumari presided over the ceremony.

National Level Field Workshop on Identification of Medicinal Plants:

Regional Raw Drug Repository - Southern Plateau @ National Institute of Siddha organized a National Level Field Workshop on the Identification of Medicinal Plants on October 27, 2023. Inaugurated by Prof. Dr. Tanuja Manoj Nesari and with key addresses by Dr. N. Zaheer Ahmed and Prof. Dr. S. Somasundaram, the event included brainstorming sessions, explanations on the challenges in identification, and a successful field trip in the Pachaimalai Hill region. Over 200 participants from various institutions attended.



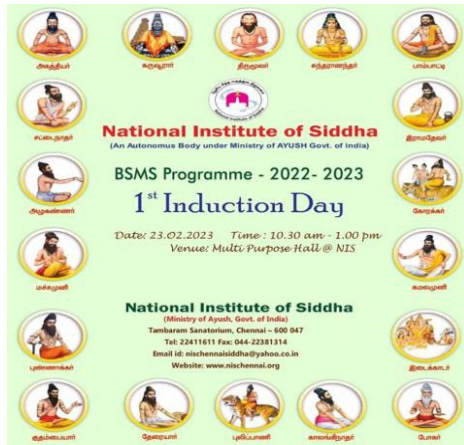
First White Coat Ceremony to BSMS Students

On 09.04.2023, National Institute of Siddha celebrated the "White Coat Ceremony" for BSMS 1st Professional (UG) students. Secretary, Ministry of Ayush, Shri. Vaidya Rajesh Kotecha, and Special Secretary Shri. Promod Kumar Pathak handed over white coats and Stethoscopes. They interacted with students. Their presence marked a significant honor for the first batch at NIS.



First Induction Day of Under Graduate Course:

First induction day of Under Graduate (BSMS) program was conducted on 23.02.2023 at NIS. The programme was graced by eminent Siddha physicians and dignitaries. Former CCRAS Director, Padmashree Dr. G. Veluchamy, honored the occasion and delivered a motivational speech to the younger generation of Siddha graduates



National Seminar on "Recent Researches in the Siddha System of Medicine"



National Institute of Siddha organized National Seminar on "Recent Researches in the Siddha System of Medicine" on March 27, 2023. During the seminar, 56 oral presentations were made by Postgraduate Scholars, covering a diverse range of studies such as surveys, documentation of Siddha literature, clinical intervention trials, research on Siddha diagnostics, in-vitro studies, and field surveys.



Induction Day – PG Scholars:

The Induction Day for 58 newly admitted PG Scholars at the National Institute of Siddha was held on April 10, 2023. All the Heads of the Departments addressed the students about the facilities of NIS and PG curriculum

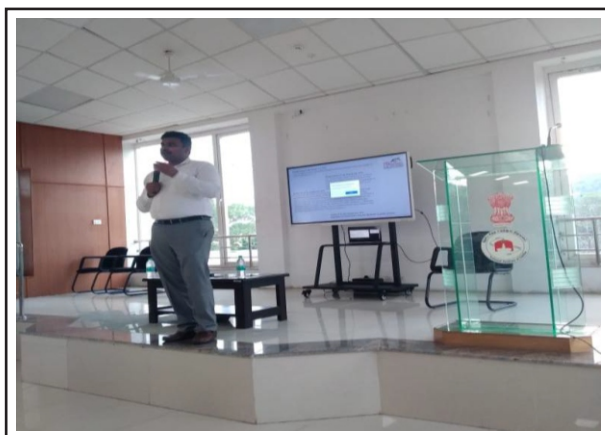
1st year BSMS Transitional Programme

The following BSMS 1st year BSMS Transitional Programme was held between

Sl.No	Guest Speaker	Topic
1.	Dr.Thomas Walter, Associate Professor, GSMC, Palayamkottai.	"The basic concepts of research and its application in the Siddha"
2.	Prof. Dr. N. Kabilan, HOD, Dept of Siddha, The TN Dr.M.G.R Medical University	"Orientation of Regulatory Bodies, University and State Health"
3.	Dr. Kollapa Pillai, Siddha physician, Chennai	"Siddha: The Way of Life"
4.	Prof. Dr. V. Gopal, Principal, College of Pharmacy, Pondicherry	"Discover the Herbalist in You"
5.	Dr. Pratima, Eminent Professor, OB & HR, Alliance School of Business, Anaekal, Bangalore	Management and Development Program – "Motivation & Perception"
6.	Prof. Dr. M. Murugesan, Dean (Retd), NIS	"Discipline & Social Ethics for Doctors"
7.	Dr. L. Sivakumar, Managing Director, DSAPS, Chennai	"Siddha Enterpreurship"
8.	Dr. V. Sudha Seshayyan, Former Vice-Chancellor, TN Dr. M.G.R. Medical University	" The Science and Spiritual aspects of Thirumanthiram"
9.	Dr. P. Selva Shanmugam, Secretary & Siddha Consultant, Health India Foundation Clinic.	" Siddha system of Health Care at Global level"
10.	Prof. (Dr.) A. Ahamed Basha, Chettinad Hospital and Research Institute	"Beyond BSMS: A Road Map"
11.	Dr. P. K. Partheeban, Director, Swabhimani Holistic Solutions for Autism, Chennai	" Self Motivation With Success Stories"
12.	Prof. Dr. M. Latharani, Sri Sai Ram Siddha Medical College, Chennai	"Personality, Self -Hygiene and Health"
13.	Dr Paechiyammal, Yoga Expert, NIS	"Yoga for Day-to-day Life"
14.	Prof. Dr. G. J. Christian, HoD, Dept. of Noi Naadal, NIS	" Role of Siddha in COVID-19 Management and its Scientific Outcomes"
15.	Dr. Manickam P., Scientist-E, ICMR, National Institute of Epidemiology, Chennai	"National Health Status: Goals and Policies"
16.	Dr. Jeya Venkatesh, Managing Director of Kokila Siddha Hospital & Research Centre, Madurai	"The Role and Impact of Siddha Physician in the Society"
17.	Dr. Jeyasankar, Siddha Physician, Pudhucherry	"A conscientious doctor"
18.	Prof. Dr. A. Meena Kabilan, M.E., Ph.D.	"Personality Development and Goal Setting"
19.	Dr. Soundarapandiyan, Professor, Sree Ramakrishna Medical College of Naturopathy and Yogic Sciences	"Basic concepts of Yoga and Naturopathy"

Hands-On Training on Pharmacological Screening Methods:

NIS organized a hands-on training on pharmacological screening for Siddha drugs from March 22-23, 2023, for PG scholars, GSMC, Chennai. The program focused on practical aspects of study conduct and drug evaluation, covering animal handling, oral administration, and screening for analgesics, anti-inflammatory, anxiolytics, anti-depressants, CNS depressants, and skeletal muscle relaxants.



IPR Awareness talk :

NIS conducted 3rd IPR Awareness talk on 28.04.23, Mr. KS. Hariprasad explored the "Scope of IPR in traditional medicine research." The Director announced a "HACKATHON competition" for Siddha research scholars, encouraging the submission of patentable research proposals. Eligible proposals may be considered for funding from the Institute, subject to approval.

Webinar for Empowering on Tobacco Cessation:

The Department of Public Health Dentistry, CDER, AIIMS, New Delhi, collaborated with the National Institute of Siddha, Chennai, for a scientific webinar on "Empowering on Tobacco Cessation: Tobacco Free Tomorrow: A Call for Action" on May 29, 2023. The webinar, featuring four speakers, addressed topics such as the burden of tobacco, oral health effects, 5 A's and 5 R's of tobacco cessation, and behavior counseling with pharmacotherapy.



Capacity Building Training Workshop:

NIS and ICMR-National Institute of Epidemiology jointly organized a 3-day GIS capacity building workshop at NIS from June 19-23, 2023. Eighty participants, including 2nd year M.D. (Siddha) students, Ph.D. (Siddha) scholars, NIS faculties, and scientists from CCRS, attended the workshop. The workshop covered GIS fundamentals, map projections, public health applications, map types, map elements, symbology, spatial interpolation, and case studies



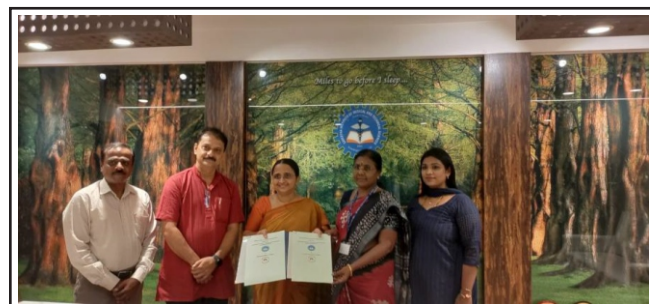
Annual Day Celebration:

National Institute of Siddha celebrated its annual day on 19/06/2023. Smt. Mythili K. Rajendran, Commissioner of Indian Medicine & Homeopathy, Tamil Nadu, inaugurated the event. Winners of pre-annual day events were awarded prizes in this function



MoU with Saveetha Institute of Medical & Technical Sciences

NIS renewed its Memorandum of Understanding (MoU) with Saveetha Institute of Medical & Technical Sciences for an additional 5 years, ensuring the continuation of collaborative research endeavors.



ICC's Awareness Program:

Internal Compliance Committee (ICC) of NIS organized an insightful awareness program on combating the harassment of women employees in the workplace. This programme was designed to educate and empower all faculties, staff, and students. Informative sessions were hosted from August 31 to September 6, shedding light on this important topic. The goal was to foster a culture of respect, understanding, and support within the NIS community.





National Sports Day 2023 Celebrations:

NIS celebrated Sports day events from August 24 to 26. The winners of the event were awarded with prize during the "National Sports Day 2023" celebration on August 29.

Upgrading the Facility of Quality Control Lab:

NIS upgraded the Quality Control Lab facilities with the addition of advanced equipments



Workshop on “Orientation for Innovative Research in Siddha”

NIS organized Workshop on “Orientation for Innovative Research in Siddha,” which was held on August 16, 2023. 35 dedicated researchers attended the workshop, focused on developing skills to identify pioneering research areas and formulate concept proposals. Led by esteemed experts, the event included panel discussions, mentor-mentee sessions, to enhance participants innovative capabilities.



Inauguration of BIS Standards Club for NIS Students:

On 04.09.2023, NIS inaugurated the Standards Club for students in partnership with BIS. Mr. Jose Charles, a BIS Empanelled auditor, led an orientation program for members, fostering insightful discussions. Student members engaged in a fruitful discussion with the resource person.



Symposium on "Recent Trends and Siddha Management of Diabetes"

The Symposium on "Recent Trends and Siddha Management of Diabetes," was jointly organized by NIS & Central Council for Research in Siddha, on September 9, 2023, in National Institute of Siddha. 400 participants including BSMS students, Internees, Siddha postgraduates, researchers, faculty, and practitioners attended the symposium. Dr. Sowmya Swaminathan, Former Chief Scientist, WHO delivered a keynote address. The event included the release of a symposium Proceedings Volume and a Siddha Diabetology Handbook. Plenary sessions covered diverse aspects of diabetes.

Two - Day Workshop on Non-Communicable Diseases (NCDs) and Stress Management:

NIS concluded Two-Day Workshop on NCDs and Stress Management for first-year BSMS students from 13th & 14th September 2023. Attendees gained valuable tools for holistic well-being and effective stress management.

Seminar on "Screening for Toxicity Potential using Laboratory Animals":

NIS conducted a seminar on "Screening for Toxicity Potential using Laboratory Animals" on September 13, 2023. Dr. Venkataraman Krishnamurthy delivered a lecture on toxicity profiling using animal models. 56th Ariviyal Poonga special issue was released during this seminar.



Workshop on Case report Writing:

Department of Gunapadam organized a two-day Case Report Writing workshop for first-year PG scholars on Oct 16-17, 2023. Experts from NIE, Chennai Dr. M. Senthil Kumar and Dr. Rajalakshmi delivered the sessions of the workshop.



Workshop on "Basic Research Techniques and Practices of Laboratory Animal Care":

NIS conducted a 5-day workshop on "Basic Research Techniques and Practices of Laboratory Animal Care" from Oct 16-20, 2023. The 13th workshop highlighted the institute's commitment to nurture the researchers in preclinical research areas.



7th Journal Club Activity:

NIS organized its 7th Journal Club activity with a Guest Lecture on 01.12.2023. Prof. Dr. R. Meenakumari, NIS Director, and Dr. R. Sridharan, Director of ISM, Govt. of Puducherry, participated. Dr. Djody Bascarane delivered a talk on project development.

FACULTY PARTICIPATION IN VARIOUS SCIENTIFIC EVENTS

Dr.T.Lakshmikantham participated in the All India Radio, Chennai, interview program about “Importance of Siddha medicine and its uniqueness” on 20.01.2023.

Dr.H.Vetha Merlin Kumari participated and delivered awareness speech on “Siddha dietary regime for prevention of cancer” in the awareness and screening camp for breast, cervix and oral cancer for woman in the Siddha outreach OPD of NIS at Kothimangalamvillage, Thirukazhukundaram, Chengalpattu district in association with Cancer Institute (W.A) Adyar on 10.11.23.

Dr.B.Anbarasan delivered an awareness speech on Anemia to the students of Nadar Mahajana Sangam S. Vellaichamy Nadar College, Madurai as a part of ongoing PHI project entitled Promoting the Siddha interventions for Iron Deficiency Anemia (Pandu) among rural women/ men at adolescent age (10-19) in south districts of Madurai and Theni- Tamilnadu.

Dr.B.Anbarasan presented two papers on the topics “AYUSH interventions for pain management” and “Care of Bed-ridden patients (Management of Pressure Sores)” in the 2nd International Conference of the National Association of Palliative Care for Ayush and Integrative Medicine” held at Rajagiri College of Social Sciences (Autonomous), Hill campus, Kalamassery, Kerala from 05.10.2023 to 07.10.2023.

Dr.C.Mary Sharmila, presented a paper “Scope of siddha treatment regimen in the management of psychiatric illness” in the 11th international conference on Tamil Studies in Malaysia from 18.07.2023 to 23.07.2023.

Dr.K.Thayalini presented a poster on “Yogasanas in the management of lifestyle disorders" and awarded first prize in the 2nd International Conference on Traditional and Alternative Medicine on 19th and 20th January 2023 at St.Thomas College palai, Kerala.

“Herbs for the management of Oligospermia in Siddha system of medicine – A review"- Dr.V.Mahalakshmi, Dr.A.M.Amala Hazel, Dr.N.J.Muthukumar, Dr.S.Swathi presented in the Second international conference on Advances in Biosciences and Biotechnology on 23.02.23&24.02.23 at Mother Teresa Women's University, Kodaikanal.

Dr.M.Akila presented a paper on “In silico molecular docking study on Notchi karpam - A Siddha formulation in the Second international conference on Advances in Biosciences and Biotechnology on 23.02.23&24.02.23 at Mother Teresa Women's University, Kodaikanal.

Dr.S.Swathi presented a paper on “In vitro Carminative activity of a polyherbal Siddha formulation Panchadeepakini Ilagam" at Second International Conference on Advances in Biosciences and Biotechnology on 23.02.23 & 24.02.23 at Mother Teresa Women's University, Kodaikanal.

Dr.A.Arunachalam presented a paper on “Standardization of Siddha Polyherbal formulation Kadukkai nei” in the National seminar on recent researchers in Siddha system of medicine on 27.03.2023.

Dr.S.Swathi presented a paper on “Evaluation of Antioxidant and anti-inflammatory activities of Siddha Polyherbal formulation Panchadeepakini Ilagam in Invitro method” in the National seminar on recent researchers in Siddha system of medicine on 27.03.2023.

Dr.S.Prasath presented a paper on “Screening the Antioxidant activity Kameshwara karpa avizhtham” in the National seminar on recent researchers in Siddha system of medicine on 27.03.2023.

Dr.V. Manjari, Associate Professor, Dept.of Nanju Maruthuvam presented a E - poster entitled “Anticancer Effect of Siddha Formulation - Rasa Karpoora Kuligai against HeLa cell lines by Invitro” and received Best Paper Award in 2nd National Conference on Real world Evidence in Oncology held on 1st April 2023 at Thirunelveli, organized by Udhavum Karangals, Nellai Cancer Hospitals, Fenivi Research Solutions and Onco club.

Dr M.V.Mahadevan deputed to deliver a lecture on “Research perspectives of Siddha treatment of skin Diseases Documented in Department of SirappuMaruthuvam, National institute of Siddha" on 09.09.2023 at CME programme conducted by Kokila siddha hospital Research Center, Madurai.

Dr M.V.Mahadevan , Associate Professor invited as a Resource person for the One Day Training Programme to the Medical Officer (Siddha), U.T of Puducherry on 25.03.2023.

Dr.R.Keerthiga presented an oral presentation entitled "A comparative clinical trial of Yogam and Nilavagai chooranam in the management of Eraippu Erumal (Bronchial Asthma)" at National Conference on Yoga - "A scientific pathway to Health and Happiness" organized by Tamilnadu Physical Education and sports University held at Shri SSS Jain college of Women, T.Nagar, Chennai on 21st and 22nd Jan 2023.

Dr.B.R.Senthilkumar on behalf of NIS, participated in a Television Debate program on “Role of Traditional Medicine in the Integrative Health care” broadcasted by DD Pothigai, Chennai on 19.05.2023.



Dr.B.R.Senthilkumar participated and delivered an Invited Talk in the “2nd International Conference on Palliative Care” organized by the National Association of Palliative Care of AYUSH and Integrative Medicine (NAPCAIM) at Rajagiri College of Social Science, Kochi, Kerala from 5th to 7th Oct, 2023.



Dr.B.R.Senthilkumar delivered an Invited Lecture on “Role of Siddha Medicine in Integrative Cancer” in the “National Seminar on Integrative Oncology” organized by the Siddha Medical Association of India and Cherian Ashram Holistic Centre, Kottayam, Kerala on 22 October, 2023.

CHERIAN ASHRAM HOLISTIC CENTRE In association with
NATIONAL INSTITUTE OF SIDDHA (NIS) &
SIDDHA MEDICAL ASSOCIATION OF INDIA (SIMAI)

CORDIALLY INVITES YOU

2ND DR. C P MATHEW MEMORIAL SEMINAR

“Scope of Integrating Modern Medicine with AYUSH” in Cancer Care

Venue: Conference Hall, Cherian Ashram Holistic Centre, Manarcad, Kottayam, Kerala

SUNDAY
 22nd October, 2023 **10:00AM – 04:00PM**

10.00 am – Registration and Inaugural Session,

11.00 AM PLENARY SPEECH BY

Dr. Senthilkumar, BSMS, M.Sc, Ph.D.
 Head I/c, Dept. of Physiology,
 National Institute of Siddha (NIS)
 (Govt. of India, Ministry of AYUSH)

Students/ doctors are invited to submit their research papers for poster presentation. Please contact 773-898-6442

SPEAKERS

11.30 AM to 12:00 PM
Dr. Ajit S Shinto
 Senior Consultant - Nuclear Medicine,
 Cherian Ashram Holistic Centre
 MBBS, DRM (Radiation/Nuclear Medicine),
 DNB (Nuclear Medicine), MNAMS, MICNM
 Topic: Length breadth and depth of oncology

12:00 AM to 01:00 PM
Dr. Vinu Krishnan MD HOM PhD scholar
 Chief medical officer
 Homeopathic cancer centre, Malappuram
 Govt. Of Kerala
 Member international association of oncology
 Member National commission for
 Homeopathy, Ministry of Ayush, New Delhi
 Topic: Integrative oncology - challenges, experiences and outcomes

01.30 PM to 02:30 PM
Dr.J.P.Venthamarai Selvi MD(Siddha)
 Cancer OPD incharge,
 Aringar Anna Govt Hospital of Indian
 medicine, Chennai
 Dr.MGR University gold medalist year 1999
 Govt Best Doctor Awardee of 2017
 Topic: The Effective Role of Mercurial and Gold
 Siddha preparation in Management of Cancer

02.30 AM to 03:30 PM
Dr.S.P.Sreejit MD(Ayurveda)
 Senior Medical Officer,
 Govt of Kerala
 Clinic Student of Dr C P Mathew.
 Serves as the Honorary Medical
 Director Of Athreya Ayurvedic
 Centre, Kottayam
 Topic: Integrated approach of Dr CP MATHEW for
 cancer care

For registration please contact +91 89218 03900, simaikerala@gmail.com

Dr.B.R.Senthilkumar on behalf of NIS, participated in the inaugural function of Workshop on “Traditions of Tamil Medicine” held at Central Institute of Classical Tamil, Chennai on 11.07.2023



EVENTS ORGANIZED

NIS initiated Specialty Integrative Traditional Siddha Medicine OPD (SISMO) at Manipal Academy of Higher Education (MAHE), Manipal. This OPD was inaugurated on June 16, 2023. It offers Siddha treatment for various ailments, staffed by specialty doctors from NIS. The virtual inauguration and MoU signing were overseen by the respective institutions' directors, followed by discussions on joint research and government schemes for Integrative Medicine research. (MAHE).



Participation in Bharath Parv Event:

Ministry of Ayush gave an opportunity to National Institute of Siddha to participate in “Bharath Parv 2023” at the Red Fort, Delhi, from January 26 to 31. The institute engaged in activities to raise awareness about Siddha medicine, showcased treatments for non-Communicable Diseases, displayed traditional foods in the Ayush Aahar section and provided free consultations in the Siddha clinic section. Dr. B. Anbarasan and PG Scholars, Dr. P. J. Kowsika Shree, and Dr. A. Surya represented NIS at the event.



NIS Participation in Siddha Day Celebration at Chettinad Academy of Research and Education

NIS Director participated as the chief guest in the 6th Siddha Day celebration at Chettinad Academy of Research and Education on January 23, 2023.

Participation at "Chintan Shivir"

Prof. Dr. R. Meenakumari, Director General (Addl. Charge), CCRS, and Director, NIS, along with her team, participated as invitees in the "Chintan Shivir" (Brainstorming program) at Kaziranga National Park, Assam, from February 26-28, 2023.



Outreach Medical Camp Inauguration:

National Institute of Siddha, in collaboration with Muthal Thalaimurai Learning Centre, inaugurated Outreach Siddha Medical Camp on March 11, 2023 which will be conducted every 2nd and 4th Saturday of the month at Kannagi Nagar, Chennai.



International Women's Day Celebration, 2023

In observance of International Women's Day on 8th March, 2023 NIS organized various events. Patients, staff members, undergraduate and postgraduate students, PhD scholars of NIS were actively participated in the following events.

Sl.No	Events	Organising Department
1.	Awareness Programme on Self Breast Examination for Early Prevention of Breast Cancer & Distribution of Health & Cosmetic Kit	Dept. of KuzhandhaiMaruthuvam
2.	Seminar on "Women's Safety Awareness"	Dept. of NanjuMaruthuvam
3.	Vegetables and fruits carving competition	Dept. of Noi Naadal
4.	National Seminar on Female Infertility & Ashoka Tree Sapling distribution	Dept. of Gunapadam
5.	Cosmetology Expo	Dept. of NanjuMaruthuvam
6.	Elocution & Essay Competition	Dept. of SirappuMaruthuvam
7.	Cook with millets - a cookery competition	Dept. of Maruthuvam



NIS Participation in B2B Conference & Expo

NIS faculty members participated in "B2B Conference & Expo on Traditional Medicine" under SCO (Shanghai Cooperation Organization) Council of Heads of State 2023, which was held from 2nd to 5th March 2023, at Guwahati, Assam. Hon'ble Minister of State, Dr. Munjpara Mahendrabhai Kalubhai and Smt. Shiela Tirkey, Under Secretary, Ministry of Ayush, visited and appreciated NIS stall.



Medical Camp at Thiruvallur

NIS in collaboration with the National Thermal Power Corporation Ltd. (NTPL), conducted a free Medical Camp in Athipattu village, Thiruvallur District on April 15, 2023. Approximately 100 patients benefitted by the camp.



Exhibition of Herbal Plants and Millets:

National Institute of Siddha and Central Council for Research in Siddha (CCRS) organized exhibition to showcase millets and herbal plants at NIS premises from April 23 to 25, 2023. Union Minister for Ayush & Ports, Shipping, and Waterways, Shri. Sarbananda Sonowal inaugurated the exhibition. Common public and patients visited the stall and gained knowledge on millets and herbs.



National Arogya Fair:

NIS participated in the National Arogya Fair in Jaipur, Rajasthan from April 20 to 23, 2023, which was organized by the Ministry of Ayush and PHD Chamber. NIS showcased the unique benefits of Siddha medicine, offering information on Siddha food and lifestyle guidelines for disease management to benefit the public visited the stall.

Participation in 5th HSSC Sub Council on AYUSH meeting and AYUSH Skills Conclave:

NIS faculty members participated in the 5th HSSC Sub Council on AYUSH meeting and AYUSH Skills Conclave which was held on April 24, 2023, in New Delhi.



Azadi ka Amrit Mahotsav Celebration Medical Camp:

As part of Azadi ka Amrit Mahotsav, Siddha Medical Camp was organized by the Airport Authority of India in collaboration with the National Institute of Siddha on April 1, 2023, at the AAI NAD community hall in Meenambakkam, Chennai. Faculty members and P.G. scholars participated and provided consultation service to patients.



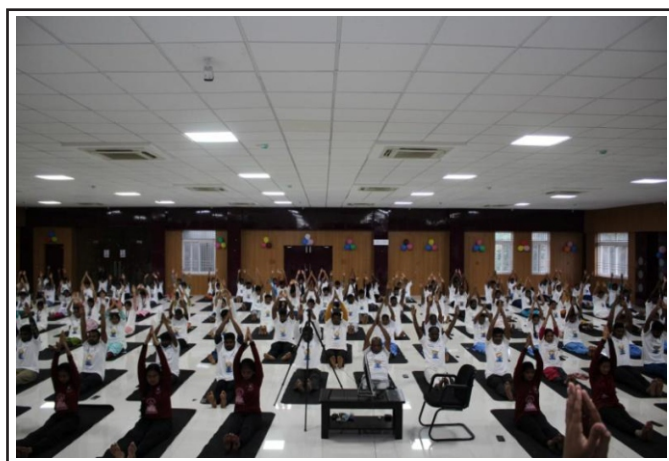
Ayush Exhibition:

National Institute of Siddha participated in the AYUSH exhibition conducted in the campus of Dibrugarh University, Assam from 6th to 7th April,



International Yoga Day 2023 Celebrations:

NIS in collaboration with the Ministry of Finance organized a yoga session for the 'G20 Sustainable Finance Working Group' at Mamallapuram on the 9th International Yoga Day. Simultaneously, a mass yoga session took place at NIS.



World Environment Day Celebrations:

National Institute of Siddha organized a World Environmental Day awareness lectures on June 7, 8 & 9, 2023. The awareness on pollution and protection was delivered to patients and common public. Composting, tree planting, and waste management were explained to the participants.



Medical Camp:

NIS organized a free Siddha medical camp at Jeeva Park, T. Nagar on 21.7.2023 as an Azadi Ka Amrit Mahotsav event. Around 155 patients benefited during the camp. Siddha awareness pamphlets were also distributed to them.



ICC's Medup, 2023 Conference:



NIS Director delivered a talk on “Exploring the power of Traditional Siddha medicine” in the 1st Medup, 2023 Conference on Advanced Healthcare Systems in India on 7th July 2023 at the Park hotel, Chennai. This event was organized by Indian Chamber of Commerce. It was graced by Ambassadors from Asian countries.

World Breast Feeding Week celebration:

NIS marked World Breastfeeding Week 2023, with an awareness program at Urban Community Health Center, Poonnamalle, Chennai. The event highlighted basics and importance of breastfeeding for about 50 pregnant and lactating women.



Participation in the 1st Manak Manthan Programme:

NIS team participated in the First Manak Manthan program on AYUSH standards organized by BIS on 31.08.23 at Chennai. This event highlighted BIS standards for Panchakarma instruments and Ashwagandha root standards.



NIS Foundation Day Celebration:

On 04.09.2023, NIS marked its 18th Foundation Day. The celebration reflected on the institute's dedication to Siddha system of medicine. Director expressed her gratitude to each and everyone who has been a part of NIS from its inception. She further reinforced this institute's commitment to holistic wellness.

6th Rashtriya Poshan Maah Celebrations:

The following events were organized by NIS as a part of Rashtriya Poshan Maah Celebration.

Sl.No	Events	Date
1.	Knowledge enrichment Programme at Govt. Girls HSS Kundrathur. Nutritional and personal hygiene kits distribution to 500 students.	20.09.23
2.	Awareness speech on breast feeding at Urban Community Health Center, Poonamalle Distribution of Panjamutti kanji health kit to 50 young mothers	20.09.23
3.	Awareness speech about anaemia during pregnancy at Urban Community Health Center, Poonamalle Distribution of Kit for anaemia to 100 pregnant women	22.09.23



National Pharmacovigilance Awareness Week Celebration:

National Pharmacovigilance week celebration was held from 17th to 23rd September, 2023. The Theme is “Boosting Public Confidence in Pharmacovigilance”. NIS as a ‘Intermediary Pharmacovigilance Centre’ organized an awareness program on 22/09/2023.



'Swachhatha Hi Seva 2023' Campaign:

National Institute of Siddha participated in the 'Swachhatha Hi Seva 2023' Campaign at Tambaram Sanatorium Bus Stand on October 1, 2023, with Mayor Tmt K Vasanthakumari as Chief Guest. The event aimed at '1 Hour, 1 Day Voluntary Service for Cleanliness.' The campaign focused on cleanliness, proper documentation, and hygiene awareness in honor of Gandhi Jayanthi on October 2.



Awareness Programme on Obesity:

Department of Gunapadam, NIS initiated obesity awareness program on October 12, 2023, to emphasis on diet and traditional practices to manage obesity. This programme is conducted every 2nd Thursday of the month

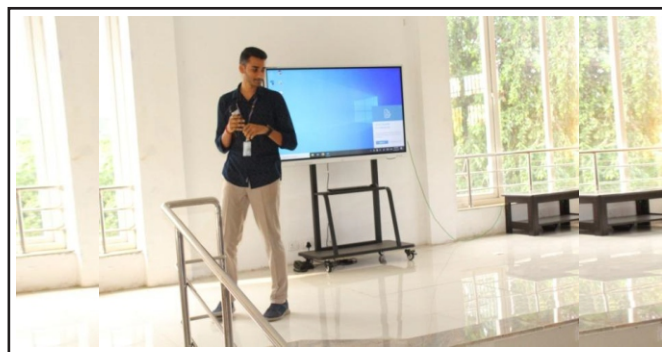


World Sight Day Celebration:

NIS partnered with Sankara Eye Hospital, Chennai for a free eye check-up camp on Oct 12, 2023, benefiting 170 individuals. Blindfolded games highlighted vision importance. Dr. Saranya delivered an awareness talk, and the event featured distinguished guests, including WgCdr V. Shankar (Retd.) and Air Cmde Eswar Subramaniam VSM (Retd.).

Swachhata Pakhwada 2023 Celebration:

As part of Swachhata Pakhwada 2023, NIS held diverse competitions on October 27, engaging UG students, PG scholars, faculty, and staff. The event fostered a collective sense of responsibility for cleanliness and hygiene.



National Unity Day Celebration:

On October 31, 2023, NIS pledged for National Unity Day at 12:30 PM and inaugurated the 'Run for Unity' event at 4:00 PM by Prof. Dr. R. Meenakumari. Faculty, officials, Ph.D/PG scholars, and UG students participated enthusiastically, fostering the spirit of unity.



NIS Participation in World Food India – 2023

NIS actively participated in World Food India 2023 from November 3 to 5, 2023. Siddha Innovative Food Products like Aloe Jelly and Multi Millet Balls were showcased at Ayush Aahar Stall and Food Street, which was appreciated by Honourable Minister of State for Ayush Shri. Munjpara Mahendra Bhai and Secretary Shri. Vaidya Rajesh Kotecha.



Cancer awareness program and Cancer Screening Camp:

NIS, organized an Awareness and Screening camp for Breast, Cervix, and Oral cancer in Kothimangalam village on November 10, 2023, in collaboration with Cancer Institute (WIA), Adyar. Approximately 50 participants attended the awareness program, with 25 women undergoing cancer screening.





Induction Day Programme for 2nd batch UG Students:

In a ceremony on November 16, 2023, NIS warmly welcomed 60 BSMS students to the Siddha system of Medicine during the "Induction Day" program.

Pharmacovigilance Awareness Programme:

NIS conducted An Awareness Program for Outpatients and General public on 18-11-2023. Faculty members delivered awareness talk on Pharmacovigilance centres, ADR reporting and guidelines for safety medications & Misleading Advertisement Reporting.



Pre-Siddha Day Events-Department of Maruthuvam

Department of Maruthuvam organized an awareness programme at Mudhal Thalaimurai Learning centre, Kannagi nagar on 25th November, 2023. Siddha awareness speeches about various health topics such as General well-being, Diabetes, Hypertension, Obesity, Anemia, Women health, Diet etc. were delivered in this event. Around 100 participants attended the programme and pamphlets were also distributed to them.





Department of Maruthuvam, in collaboration with Kamadhenu Charities, conducted a Siddha medical camp at the Tamil Nadu Government Mentally Challenged Wellness Centre in Chennai on November 30, 2023. Students and caregivers received treatment for ailments, including common cold and anemia, along with Siddha nerve tonics and Kabasura Kudineer. Pamphlets on millets, general well-being, and Siddha preventive measures were distributed to caregivers



Department of Maruthuvam, National Institute of Siddha conducted a Siddha awareness camp at Pammal, Chennai on 01.12.2023. An awareness speech on Anaemia and Geriatric care with special emphasis on Siddha way of lifestyle was delivered. Pamphlets on preventive aspects for hypertension, Diabetes and cardiac diseases were issued to the participants.



A Siddha health awareness programme was held at AGS colony, Chennai by the Department of Maruthuvam on 02.12.2023. An awareness speech on “Siddha way of life style for good health and NIS IPD services” was delivered. Siddha health tips for the prevention of seasonal diseases were also provided to the participants.



Department of Maruthuvam, NIS in association with Kamadenu Charitable Trust at “Bhavishya Deepam”- Home for Mentally Challenged, Old Perungalathur, Chennai-63, conducted free medical camp on 13.12.2023. Medicines were provided to the mentally challenged people, care takers and the public. Around 75 participants benefited from the free medical camp.

Pre-Siddha Day Events-Department of Noi Naadal



A Siddha awareness camp was conducted by Department of Noi Naadal, National Institute of Siddha in association with Department of Public Administration in Madras Christian College, East Tambaram, on 30.11.2023. Students and faculty members of the Department were benefitted by the lecture and the interactive session subsequently.

Pre-Siddha Day Events Department of Varma Maruthuvam, Pura Maruthuvam and Siddhar Yoga Maruthuvam

Varma, Yoga and external therapies awareness programme was conducted on 08.12.2023 from 9 to 10 am at NIS. Around 100 patients actively participated in the awareness talk and got their queries cleared regarding practising Yoga, Psychological counseling and Dietary regimen.

An awareness programme was organized on 09.12.2023 to explain the Varma Maruthuvam treatment specifications and its benefits to around 130 patients who participated in the event.

An awareness program was organized on 11.12.2023 from 9.00-10.00 am to explain about 32 types of external therapies highlighting the leech therapy facility at NIS. Around 120 patients were benefitted from the event.

An awareness programme on Geriatric care in Siddha medicine was organized on 12.12.2023. Around 300 patients participated in the event.



Pre-Siddha Day Events-Department of Gunapadam

On December 12, 2023, Department of Gunapadam organized an awareness program at Jaigopal Garodia National Higher Secondary School, Tambaram. Guest lectures were given explaining the significance of prevention of diseases and continuous operation of various Outpatient Departments.

An awareness program addressing 12th standard students of Tambaram Corporation Higher Secondary School, Zameen Pallavaram was organized on 12.12.2023. The significance of Siddha medicine, diverse branches specializing in various diseases and career prospects were explained to students to educate them about Siddha system of medicine and its potentials





An awareness program at Seventh-day Adventist Matric High School, Tambaram Sanatorium, was organized on 13.12.2023. Siddha system of medicine's significance was explained to 9th and 10th-grade students. The session, included interactive discussions on medicinal herbs, which captured the students' interest.

An awareness program for obesity patients was conducted on 14.12.2023 from 11AM-12PM. Treatment procedure for obesity was explained to participants.

An awareness program was conducted at Government Higher Secondary School, Zamin Pallavaram. The purpose of the event is to inform and motivate students about the advantages of Siddha medicine for a healthier future.



Pre-Siddha Day Events-Department of Nanju Maruthuvam

Department of Nanju Maruthuvam conducted De-addiction and Cosmetology Exhibition at NIS OPD. Stalls are arranged to display Panja karpavithi, Nalungumaavu, Kuliyalchooranam, and Ennai Kuliyal. Alcohol De-addiction details and Tobacco De-addiction details were explained to the participants. Nearly 100 patients visited the exhibition.



An awareness program on De-addiction was organized to create the awareness to school children and adults. Siddha treatment modules for de-addiction were explained in the programme.



An awareness programme on cosmetology was organized at NIS. Benefits of Oil bath, Nasyam, Karisalai Kan Mai, Siddhar yoga practices were explained to participants.



Awareness Programme on Millets

An awareness programme on “International year of millets” was conducted by National Institute of Siddha on 12.12.23 at Ordnance Clothing Factory, Avadi, Chennai -54. An array of millets and medicinal plants with their nutritional values and medicinal uses were displayed and well explained by the PG scholars. Pamphlets on Millets, Siddha principles for longevity and prevention of Non communicable diseases were distributed among 150 participants who attended this event.

Siddha Cleansing Therapy Camp was held at Speciality Integrative Traditional Siddha Medicine OPD (SISMO), Manipal Academy of Higher Education, Karnataka on Dec 14-15, 2023. This event attracted 120 participants in Udupi district.

Janjatiya Gaurav Diwas – 2023 Celebrations:

NIS organized an awareness program on November 22, 2023, at Kothimangalam village to mark the Janjatiya Gaurav Diwas. About 50 participants attended the event.

RRIUM Delegates visit to NIS

Dr. A. Ameer Jahan and team of experts from RRIUM led by DG of CCRUM visited NIS on 25.11.2023. As a part of this event, both chief guests delivered lecture on "Introduction to Unani Medicine" at Multi-purpose Hall of NIS. Faculties of NIS, Research Officers of CCRS and Students of NIS participated. This event earmarked a new beginning in the field of combined research projects and integration between Ayush stream of medicines.



Awareness Programme

NIS organized a Siddha awareness program on 16th Dec 2023 in the Corporate office premises of Igarashi motors Ltd, MEPZ, Tambaram Sanatorium, Chennai. An overview of Siddha clinical Interventions with successful clinical outcomes” was explained to participants. Approximately 50-60 company employees participated in the event

