



# NIS NEWSLETTER

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# Editorial



Welcome to the latest edition of our newsletter, where we are excited to share with you the remarkable strides we've made across various facets of our institution—academic, clinical, research, and community outreach. As we continue to navigate a dynamic landscape of higher education, our commitment to excellence, innovation, and social responsibility remains unwavering.

In the academic realm, we are proud to showcase the achievements of our dedicated faculty and bright students who are pushing boundaries and shaping the future of their fields. From new course offerings to collaborative learning experiences, our academic programs are designed to prepare the next generation of leaders, thinkers, and innovators. Our clinical initiatives continue to make a tangible impact, with faculty and students providing critical healthcare services to communities. These efforts not only enrich our learning environment but also contribute meaningfully to society by addressing real-world health challenges.

Research at our institution is thriving, with work being done across a wide range of disciplines. Our researchers are exploring new frontiers. In this issue, we highlight some of these exciting developments and the ways in which our scholars are contributing to the advancement of knowledge.

Finally, our outreach programs reflect our deep commitment to social responsibility. Whether through partnerships with local organizations, volunteer initiatives, or community engagement we are continually striving to make a positive difference in the lives of those around us.

We are grateful for the ongoing support of our faculty, students and partners, whose collective efforts make all of this possible. Together, we are building a brighter, more inclusive future for all.

Thank you for taking the time to read this edition. We hope it inspires you as much as it has inspired us.

**Prof. Dr. R. MEENAKUMARI, M.D(s).,**

Director  
National Institute of Siddha







## 1.1.Siddha Wellness Rally and Awareness Campaign (SWRAC)

National Institute of Siddha (NIS), in collaboration with the Ministry of AYUSH and CCRS, organized a "Siddha Wellness Rally and Awareness Campaign" (SWRAC) from 24.01.2024 to 12.02.2024. The rally covered 3,333 kilometers, reaching 21 key cities in 8 states and 8 union territories. The event was inaugurated and flagged off by Hon'ble Union State Minister of AYUSH and Women and Child Development, Dr. Munjpara Mahendra Bhai, at the Ministry of AYUSH campus in New Delhi. Eminent personalities including Joint Secretary B.K. Singh, Joint Secretary Dr. Kavita Garg, Deputy Director General Satyajit Paul, Advisor (Unani) to the Ministry of AYUSH Dr. M.A. Qasmi, Principal Consultant to the Ministry of AYUSH Pramod Kumar Pathak, President of the Board of Unani, NCISM-Siddha, and Sowa Rigpa, Dr. K. Jagannathan, attended the event. The rally aimed to raise awareness about the traditional Siddha medical system.



## 1.2.Ministry Officials Visit

### 1.2.1. Joint Secretary, MoA Visit

Ms. Bhawana Saxena, Joint Secretary of the Ministry of AYUSH, Government of India, visited NIS on 27.02.2024 to chair 50<sup>th</sup> Standing Finance Committee meeting. She toured the campus, appreciated the services, and launched informational brochures



### 1.2.2. Director, Ministry of Ayush Visit

Dr. Subodh Kumar, IAS, Director of the Ministry of AYUSH, visited NIS on 09.07.2024. He visited the campus, including academic blocks, laboratories, OPD & IPD blocks, and the 3 Regional Raw Drug Repository. He appreciated NIS's progressive work and dedication to public healthcare.



### 1.2.3. Adviser (Ay), MoA Visit

Dr. Koustuba Upadhyay, Adviser (Ay), MoA visited National Institute of Siddha on 07.01.2024. He appreciated the activities of NIS towards the health services to the public. He also witnessed the establishment of RRDR project for the Southern plateau funded by NMPB in which NIS has the lead role.



### 1.3. Inauguration of OPD at Belagavi

NIS inaugurated extended integrated OPD services at ICMR-National Institute of Traditional Medicine (NITM) in Belagavi, Karnataka on 19.09.2024. This facility offers specialized siddha treatments, including Varmam and Thokkanam, supported by a team of experts to ensure quality care.



#### 1.4. Sensitization Programme on AYUSH Insurance

National Institute of Siddha organized 'Sensitization programme for empanelment of AYUSH hospitals in General Insurance companies for States of Tamil Nadu, Kerala, Karnataka, Andhra Pradesh and Telangana' on 08.11.2024. Many delegates from different parts of the country attended the meet-up including Prof. Bejon Misra, Chairman of Core Group of Experts, Chairman Strategic Purchasing Committee, MoA, Dr.Kousthubha Upadhyaya, Advisor, MoA, Shri.Satyajit Tripathy, Member Distribution, IRDAI, Dr.Narayan Shahane, Member of Core Group of Experts, Dr.Mukul Patel, Member of core group of experts, Dr.Depashis Panda, Joint Adviser, MoA, Dr.Kusum Thapa, Research Officer, MoA. This meet-up aimed to enable insurance coverage for AYUSH hospitals in India, provide affordable healthcare to all citizens, establish networking with state and private associations, and facilitate capacity-building for stakeholders.



#### 1.5. Establishment of Noi Anugavithi Maruthuvam OPD

Department of Noianugavithi Maruthuvam started a new referral OPD (No-19) on 19.07.2024 at Ayothidass Pandithar Hospital at NIS to focus on Siddha dietetics and lifestyle modification.



### 1.6.Siddha Herbal Expo at NIS

National Institute of Siddha showcased Siddha Herbal Expo on 05.06.2024, aimed at promoting the awareness of medicinal plants. The event displayed around 75 herbal plants and their uses to raise public awareness.



### 1.7. Siddha Expo & Medical Camp MCD, New Delhi

National Institute of Siddha and Municipal Corporation of Delhi organized A Siddha Medical Expo and awareness seminar on Siddha Varmam. Delegates including Dr.Sujatha Varadarajulu, Additional Director Homoeopathy, Dept. of AYUSH, Municipal Corporation of Delhi (MCD), Dr.Shelly Oberoi, Honourable Mayor of Delhi, and other eminent speakers insisted on the importance of Intra-AYUSH integration as a boon for the public. The expo was attended by AYUSH stream doctors and employees of the Municipal Corporation of Delhi on 11.11.2024.

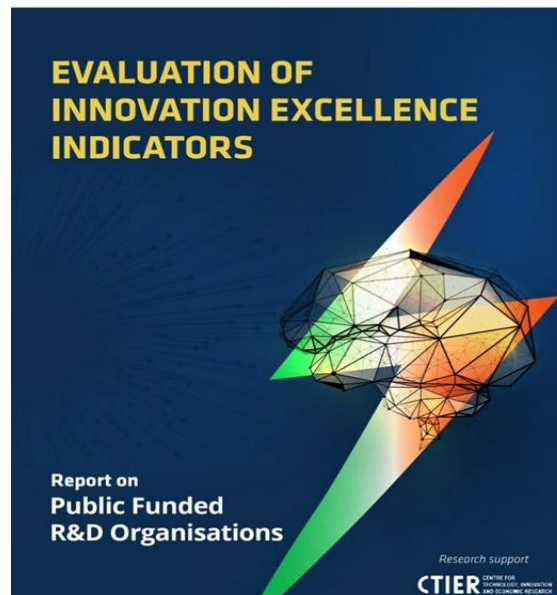


### 1.8. Participation in the global event- World Food India 2024

NIS participated in the World Food India 2024, organized by the Ministry of Food Processing Industries. This event showcased India's food industry potential, which attracted global investment from around 70 countries and featured 10 partner ministries on 20.09.2024. NIS exhibited unique and innovative Siddha-based food products.







### 1.9. Celebrating Excellence in Healthcare

On September 21, 2024, Prof. Dr. R. Meenakumari, Director of the National Institute of Siddha received the Achievers Award at the AYUSH TV National Health Awards 2024 at the Royal Senate in Bengaluru Palace Grounds.

### 1.10. Participation in Innovation Excellence Indicators Survey

NIS participated in the Round 2 survey of evaluation of innovation excellence indicators of public funded R&D organizations conducted by Office of Principal Scientific Adviser to the Government of India in 2024.

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#### Original Research Article

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#### Morbidity profiling of patients treated at Ayothidoss Pandithar Hospital of the National Institute of Siddha from 2004 to 2023 in Tamil Nadu, India

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### 1.11. Publication of NIS in the Clinical sector

NIS published the morbidity profiling of patients at Ayothidoss Pandithar Hospital (APH) in the International Journal of Community Medicine and Public Health to mark the coverage of one crore patients. The study found that APH treated 98,94,373 out-patient cases and 7,61,754 in-patient cases. The most common diseases treated were diabetes mellitus and osteoarthritis. The 7 data generated at APH could enhance the National Health Policy's objective of prioritizing health services, promoting good health, and creating guidelines for high-quality care.



# *Academic Activities*



## 2.1. Capacity Building Program for Faculty/PG Scholars

### 2.1.1. National Seminar on SIVAM

National Seminar on "Siddha an Evidence-Based Medicine-2024 1 & 2 (SIVAM-2024 1 & 2)" was held between 29<sup>th</sup> -30<sup>th</sup> January 2024 and 28<sup>th</sup> – 29<sup>th</sup>, October 2024 respectively at NIS for the PG students to promote research interest among them and juries presented fellowship to the deserving candidates.



### 2.1.2. Training Program

NIS and The Entomology Research Institute (ERI), Loyola College, Chennai organized a two-day special training on "Exploring the Techniques Involved in Phytochemical Analysis and Their Biological Applications" from 02.05.2024 to 03.05.2024 at Loyola College. This event, provided hands-on training on various methods of plant collection, processing, extraction, and screening.

### 2.1.3. Guest Lecture Program

National Institute of Siddha hosted a guest lecture program on 27.05.2024. Dr. Sundar Balasubramanian, CEO of Prana Science, Medical University of South Carolina (MUSC), USA delivered lecture on the 'Clinical application of Thirumoolar Pranayamam, a Yogic Breathing practice'.



### 2.1.4. Transitional Curriculum Program for 3<sup>rd</sup> Batch of UG

The third batch of First Professional B.S.M.S students started their academic journey with a Transitional curriculum program from 05.11.2024 to 15.11.2024. They took a pre-test to assess their awareness of Siddha medicine and the Bachelor of Siddha Medicine and Surgery program. Following the pre-test, students participated in a campus tour, exploring campus facilities and interacting with officials. The transitional curricular program aimed to prepare students for the 10 unique world of Siddha medicine and resource persons from their area of specialization interacted with UG students.





### 2.1.5. Hands-on Training Program on Microbial Techniques

The Indian system of medicine laboratory of Sathyabama Institute of Science and Technology and the National Institute of Siddha organized a three-day hands-on training program on "Basic microbial techniques and developmental studies in zebra fish" from 24-04-2024 to 26-04-2024. The program was aimed at training postgraduate and PhD scholars in basic microbiological techniques and prepare them for research on teratogenicity in zebra fish.



### 2.1.6. Workshop on "Integrating AI into Siddha Medicine"

NIS conducted a workshop on "Integrating AI into Siddha Medicine" on 22.08.2024 for Ph.D., PG Scholars, and faculty members to educate them on the integration of AI into diagnosis and therapy.

## 2.2. MoU/Linkages Made

The Director of NIS Prof. Dr. R. Meenakumari and Prof. Dr. R. Velraj, Vice Chancellor, Anna University signed a Memorandum of Understanding (MoU) at Anna University's Centre for Technology in Traditional Medicine (CTTM) on 09.08.2024, marking a significant milestone in the institute's academic history. The MoU aims to initiate integrated research, exchange facilities, knowledge, and expertise.



### 2.3. Field/Industrial Visit

National Institute of Siddha organized the following industrial/field visit:

S.No	Industry / Field visit	Name of the Department	Period
1.	Educational Field trip to Javaad Hills	Gunapadam	04.01.2024 to 05.01.2024
2.	First Professional BSMS students (2022-2024) visited Chengalpattu Medical College for training in Anatomy (UdalKoorugal) practicals & observation of dissection in the Department of Anatomy.	Gunapadam	04.01.2024 to 05.01.2024
3.	Educational Field trip survey and pooneru collection	Gunapadam	20.04.2024
4.	Educational Field visit for plant identification at Pachamalai Hills	Gunapadam	20.03.2024



### 2.4. Curriculum Enhancement

NIS deputed its faculty members as Chairperson, Expert members and Coordinators in the subject-wise expert committees of NCISM for framing of Competency Based Curriculum and Syllabus for PG Programs of Siddha system of Medicine.



## 2.8. Faculty Presentation in Scientific Forum

- Dr. I.Sangeetha coordinated the “Future of AYUSH segment at the Future of Medicine” conference from January 19-21, 2024.
- Dr. G.J. Christian delivered an invited lecture on „An overview of strength of Siddha Medicine’ in the World Congress Integrated Community Health- 2024 (WCICH- 2024) held on 8 – 10 February 2024 at Aligarh, Uttar Pradesh, organised by Faculty of Unani Medicine Aligarh Muslim University.
- Dr. C. Mary Sharmila delivered a plenary talk in SKM Vaidhya Amirtham 2024 CME Programme on the topic "Siddha perspective and scientific evidences on the importance of gut health" held on 10.2.2024
- Dr. S. Sudha Revathy delivered a guest lecture on "Current trends in Pharmacovigilance on ASU&H Drugs" at Aligarh Muslim University, Aligarh from 10.02.2024 to 11.02.2024.
- Dr.M.V. Mahadevan chaired the National Conference "Ancient Wisdom of Siddha Medicine in Preventive & Promotive Health Care" organised by Central Council for Research in Siddha (CCRS) on 28.02.2024 & 29.02.2024.
- Dr. B.R.Senthilkumar delivered an invited lecture on "An Introduction to Siddha Medicine: An ancient Indian system of Medicine" organized by the Loyola Institute of Frontier Energy (LIFE), Loyola College, Chennai, on 13.09.2024.
- Dr.M.V.Mahadevan chaired the scientific sessions in the International Conference - INSIGHT 2024 at Government Siddha Medical College, Chennai on 08.11.2024

## 2.6. Events of UG Program

### 2.6.1. White Coat Day Ceremony of 2<sup>nd</sup> Batch BSMS

The second batch of BSMS students attended a white coat ceremony at NIS on May 2, 2024. The event was chaired by Smt. Bhavana Saxena, Joint Secretary of the Ministry of AYUSH.



### 2.6.2. Inaugural Ceremony of Second Professional BSMS

The Second Professional B.S.M.S (2022-23 Batch) inaugural Ceremony was conducted on 19.08.2024 at NIS, with Saint Thirumoolar Pooja as the main event. The orientation program was attended by UG and PG faculty members and students.





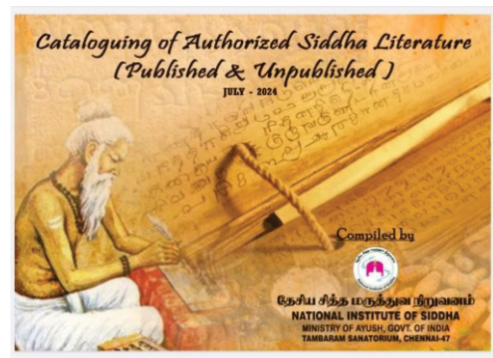
### 2.6.3. Induction Day Celebration for 3<sup>rd</sup> Batch of First Professional BSMS students

National Institute of Siddha celebrated the induction day for the third batch of undergraduate BSMS students on November 04, 2024. The ceremony began with Thirumoolar Pooja, followed by a presidential address by Director Prof. Dr. R. Meenakumari



### 2.7. Book Publication

National Institute of Siddha compiled a comprehensive catalog of Siddha literature, aimed at preserving and propagating ancient healing traditions on July 19<sup>th</sup>, 2024.



### 2.5. Poster Presentation Competition for UG and PG Students

National Institute of Siddha organized a poster presentation competition for UG and PG students on 05.06.2024, focusing on medicinal plants in Kanchipuram and Chengalpattu Districts, as a part of World Environment Day celebrations and five best posters were awarded to the students.



### 2.8. School Students Visit to NIS

Jaigopal Garodia School road safety patrol cadets visited the National Institute of Siddha on 30.08.2024. They received an institutional tour, a motivational note, and an audio-visual presentation about the Institute. Experts explained the roles and services of various departments, including patient care systems and academics.





### 3.1. Participation in the Symposium at Manipal Academy Higher Education Institutions (MAHE)

The Manipal Academy of higher education institutions, Maastricht University, and McMaster University, Canada organized a symposium on global health involving students in public health and traditional health practices. The team from NIS participated in the event to discuss the activities of an Outreach clinic of NIS at Manipal, public health challenges, and services offered by National Institute of Siddha. Discussion led insights into how traditional medicine is practiced in various cultures and countries, including key differences, common practices, and integration with modern medicine.



### 3.2. Medical Faculty-Morehouse School of Medicine, USA Visit to NIS

A distinguished delegation from Morehouse School of Medicine visited the National Institute of Siddha (NIS) on 11<sup>th</sup> October 2024. The team included medical students, and faculty members, and discussed research at NIS and the integration of Siddha Medicine into modern healthcare. They also visited the institute's educational programs, the hospital's operational efficiency, and the patient-centric approach. The visit aimed at enhancing cross-cultural academic and research collaboration in medicine.

### 3.3. NIS participated in Jignasa International Conference 2024 at Nashik

NIS team participated in the The Jignasa International Conference 2024 on "Equitable and Affordable Public Health Care Coverage through AYUSH Systems" from 13.06.2024 to 14.06.2024, organized by Vidyarthi Nidhi in collaboration with Maharashtra University of Health Sciences, ASS Ayurved Mahavidyalaya, and the Directorate of AYUSH. NIS participated in the conference and promoted Siddha medicine's uniqueness, longevity principles, and elixir concept.

Over 150 participants visited the Siddha Stall, including Prof. Dr. Milind B Nikumbh, Pro Vice Chancellor, Maharashtra University of Health Sciences, Nashik.





# *Research Activities*



## 4.1. IPR activities

### Awareness Program on IPR Promotion and Management

NIS and Cell for IPR Promotion and Management (CIPAM) organized a two-day "Intellectual Property Rights (IPR) Awareness Training Programme" for faculty members, postgraduate students, and Ph.D. scholars from June 3<sup>rd</sup> to 4<sup>th</sup>, 2024. The delegates from their area of interest were invited and the program intended to raise awareness of intellectual property (IP) and its rights, encouraging and protecting the creation, distribution, and offering of new goods and services based on inventions, trademarks, designs, creative works, and other intangible assets.



## 4.2. Research Training/Workshop Organized/Participated

### 4.2.1. One-day Basic Training Programme on IBM SPSS Software

The National Institute of Siddha has acquired IBM SPSS Statistical Analysis Software to support research and innovation in the Siddha system of medicine. A one-day Basic Training Programme was organized on 31<sup>st</sup> May 2024, involving faculty members, PhD, and PG scholars. Around 100 participants attended the program to learn the working methodologies of the software.



### 4.2.2. Training of NIS faculty on PG Guide workshop at JS Ayurveda Mahavidyalaya, Nadiad, Gujarat

Associate Professors from the National Institute of Siddha attended a capacity building workshop on "Scientific Writing, Research Integrity and Publication Ethics" at JS Ayurveda Mahavidyalaya, Gujarat from 26.06.2024 to 29.06.24. The workshop empowered the PG Guides on scientific writing and publications, as part of the National Commission of Indian System of Medicine initiative.





#### 4.2.3. Workshop on Basic Research Techniques and Laboratory Animal Care

National Institute of Siddha (NIS) organized the "14<sup>th</sup> Workshop on Basic Research Techniques and Laboratory Animal Care" from July 29<sup>th</sup> to August 2<sup>nd</sup>, 2024 (5 days) for the PhD and PG students. The training focused on handling and administering drugs to lab animals, anesthesia induction and monitoring, necropsy using CCSEA guidelines, and toxicological screening. The trainees also visited the International Institute of Biotechnology and Toxicology (IIBAT) to explore high-end laboratory instruments.



#### 4.2.4. Workshop on Scientific Writing, Research Integrity & Publication Ethics

The Workshop on Scientific Writing, Research Integrity and Publication Ethics was held on 26<sup>th</sup> August 2024 at NIS Chennai, organized by the National Commission for Indian System of Medicine (NCISM) and supported by the Ministry of AYUSH. The workshop aimed at enriching the scientific writing and publication ethics for the Siddha-based system among PG Guides, with Dr. K. Narayanasamy, VC, Tamil Nadu Dr.MGR Medical University, as Guest of Honor.



#### 4.2.5. Visit to R&D Institutes for Validation and Production of Herbal Drugs

NIS team visited Ethno Veterinary Herbal Product Research and Development Centre, Veterinary College and Research Institute (VCRI) Orathanadu to explore the possibilities to validate and produce herbal drugs in that center. The Dean, VCRI, Prof. Dr.Narmatha and Prof. Dr. Ranganathan took a tour around the clinical and research facilities of VCRI and discussed possibilities of undertaking pre-clinical, clinical and pharmaceutical research in Siddha veterinary medicine with the NIS team.



### 4.3. List of Ongoing Research Projects

S.No	Title of the Project	Funding Agency	Collaborating Institute
1.	Establishment of Regional Raw Drugs Repositories (RRDRs) ASU&H Medicine (Southern Plateau Region)	Ministry of AYUSH	Lead institute: National Institute of Siddha Collaborating institutes: Siddha Central Research Institute (SCRI); Regional Institute of Unani Medicine (RRIUM)
2.	Promoting the Siddha interventions for iron deficiency anaemia (Pandu) among rural women. mem at adolescent age (10-19) in South districts Madurai & Theni – Tamil Nadu"	Ministry of AYUSH AYUSH& Public Health (PHI) component of AYURSWASTHYA Yojana project	National Institute of Siddha
3.	Standardization, in-vitro Safety and evaluation of in-vitro anti SARS-CoV-2 potential of VishasuraKudineer a Polyherbal Siddha formulation used in the management of Flu like fevers. A Preclinical evaluation	Ministry of AYUSH- Institutional Project	1. National Institute of Siddha 2. ICGEB, New Delhi
4.	Preclinical toxicity studies of Siddha formulations selected as adjuvant therapy for COVID-19	Ministry of AYUSH- Institutional Project	National Institute of Siddha
5.	Preclinical Evaluation of Poly Herbal Siddha formulation KUJAVAA (coded drug) for the management of ValippuNoi (Epilepsy)	IMR Project	1. National Institute of Siddha 2. CCRS, Chennai
6.	National Campaign on Ashwagandha.	Ministry of AYUSH-Institutional Project	1. National Institute of Siddha 2. CCRS, Chennai
7.	Process standardisation and exploration of a novel Saarapathangam preparation for its role in the management of Oropharyngeal Cancer	Ministry of AYUSH- AYURGYAN scheme	1. National Institute of Siddha 2. Asthagiri Herbal Research Foundation
8.	Development of Vali phenotype in rodents and Zebra fish by dietary intervention – a Pilot study	Intramural Research (IMR) Project	1. National Institute of Siddha 2. CCRS, Chennai

# *Hospital Events*





### 5.1. Regular Camps

NIS conducted the following regular camps at the following places:

1. Peripheral OPD at tribal area, Kothimangalam village, Thirukkazhukundram
2. Upgraded Siddha Specialty OPD at Chettinad Hospital and Research Institute
3. Specialty Integrative Traditional Siddha Medicine OPD (SISMO) in the Centre for Integrative Medicine Research, MAHE

### 5.2. Mobile Medical Camps (Swasthya Rakshan OPD, Swasthya Parikshan Camp)

The Ministry of AYUSH has launched the Swasthya Raksha Program to promote village health and health education. National Institute of Siddha periodically organizes the mobile medical camps as per the following schedule at given places:

Name of the Place	Venue	Timing
Pammal	Children Park, Sankaranagar	Every 1 <sup>st</sup> & 3 <sup>rd</sup> Friday from 09.00 am – 12.00 noon
AGS Colony	AGS colony park	Every 1 <sup>st</sup> & 3 <sup>rd</sup> Saturday 09.00am – 12.00 noon
Kannagi Nagar	Kannagi Nagar, Okkiyam	Every 2 <sup>nd</sup> & 4 <sup>th</sup> Saturday from 09.00am – 12.00 noon

### 5.3. Convention



Hospital team from NIS participated in the Convention organized by National Institute of Traditional Medicine on March 14<sup>th</sup> and 15<sup>th</sup>, 2024. The focus of this event was on integrative health solutions for addressing infectious diseases such as Viral Hepatitis, Dengue, Chikungunya, and microbial resistance.



## 5.4. Pharmacovigilance

The National Institute of Siddha conducted a one-day orientation program on Pharmacovigilance on February 15, 2024. The session was funded by the Ministry of AYUSH, covered guidelines for misleading advertisements, pharmacovigilance reporting systems in digital platforms, and good pharmacovigilance practice. Delegates including Dr. Y. R. Manekshaw, the state licensing authority and Dr. M. Kannan, Research Officer Siddha, SCRI, Bengaluru, and Dr. P. Sathyarajeshwaran, Assistant Director, Siddha, SCRI, Puducherry expressed their views on pharmacovigilance.



### 5.4.1. CME program

A two-day CME program on "Current Trends in Pharmacovigilance of ASU&H Drugs" was held on March 12-13, 2024, with support from the Ministry of AYUSH, Government of India, and around 50 participants from Tamil Nadu and Kerala. The program also had pharmacovigilance E-Poster Competition Compendium at Peripheral Pharmacovigilance Centre, GSMC, Palayamkottai



# *Society Outreach Activities*



## 6.1. Special Medical Camps

### 6.1.1. Medical camp

NIS conducted a Free Siddha Medical camp at Santhigiri ashram branch, Cheyyur post, Chengalpattu on 07.01.2024 and created awareness of Siddha medicine



### 6.1.2. Outreach Medical Camp, Ashok Leyland Company

NIS organized an outreach medical camp at Ashok Leyland Company Ltd. in Chennai, India, 22.04.2024. The camp was attended by over 200 employees from the company's manufacturing and technical departments. The camp provided medical consultations and specialized services like Varma Treatment and Yoga therapy. On May 23, 2024, the medical team provided tailored consultations and specialized interventions, such as Varma Treatment and Yoga Therapy, to over 200 employees across various departments of Ashok Leyland Company.



### 6.1.3. Special Siddha Medical Camp for Anemia



NIS and Mudhal Thalaimurai Trust organized a specialized outreach medical camp for Anemia in Kannagi Nagar, Chennai on 25.05.2024. Around 200 public were benefited by this camp. They were screened for their underlying anemic conditions and were provided with personalized consultations, interventions, and dietary advice.



## 6.2. Awareness Programmes

### 6.2.1. Obesity

National Institute of Siddha held an awareness program on 11.1.2024, featuring lectures on obesity and hypothyroidism through Siddha management and yoga sessions for prevention and treatment. The Gunapadam department organized various awareness programs, including lectures on stress management, lifestyle management, yoga, diet, hypertension, and lifestyle modifications dated 08.02.2024, 14.03.2024, 11.04.2024, 09.05.2024, 11.07.2024, 08.08.2024 and 12.09.2024. Pamphlets and health drinks were distributed to patients.



### 6.2.2. World Blood Donor Day

On June 14, 2024, Dr. I Sangeetha, Assistant Professor of Modern Medicine, organized an awareness program for the general public about voluntary blood donation. Staff and PG scholars from the National Institute of Siddha pledged to donate blood and raise awareness among friends, relatives, and the public.



### 6.2.3. Organ Donation Campaign

NIS organized organ Donation Campaign as part of the "Angdaan Jan Jagrukta Abhiyan." Students from the first professional BSMS actively participated in the awareness program and poster-making drawing competitions.



#### 6.2.4. World breastfeeding week

A World Breastfeeding Week 2024 awareness programme was held at Anganwadi centers in Poonamalle, from 05.08.24 to 06.08.24. The program, led by Dr.Prof.Dr.R.Meenakumari and Prof.Dr.M.Meenakshi Sundaram, educated the common public about the benefits of colostrum 30 and breastmilk, breastfeeding positions, nutritional supplements, and methods for collecting and storing breastmilk. Around 150 women benefited by this event and a Siddha Galact kit was distributed.



#### 6.2.5. Drug Addiction Awareness Program

On August 12, 2024, NIS and the Tambaram City Police conducted a comprehensive awareness program addressing the critical issue of drug addiction. The event featured elocution and skit competitions designed for undergraduate and postgraduate students. Assistant Commissioner of Police Mr. S. Nelson delivered an inspiring address detailing his journey in combating drug addiction, while NIS Director Prof. Dr. R. Meenakumari motivated participants to take decisive action against this pressing social concern.





## 6.3. NIS participation in Arogya Fair and Expo

### 6.3.1. Participation in Arogya fair

NIS participated in the National Arogya Fair, held from February 1 to 4, 2024, at Jawaharlal Nehru Stadium, New Delhi. The public received Siddha Varmam and Nasiyam treatments, along with informative brochures about Siddha practices from the National Institute of Siddha and CCRS. Hon'ble Minister Dr. Mahendra Munjapara also visited the Siddha stall.



### 6.3.2. Participation in 3<sup>rd</sup> International Arogya 2024

NIS participated in the 3<sup>rd</sup> International Arogya 2024, organized by Federation of Indian Chambers of Commerce and Industry (FICCI), exhibited wellness and health innovations in Lucknow. Hon'ble Union Minister Shri Sarbananda Sonowal visited the NIS stall and emphasized traditional medicine's role in modern healthcare.



## 6.4. EXPO

1. NIS held a Valarum Thamizhagam Expo and Global Connect Conference from 06.01.2024 to 07.01.24 at Tamil Nadu Open University, Chennai, explaining Siddha principles and distributing IEC materials.
2. NIS participated in the Ayurveda Parv 2024 in Hyderabad on 1-3 August 2024, exhibiting Siddha's importance and uniqueness.





# *Events Conducted To Mark The Government Programs*



### 7.1. Celebrating 75Years of Republic Day

NIS celebrated the 75<sup>th</sup> Republic Day with a flag hoisting by Prof. Dr. R. Meenakumari, Director, and all department heads and staff expressed deep patriotism.



### 7.2. Women's Day Celebration

On March 8<sup>th</sup> 2024, NIS celebrated International Women's Day 2024 with a focus on women's empowerment. Chief guests Dr. L. Arul Amudhan and Dr. G. Meera delivered inspiring speeches, followed by a self-defense demonstration and AV presentation.

Prof. Dr. R. Meenakumari conducted events, presented gifts to outsourcing workers and expressed her gratitude.



### 7.3. Poshan Pakkawada 2024



On March 24, 2024, NIS celebrated a Poshan Pakkawada event at APH - NIS, promoting healthy snacks and lifestyle habits for the pediatric population, enhancing community wellness.

### 7.4. World Environment Day Celebrations, 2024

As a part of World Environment Day celebrations, faculty members, academic staff, and PhD/PG scholars pledged their commitment to environmental protection at the National Institute of Siddha, after which, a seminar on "Local Medicinal Plants and its Importance" was conducted on 05.06.2024. Following this, as part of the Ministry of AYUSH's Mission LiFE Campaign, Nettilingam saplings were planted on 06.06.2024, aiming to improve air quality in NIS ponds.



## 7.5. International Yoga Day Celebration 2024

On the occasion of International Day of Yoga – 2024, NIS organized a mass yoga program with the theme "Yoga for Self and Society" on 21.06.2024. The event included training in various yoga techniques, including invocation, loosening yogic kriyas, and Siddhar Yogic asanas. The program attracted around 450 participants, benefiting from the training provided by the Departments of Siddhar Yoga Maruthuvam, Varmam Maruthuvam, and Puramaruthuvam.



As a part of International Yoga Day (IDY- 24) Dept of Siddhar Yoga Maruthuvam, Varma Maruthuvam, PuraMaruthuvam of National Institute of Siddha conducted training programme for all Faculty, Hospital staff, Admin staff, PG scholars, UG students in NIS from 03.06.2024 to 19.06.2024.

Besides all other departments of NIS actively conducted Mass Yoga Programme at many schools in and around Chennai on 21.06.2024. The event aimed to create a supportive environment, promote mindfulness, and deepen students' understanding of yoga. Around 2000 students participated in the relaxation techniques, standing-sitting asanas, and meditation.

**The following are the International Yoga Day Celebrations organized in different schools by NIS:**

S.No	Schools	Department
1.	Govt. Adidraavidar Welfare (ADW) Higher Secondary School, Nagalkeni, Chennai	Maruthuvam
2.	Maraimalai Adigal Govt. Higher Secondary School, Pallavaram	Maruthuvam
3.	Govt. Service home Girls Higher Secondary School, Tambaram Sanatorium, Chennai	Maruthuvam
4.	Panchayat Union Middle School, Mel Padappai, Chennai	Siddhar Yoga Maruthuvam, Varmam Maruthuvam, & Puramaruthuvam
5.	Govt. Model Higher Secondary School, Somangalam, Chennai	Siddhar Yoga Maruthuvam, Varmam Maruthuvam, & Puramaruthuvam
6.	SCS Matriculation Higher Secondary School, Chrompet, Chennai	Siddhar Yoga Maruthuvam, Varmam Maruthuvam, & Puramaruthuvam
7.	Panchayat Union Middle School, Kozhumanivakkam	Kuzhanthai Maruthuvam
8.	Government High School, Mannivakkam	Kuzhanthai Maruthuvam
9.	Government High School, Chitlapakkam	Kuzhanthai Maruthuvam



## 7.6. Celebration of 78th Independence Day



On the 78<sup>th</sup> Independence Day, NIS Director Prof. Dr. R. Meenakumari unfurled the national flag with pride, inspiring the Siddha community to embrace modern technologies like AI. The "HarGharTiranga" campaign was highlighted, encouraging staff and the public to display the flag.

## 7.7. Swachhata Hi Seva, 2024

National Institute of Siddha conducted the Swachhata Hi Seva initiative on 18.09.2024, led by Prof. Dr. R. Meenakumari, Director, NIS. The initiative targeted neglected areas on campus, including the pond and pump room. NIS also organized an informative awareness session for housekeeping staff, discussing government welfare schemes. The "Waste to Art Installations" competition was conducted for the UG students and the top three installations were awarded to the students. The initiative reflects the collective responsibility to maintain a clean and sustainable campus.



## 7.8. 7th Rashtriya Poshan Maah Celebrations 2024

On October 10<sup>th</sup>, 2024, an awareness camp was held at Anganwadi centers in Poonamallee for the 7th Rashtriya Poshan Maah celebrations. The camp focused on dietary diversity in complementary feeding, anemia, growth monitoring, and adopting a healthy lifestyle through Siddhar Yogam. About 30 children and their mothers benefited from the program. The camp covered complementary feeding schedules, texture progression, and the importance of adequate nutrition. Yoga Asanas were taught both to mothers and children along with relaxation exercises.



### 7.9. Swachta Pakhwada

On 28<sup>th</sup> October 2024, as a part of special campaign 4.0 Swachta Pakhwada, an engaging awareness talk was conducted by Dr.Sangeetha for both outpatients and inpatients at NIS. The 38 session was centered on the vital themes of "Sustainability and Cleanliness in Day-to-Day Life."Furthermore, UG and PG students participated in the elocution competition and awards were given.



# UPCOMING EVENTS

## **Breaking Barriers: NIS will Join the Guinness World Records!**

**Excitement is in the air, and we couldn't wait any longer to share the incredible news with you! We are thrilled to announce that National Institute of Siddha plans to make Guinness World Record on 18.12.2024 as a part of 8<sup>th</sup> Pre-Siddha day celebrations.**

**Wellness Varma Therapy for 555 beneficiaries by 555 Siddha doctors simultaneously in 7 minutes was planned at NIS. This initiative is aimed as a means to raise awareness and recognition of the Siddha system of medicine.**







## **NATIONAL INSTITUTE OF SIDDHA**

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