



# NEWS LETTER

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FACULTY OF SIDDHA MEDICINE, TRINCOMALEE CAMPUS, EASTERN UNIVERSITY SRI LANKA





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## ADVISORY COMMITTEE

Vice Chancellor: Prof. V. Kanagasigam  
 Rector : Prof. (Mrs.) C. G. Devadason  
 Dean : Dr. V. Anavarathan

- Editor : Dr.(Ms.) K. Vidya dharshini
- Design : Mr. G. T. D Perera



## Vice Chancellor's Message

It is with immense pleasure and pride that I extend my warmest greetings

to each and every one of you on the occasion of the release of the inaugural newsletter from the Faculty of Siddha Medicine, Trincomalee Campus, Eastern University Sri Lanka. This marks a significant milestone in the history of our esteemed University as we celebrate the elevation of the Siddha Medicine Faculty to full-fledged status after two decades of dedicated service as a unit. I would like to take this opportunity to congratulate the members of the Faculty of Siddha Medicine for their diligent efforts in making this newsletter a reality. As a University, it is our responsibility to be a center of knowledge, independence and creativity that offers solutions to the problems facing society. However, the activities of the University community are often not highlighted enough to a wider audience, which can lead to doubts about our ability to act as a catalyst for social change. This newsletter serves as an effective way to communicate with a broad audience, showcasing our achievements, sharing insightful research, and fostering a sense of community within the Faculty. I am confident in the Faculty's potential for academic excellence, groundbreaking research contributions, and an unwavering commitment to the well-being of our community. I encourage all of you to actively engage with the newsletter, offering your valuable insights and contributing to the vibrant exchange of knowledge among the Siddha Medicine community and outside world. I wish the Faculty of Siddha Medicine continued success, and I look forward to witnessing the continued growth and accomplishments that will undoubtedly emerge from this esteemed community.

**Prof. V. Kanagasigam**  
**Vice-Chancellor**  
**Eastern University Sri Lanka**



## Rector's Message

It gives me pleasure to write a message to this Newsletter of

Faculty of Siddha Medicine (FSM) has been overwhelming. It is the first Newsletter which brings the History of Faculty of Siddha Medicine established in Trincomalee Campus and the events which were conducted by the Faculty in the year 2023. This annual publication of Siddha Newsletter also brings the staff appointment, promotion and their excellent contribution for research and development and their contribution for community outreach programme. Students' performance in Siddha Medicine, such as Yoga, Traditional dance, Meditation, gives a sense of feelings that Siddha students possess creative potential and original thinking in ample measures. Events which were conducted for dissemination of the knowledge of Siddha in respect to the health and well beings by the FSM to public and school students are notified in this publication. A commendable job has also been done by the Editor in planning for and producing the first Newsletter. My congratulations to the Editor who took the responsibility for the arduous task most effectively. This small piece of work which contains the news of all achievements of both staff and students of Faculty of Siddha Medicine is revealed in Newsletter.

**Prof. (Mrs.) Chandravathany G. Devadason,**  
**Rector**  
**Trincomalee Campus**  
**Eastern University Sri Lanka**



## Dean's Message

As we step into 2024, I extend warm greetings to our esteemed

Faculty of Siddha Medicine (FSM) family. I warmly welcome you to the first issue of the Faculty of Siddha Medicine's annual newsletter. It's an immense pleasure for me, as the Dean of the Faculty of Siddha Medicine, to see the staff and students of our faculty working with the community and implementing projects to meet the community's needs. Our passionate students continue to impress with their diligence and active participation in both academic and extracurricular activities, showcasing the diverse talent within FSM. Looking forward, exciting initiatives, including collaborative research projects and international partnerships, await us. I urge everyone to actively engage in these endeavors for the continued growth of FSM. May our collective efforts lead to even greater achievements and advancements in Siddha Medicine. Thank you for being an integral part of FSM's journey, and I look forward to witnessing our continued success in the months to come.

**Dr. V. Anavarathan**  
**Dean**  
**Faculty of Siddha Medicine**  
**Trincomalee Campus - EUSL**



## Editor's Message

It gives me great pleasure to introduce the inaugural issue of the Newsletter of the Faculty of Siddha Medicine. This newsletter has been created to update our community on the latest developments, achievements, and events at the Faculty of Siddha Medicine. As the editor of this newsletter, I am committed to bringing you the above relevant and interesting content related to Siddha Medicine and allied sciences. We share updates on our academic initiatives, research activities, and student achievements. We will also be highlighting the contributions of our faculty members. Through this newsletter, we hope to build a stronger sense of community regarding Siddha Medicine and Traditional System of medicine. We encourage you to share your feedback, ideas, and suggestions with us so that we can continue to improve. Thank you for your support and we hope that you enjoy reading our first edition.

**Dr. (Ms.) K. Vidya dharshini,**  
**Editor/ Faculty Newsletter 2023**

# Timeline and Evolution of the Faculty of Siddha Medicine

The Faculty of Siddha Medicine, Trincomalee Campus, Eastern University Sri Lanka, is one of the primary institutions for higher education in the Siddha system of medicine in Sri Lanka. It is the only Faculty at the higher education institutes in Sri Lanka and teaches Siddha



Medicine in the medium of English for undergraduates. The Unit of Siddha Medicine was established at Trincomalee Campus, Eastern University Sri Lanka in 2008, following a request by the Eastern Province Siddha Medicine Physicians Association in 2004. Dr. N. Varnakulendran, Academic Consultant, was appointed to prepare the proposal and curriculum for establishing the Faculty of Siddha Medicine. The University Grants Commission sanctioned a Unit in 2005, and it was granted permission to offer the Bachelor of Siddha Medicine and Surgery (BSMS) degree program starting from the academic year 2007/2008 with an initial enrollment of 20 students. Dr. N. Varnakulendran was appointed as the first Head of the Unit of Siddha Medicine.

The Unit was upgraded to a Faculty of Siddha Medicine on June 14, 2023, by notification in the Gazette of the Democratic Socialist Republic of Sri Lanka. The Faculty comprises three Departments as: the Department of Moolathaththuvam, the Department of Gunapadam, and the Department of Noinaadal Chikitsai. Prof. S. Sutharsan was appointed as the Dean (acting) of the Faculty of Siddha Medicine in July 2023. At the same time, Dr. S. Ushakanthan, Dr. N. Varnakulendran and Dr. V. Anavarathan were appointed as Heads of Departments of Moolathaththuvam, Gunapadam and Noinaadal Chikitsai, respectively.

In October 2023, following the conclusion of Prof. S. Sutharsan's tenure, Dr. V. Anavarathan was elected as the Dean of the Faculty of Siddha Medicine. Dr. B. Uthayanan was appointed as the Head of the Department of Noinaadal Chikitsai.

The Faculty of Siddha Medicine extends its gratitude to all those who contributed to the establishment of the Unit at Trincomalee Campus and the enhancement of the Faculty. Special recognition is given to the Heads of the Unit of Siddha Medicine, namely Dr. N. Varnakulendran, Dr. (Mrs.) V. Paheerathan, Dr. S. Ushakanthan and Dr. V. Anavarathan. The Faculty also expresses sincere appreciation to the Deans of the Faculty of Applied Science at Trincomalee Campus, especially Mr. S. Thadchanamoorthy (Former Dean),



for their unwavering support and dedication. Additionally, the Faculty conveyed its heartfelt appreciation to Vice Chancellor Prof. V. Kanagasingam of Eastern University Sri Lanka for his steadfast dedication towards the establishment of the Faculty.

## Vision and Mission of the Faculty

### □ Vision

To be the genius Faculty of excellence of teaching, higher learning research and clinical care with an ultimate target of serving mankind in knowledge.

### □ Mission

Provide skill and knowledge to produce competent Siddha Medical Graduates to practice Siddha Medicine more effectively for the medical profession with social responsibility and to become compassionate dedicated Siddha Medical professionals by understanding human values, obeying highest ethical conduct and mutual respect in an environment to meet the current needs of the national and global community.



### First Faculty Board members with Vice-chancellor, Rector and Former Dean of the Faculty

**Front Row (L to R):** Mr. M.R. Mohamad, Dr. A. Manoraj, Dr. (Mrs.) R. Srithar, Prof. R. Sivakanesan, Prof. S. Sutharsan, Prof. V. Kanagasingam, Prof. (Mrs.) C. G. Devadasan, Dr. V. Anavarathan, Dr. (Mrs.) B. Uthayanan, Dr. (Mrs.) S. Janani, Dr. (Mrs.) B. Mithurendran, Dr. (Mrs.) V. Paheerathan

**Back row (L to R):** Dr. R. Pratheepkumar, Dr. (Mrs.) V. Varuna, Dr. (Ms.) K. Vidya dharshini, Dr. S. Ushakanthan

**Absent:** Dr. N. Varnakulendran

# The World Siddha Day 2023

## Awareness Programme and Medical Camp

The Faculty of Siddha Medicine and Center for Industry and Community Linkages jointly organized an awareness programme to celebrate the World Siddha Day 2023. The event was held at the Mini Auditorium, Trincomalee Campus, on January 9, 2023. The Deans, Heads, staff and the students of the Trincomalee Campus were participated in the ceremony. Prof. V. Kanagasingam, the Vice Chancellor, Eastern University Sri Lanka honored the occasion as the chief guest.



Prof. (Mrs.) Chandravadany G. Devadason, Rector, Trincomalee Campus and Dr.(Mrs.) R. Srithar, Provincial Commissioner, Department of Indigenous Medicine, Eastern Province, delighted the occasion as a guest of honor. The programme aimed to highlight the importance of Siddha Medicine in the contemporary world. The event included essay writing and drawing competitions for the school students at the Trincomalee Educational Zone, which helped to create awareness about Siddha Medicine among young people.

The participants were awarded prizes for their efforts in the competition. Overall, the event was a success in raising awareness about Siddha Medicine and its potential as a viable alternative to modern medicine. It also helped to promote the importance of Traditional Medicine in the contemporary world and highlighted the need for more research and development in this field. A spiritual worship and medical camp were announced at Kanguveli village on World Siddha Day 2023.

The camp was organized in collaboration with the Siddha Teaching Hospital, Konesapuri, to provide medical care for the needed public. The spiritual worship and medical camp were remarkable with over one hundred people benefiting from the program. The medical team from Siddha Teaching Hospital provided free consultations and medicines to the patients.





# The 9<sup>th</sup> International Yoga Day 2023

## Workshop on ‘Yoga for a healthy life’

The workshop was organized by the Faculty of Siddha Medicine and Unit for Industry and Community Linkages at the District Secretariat office in Town and Gravets, Trincomalee to raise awareness about the value of Yoga for a healthy life on June 20, 2023. The Faculty of Siddha Medicine expresses sincere appreciation for the valuable contributions made by Dr. S. Ushakanthan, Head, Department of Moolathaththuvam, Faculty of Siddha Medicine who served as a resource person for the event. His expertise and knowledge in the field of Yoga were invaluable in making this workshop success. Moreover, the Faculty expresses sincere gratitude to the students Mr. U.L.D.R.H. Gunasinghe and Ms. V. Sahana who contributed to demonstrating the Yoga postures at the workshop.



## Awareness program ‘Yoga Walk’

The Faculty of Siddha Medicine and the Unit for Industry and Community Linkage launched a Yoga Walk on June 21, 2023, collaborating with the Department of Indigenous Medicine, Eastern Province, Trincomalee. The event aimed to raise public awareness of the value of Yoga for maintaining good health and wellbeing. The Department of Indigenous Medicine, Eastern Province and the medical officers in Trincomalee are sincerely appreciated by the Faculty for their valuable support and contributions to the success of this event. The Faculty also extends their gratitude to the sponsors and the police, Trincomalee for their cooperation in making this event possible. The Yoga walk was well attended and received positive feedback from participants. It was a great opportunity to promote the benefits of Yoga and encourage people to incorporate it into their daily lives.



## International Day of Yoga - Trincomalee Campus

On June 22, 2023, the Faculty of Siddha Medicine, Trincomalee Campus celebrated the 9<sup>th</sup> International Day of Yoga at the Mini Auditorium, Trincomalee Campus. The event was attended by esteemed guests, including Prof. V. Kanagasingam, Vice Chancellor of Eastern University Sri Lanka, who served as the chief guest. Prof. Ankuran Dutta, the director of the Swami Vivekananda Cultural Center at the Indian High Commission in Colombo, was also a guest at the occasion. The event was graced by Prof. (Mrs.) Chandravathany G. Devadason as the guest of honor. The event made an effort to promote the practice of Yoga among students and Faculty. The 2017/2018 and 2019/2020 academic year students performed an excellent Yoga performance. In addition, the event featured contests for students and the public across the Island, which helped to raise awareness about the significance of Yoga. The participants were recognized and rewarded for their outstanding performance in the competition.



The Faculty of Siddha Medicine extends its sincere appreciation for the significant contributions made by Dr. V. Anavarathan, Dean, Faculty of Siddha Medicine, Trincomalee Campus, in training the students to the yoga event.

His exceptional expertise and knowledge in the field of Yoga were instrumental in ensuring the success of the event. Additionally, the Faculty extends their gratitude to the Demonstrators, Dr. (Mrs.) J. Jesintha and Dr. (Mrs.) C.D. Ediriwickramasooriya for their assistance in training the students. Furthermore, the Faculty would also like to express its heartfelt gratitude to all the students who participated in the event. Their enthusiastic participation and dedication were essential in making the event a resounding success.





## Workshop on 'Yoga for a healthy life' - Remand prison, Trincomalee

To promote the benefits of Yoga for a healthy lifestyle, the Faculty and the Unit for Industry and Community Linkages organized a workshop for staff of the Trincomalee remand prison on June 24, 2023. The Faculty would like to express its profound gratitude to



Dr. V. Anavarathan, Dean, Faculty of Siddha Medicine for serving as a resource person and sharing his expertise and knowledge in the field of Yoga, which made the workshop a success event. Faculty also thanks Dr. (Mrs.) B. Mithurendran, Senior Lecturer Gr. II, Department of Noinaadal Chikitsai, and Dr. (Mrs.) C.D. Ediriwickramasooriya, Demonstrator, Department of Gunapadam for their invaluable contribution. The Faculty also expressed gratitude to the students, Mr. S. Piraiyalan and Ms. H.M.K.S. Herath for their contribution in demonstrating the Yoga postures. Overall, the Faculty of Siddha Medicine is grateful for the collective efforts of all involved in making the 9<sup>th</sup> International Yoga Day 2023 a memorable one. Special thanks are extended to Dr. (Mrs.) B. Mithurendran, Senior Lecturer Gr. II, who organized the event with great efficiency and dedication.

## Orientation Programme for New Students 2021/2022 Academic Year

The orientation programme for the new students of the 2021/2022 academic year of the Faculty of Siddha Medicine at Trincomalee Campus was held on August 9, 2023. The ceremony took place at the Mini Auditorium, Trincomalee Campus, and 31 new entrants, parents, and distinguished guests attended the event. Prof. (Mrs.) Chandravathan G. Devadasan, the Rector of Trincomalee Campus, Eastern University Sri Lanka, honored the occasion as the chief guest. The programme was initiated by Prof. S. Sutharsan, the Dean (acting) of the Faculty of Siddha Medicine, with a welcome address and various resource persons who delivered sessions over three days. Dr. (Mrs.) B. Mithurendran from the Department of Noinaadal Chikitsai successfully coordinated the programme. Most students provided positive feedback and expressed appreciation for the orientation event.



# Ceremonial opening for the Faculty of Siddha Medicine

On August 18, 2023 the name board of the Faculty of Siddha Medicine was ceremonially opened at the Trincomalee Campus. Prof. V. Kanagasingam, the Vice Chancellor of Eastern University Sri Lanka, Prof. (Mrs.) Chandravathany G. Devadasan, the Rector, Trincomalee Campus, Eastern University Sri Lanka, Mrs. J.J. Muralitharan, the Secretary, Ministry of Health, Eastern Provincial Council and Dr. (Mrs.) R. Srithar, Provincial Commissioner of Ayurveda, Provincial Department of Indigenous Medicine, Eastern Province, graced the occasion.



The ceremony commenced with the garlanding of the statue of Sage Agasthiyar, regarded as the 'Father of Siddha Medicine'. This was followed by religious observance. The event was dignified by the presence of Prof. S. Sutharsan, the Dean (acting) of the Faculty of Siddha Medicine, as well as Department heads and academic and non-academic staff, all of whom contributed to making the occasion a resounding success.



Overall, the Faculty of Siddha Medicine is appreciative of everyone's joint effort in creating a memorable day. Especially appreciate Dr. S. Ushakathan, Head, Department of Moolathaththuvam, for his outstanding organization and commitment in his role as coordinator.





## Recognition and Appreciation



Prof. S. Sutharsan is an esteemed professor in Crop Science at the Faculty of Agriculture, Eastern University Sri Lanka. With more than 20 years of experience in agriculture and administration, he has made valuable contributions to the field. In addition to his role as a professor, Prof. Sutharsan was appointed as Dean (acting) of the Faculty of Siddha Medicine on July 4 to October 1, 2023, with the responsibility of developing and regularizing the Faculty. His appointment is a testament to his exceptional leadership skills and his willingness to take on new challenges. Prof. Sutharsan formed the Faculty Board, guided the preparation of the Prospectus, organized ceremonial functions, and initiated the first Sri Lanka Journal of Siddha Medicine, among other achievements. Overall, Prof. S. Sutharsan is a highly respected academic who has made significant contributions to the development of the Faculty of Siddha Medicine. The Faculty expresses its gratitude to Prof. S. Sutharsan for his exceptional work in developing the Faculty.

## Appointments of Faculty Administration



**Dr. V. Anavarathan**

Appointed as a Dean of Faculty of Siddha Medicine, with effective from October 2, 2023



**Dr. N. Varnakulendran**

Appointed as a Head Department of Gunapadam, Faculty of Siddha Medicine, with effective from July 4, 2023



**Dr. S. Ushakanthan**

Appointed as a Head Department of Moolathaththuvam, Faculty of Siddha Medicine, with effective from July 4, 2023



**Dr. (Mrs.) B. Uthayanan**

Appointed as a Head Department of Noinaadal Chikitsai, Faculty of Siddha Medicine, with effective from October 3, 2023

## Promotions of Academic staff



**Dr. S. Ushakanthan**

Promoted as a Senior Lecturer Gr. I, Department of Gunapadam, Faculty of Siddha Medicine



**Dr. (Mrs.) S. Janani**

Promoted as a Senior Lecturer Gr. II, Department of Gunapadam, Faculty of Siddha Medicine



**Dr. (Mrs.) B. Mithurendran**

Promoted as a Senior Lecturer Gr. II, Department of Noinaadal Chikitsai, Faculty of Siddha Medicine

## Achievement of Non - Academic Staff



**Mr. K. Rajmohan (Work Aide)**

Obtained the B.A. degree at the Faculty of Arts, University of Peradeniya, on January 21, 2023.



## Workshops / Webinars conducted by the Faculty staff

### Traditional diagnostic method – *Neikuri*

Dr. (Ms.) K. Vidya dharshini, Senior Lecturer Gr. II, Department of Noinaadal Chikitsai, Faculty of Siddha Medicine, served as a guest speaker for the Forum of Scholars. The programme was organized by the Siddha Regional Research Institute, Central Council for Research in Siddha, Ministry of AYUSH, Government of India, Puducherry on February 22, 2023.

### Sri Lanka armed force

The 'Workshop on Yoga for Sri Lanka armed force' was organized by the Swami Vivekananda Cultural Centre, High Commission of India, Colombo. Dr. S. Ushakanthan, Head, Department of Moolathaththuvam, Faculty of Siddha Medicine, was a resource person for this workshop. The program was held on June 12 to 14, 2023, at the Sri Lanka Navy Dockyard, Trincomalee.



### Opportunities in Higher Education for A/L Students



Dr. (Mrs.) S. Janani (Senior Lecturer Gr. II), Department of Gunapadam acted as a resource person for an awareness programme on 'Opportunities in higher education for Advanced Level students'. The programme was organized by the Career Guidance and Information Unit, District Secretariat, Trincomalee, in collaboration with Trincomalee Campus, on September 14, 2023.

### Hands on Training For Siddha External Therapy

Dr. V. Anavarathan, Dean, Faculty of Siddha Medicine, carried out the workshop on 'Hands-on training for Siddha external therapy'. The workshop was organized by the Base Hospital of Siddha Ayurveda, Puthukkudiyiruppu, Batticaloa, on September 23 to 24, 2023.



## Exploration of mind

The webinar on 'Exploration of mind' had the honor of having Dr. V. Anavarathan, the Dean of the Faculty of Siddha Medicine, as a resource person. The webinar was organized by the Faculty of Siddha Medicine on September 14, 2023.

## Impact of Obesity and PCOD in young adult girls

On November 14, 2023, the Siddha Teaching Hospital Konesapuri, Trincomalee, organized a workshop on 'Impact of obesity and PCOD' in young adult girls. Dr. (Mrs.) B. Uthayanan, Department of Noinaadai Chikitsai at the Faculty of Siddha Medicine attended this workshop as a resource person. The workshop was held at the Sri Shanmuga Hindu Ladies' College in Trincomalee.



## Konuralp National Congress of Multidisciplinary Studies in Medicine and Health Sciences

Dr. (Mrs.) B. Uthayanan, Head, Department of Noinaadai Chikitsai, Faculty of Siddha Medicine, graced as an invited speaker for the Konuralp National Congress of Multidisciplinary Studies in Medicine and Health Science with the title of 'Exploring the Science of Varma Therapy', on December 22 to 24, 2023.

## Outreach Activities

### Screening and Medical Camp – at Mullipothana

The Faculty of Siddha Medicine and Base Ayurveda Hospital Kappalthurai, Trincomalee, jointly organized a screening programme and medical camp for ENT diseases at the Mullipothana village in Thambalagamuwa Divisional Secretariat, Trincomalee on October 4, 2023. The 2016/2017 and 2017/2018 academic year students have been joined to the medical camp to get training on ENT diseases under the guidance of Dr. (Mrs.) B. Mithurendran, Senior Lecturer Gr. II, Department of Noinaadai Chikitsai.





## Visit to Sivapoomi special need Children School at Jaffna

On October 27, 2023, the Kuzhanthai Maruthuvam (Pediatric) subject in charge Dr. N. Varnakulendran (Senior lecturer Gr. I) and Dr. (Mrs.) A. Sritharan (Senior Lecturer Gr. I) were taken year IV semester II 2016/2017 academic year students to Sivapoomi Special



needs Children's School at Kondavil, Jaffna with the arrangement of pediatric clinical in charge Dr. (Mrs.) V. Shyamala, (Specialty Grade Medical officer), Siddha Teaching Hospital, Konesapuri Trincomalee. In this clinical exposure the students learn about the autism and down syndrome.

## Visit to Periyakulam School Trincomlaee

On November 23, 2023, the Kuzhanthai Maruthuvam (Pediatrics) subject in charge, Dr. N. Varnakulendran (Senior Lecturer Gr. I), took year IV semester I 2017/2018 academic year students to Periyakulam School, Trincomalee, for the screening of diseases and to give health education. Dr. R. Mithurendran (medical officer) accompanied us.



## Students' Activities and Achievements

In 2023, our students have excelled in various fields, ranging from academics to sports and extracurricular activities. They have also won numerous awards and recognition in sports, including regional and national championships. In addition, our students have demonstrated their creativity and leadership skills by participating in various clubs and organizing events. We are proud of our students' achievements and their commitments to excellence. We believe that their success is a testament to their hard work, dedication, and the support of the Faculty of Siddha Medicine community.

### Artsy Lens Photography Competition



Image by  
Mr. G. T. D Perera  
(3<sup>rd</sup> Place )

The Eminenz Marketing Association of the Faculty of Communication and Business Studies organized the Artsy Lens Photography Competition on February 1, 2023, at Trincomalee Campus. Two students from the Faculty of Siddha Medicine, Ms. W. P. G. N. Kumarathunga (2019/2020) and Mr. G.T.D. Perera (2018/2019), were recognized for their talents, with Ms. W. P. G. N. Kumarathunga receiving the merit award and Mr. G. T. D Perera earning 3<sup>rd</sup> place at the competition.



Image by  
Ms. W. P. G. N. Kumarathunga  
(Merit)

### Inter - Department Championship - 2023: Football

On March 1, 2023, the Physical Education Unit, Trincomalee Campus, Eastern University Sri Lanka, arranged an Inter-Departmental football match at the Trincomalee Campus ground. The Faculty of Siddha Medicine football team secured the third position in the tournament after competing against the Department of Computer Science.



**Standing row from left to right:** Mr. V. Vadivampikan, Mr. A. Pranavan, Mr. E. M. R. M. Ekanayaka, Mr. A. S. Theekshana, Mr. S. Piraganth, Mr. M. Purushothman, Mr. M. C. M. Rizkhan, Mr. N. Sivathas, Mr. A. Kirushanth

**Sitting row from left to right:** Mr. V. S. M. Sarma, Mr. W. S. M. Silva, Mr. S. M. I. K. Samarakoon, Mr. K. Kirushanth, Mr. P. C. M. Croos, Mr. S. A. Khan



## Inter-Department Championship - 2023: Badminton

The women's team from the Faculty of Siddha Medicine, comprising Ms. M.P.N. Salgado, Ms. R.H. Muthumala, Ms. P.J.I. Wijetgunge, Ms. P.E.I. Wijethunge, and Ms. S.M.I.N. Samarakon, emerged as champions in the inter-departmental championship held on March 2, 2023, at the Sports Complex. The competition was organized by the Physical Education Unit, Trincomalee Campus, Eastern University Sri Lanka, and the team's outstanding performance secured them the top spot in the tournament.



## Inter-Department Championship - 2023: Karate



The Physical Education Unit, Trincomalee Campus, Eastern University Sri Lanka, organized Inter-Departmental championship on March 9, 2023, at the Sports Complex of Trincomalee Campus, Eastern University Sri Lanka. Ms. Pavithirah Rajalingam emerged as the champion in the Kumite category, defeating a participant from the Department of Language and Communication Studies in the women's weight category below 68 kg. Additionally, she secured third place in the Kata category after competing against participants from all other departments.

## Inter - Faculty Championship - 2023: Chess

The Physical Education Unit at Eastern University Sri Lanka Trincomalee Campus organized the Inter-Faculty Championships 2023 on June 23 to 24, 2023. Ms. M. A. Chamoshi Kavindya Weerasinghe, a member of the chess team, secured the runner-up position in the chess competition.



## Shramadana: at the Herbal Garden, Trincomalee Campus

Students of the Faculty of Siddha Medicine participated a Shramadana at the herbal garden, Trincomalee Campus, on August 3, 2023. Dr. (Mrs.) S. Janani, Senior Lecturer Gr. II, Department of Gunapadam, coordinated the event under the guidance of Prof. S. Sutharsan, the Dean (acting) of the Faculty.



## Dahana - 2023

Dahana, the musical event, was organized by the 2020/2021 academic year students from the Faculty of Siddha Medicine on the cafeteria on August 23, 2023. There were dancing, music, etc. at the occasion. Their goals were to share the pleasure of music and bring students from all Faculties together on the Trincomalee Campus.





## A Yoga Performance in the SLUG Closing Ceremony



During the closing ceremony of the 14<sup>th</sup> Sri Lanka University Games (SLUG), held at the Eastern University Sri Lanka, on September 8, 2023, students from the Faculty of Siddha Medicine of the 2017/2018 academic year performed a Yoga programme.

The ceremony was a historic event and was honored by the presence of Prof. V. Kanagasingam, who presided over it. The Vice Chairman of the University Grants Commission of Sri Lanka, Senior Professor Chandana P. Udawatte, was the chief guest for the occasion, which the Eastern University Sri Lanka was proud to host. The Faculty of Siddha Medicine sincerely appreciates Dr. V. Anavarathan, Dean, Faculty of Siddha Medicine, Trincomalee Campus, who guided the students for the event.



## Badminton Tournament - 2023

The Physical Education Unit, Trincomalee Campus, Eastern University Sri Lanka, organized the badminton tournament from October 4 to 8, 2023 at Sports Complex. The Faculty of Siddha Medicine students dominated the tournament by securing both the 1<sup>st</sup> place and first runner-up positions. The women's team, comprising Ms. M. Susanthika Mohanaraj, Ms. D. M. Dushani Gayanika Hearth, and Ms. Anne Kanuja, emerged victorious by clinching 1<sup>st</sup> place in the women's category.

Meanwhile, Ms. M. P. N. Salgado, and Ms. P. E. I. Wijethunge put up an excellent performance to secure the first runner-up position in the same category, making it a remarkable achievement for the Faculty.



## Inter-Faculty Freshers' Meet – 2021/2022: Badminton

The Sport Council, organized an inter-faculty freshers meet 2021/2022 on October 19, 2023, at Trincomalee Campus, Eastern University Sri Lanka. The team, comprised of Ms. D. M. Dushani Gayanika Herath, Ms. K. T. Induwara Nethmini Mahanama Samaraweera, and Ms. G. A. N. E. Gamaarachchi, secured the title of champion in the badminton event.



## Saraswathi Puja

On October 21, 2023, the Faculty of Siddha Medicine observed the auspicious occasion of Saraswathi puja, a day dedicated to worshipping Goddess Saraswathi. Regardless of their religious affiliations, staff, and students from the Faculty of Siddha Medicine, Trincomalee Campus participated in the celebration that was organized by the students. During the event, the goddess' blessing was sought for many virtues such as knowledge, wisdom, study, art, etc. The event aimed to foster intercultural and interreligious peace among the academic community as well as mutual respect and acceptance of one another.





## A Yoga Performance at Indian High Commission

Swami Vivekananda Cultural Centre, High Commission of India, Colombo, and Faculty of Indigenous Medicine, University of Colombo, jointly organized the 8<sup>th</sup> Ayurveda Day- 2023 in collaboration with the Department of Ayurveda, Government of Sri Lanka, Faculty of Siddha Medicine, Eastern University, and Gampaha Wickramarachchi University of Indigenous Medicine on November 10, 2023, at Colombo. As part of the event, students (2017/2018 academic year) from the Faculty of Siddha Medicine performed a Yoga programme. The Faculty expresses its sincere gratitude to Dr. V. Anavarathan, Dean of the Faculty of Siddha Medicine, Trincomalee Campus, for guiding the students in preparation for the event.



## Nuit Galactique

The 2020/2021 academic year students of the Faculty of Siddha Medicine hosted a grand ceremony on December 12, 2023, to welcome their juniors (2021/2022). The event named 'Nuit Galactique', was a spectacular affair that left everyone in awe. The ceremony was held on Campus and was attended by the students, Faculty members, and staff. The theme of the event was centered around the galaxy and the universe. The models showcased their creativity and talent by designing outfits inspired by the galaxy and the universe. The event had several performances, including music, poetry, and drama. The performers showcased their skills and entertained the audience with their talent. The ceremony ended with a delicious dinner, where both senior and junior students mingled and got to know each other better. The event was a great success, with everyone enjoying themselves thoroughly. The 'Nuit Galactique' ceremony was not just a welcome event for the new batch but also an opportunity for students to showcase their talent and creativity.



## Gallery

### Students in Yoga Performance

- Mr. U. L. D. R. H Gunasinghe EUSL/TC/IS/2017/SM/47
- Mr. R. Navod Suranga EUSL/TC/IS 2017/SM/57
- Mr. W. J. Harsha Prabath EUSL/TC/IS/2017/SM/41
- Mr. D. M. R. S. Dissanayake EUSL/TC/IS/2017/SM/49
- Mr. Sivashathiyarajan piraiyalan EUSL/TC/IS/2017/SM/32
- Ms. H. M. K. S Herath EUSL/TC/IS/2017/SM/42
- Ms. I. K. Dasanayake EUSL/TC/IS/2017/SM/65
- Ms. Ganeshapillai Geerthiga EUSL/TC/IS/2017/SM/06
- Ms. Sahana Valasubramaniam EUSL/TC/IS/2017/SM/63
- Ms. Mehanantham Ajeerththana EUSL/TC/IS/2017/SM/23
- Ms. Ranmini Hashara Muthumala EUSL/TC/IS/2017/SM/05
- Ms. Santhiralingam Seenutha EUSL/TC/IS/2017/SM/16
- Ms. M. Pawani Nisansala Salgado EUSL/TC/IS/2017/SM/08
- Ms. A. P. D. Weerakkodi EUSL/TC/IS/2017/SM/22
- Ms. K. M. R. W. P. K. Kulasekara EUSL /TC/IS/2017/SM/52
- Ms. K. Pilothama EUSL/TC/IS /2017/SM/36
- Ms. L. S. Sanjeevani EUSL/TC/IS /2017/SM/39
- Ms. Prabeena Arunagirinathan EUSL/TC/IS/2017/SM/14
- Ms. D. A. D. N. Sawanathpriya EUSL/TC/IS/2017/SM/33



### Reserved

- Mr. S. Alan Khan EUSL/TC/IS/2017/SM /59
- Mr. Arunagirinathan Pranavan EUSL/TC/IS/2016/SM/01









## கிழக்கு பல்கலைக்கழகத்தின் 9வது

சர்வதேச யோகாதினத்தையொட்டிய 4 நாள் நிகழ்வுகள்!!



கிழக்கு பல்கலைக்கழக திருகோணமலை வளாக சித்த மருத்துவ பீடமும், தொடர்ந்து மூன்றாம் சமூக இணைப்பு மையத்தின் அலகும் இணைந்து நடத்திய 9வது சர்வதேச யோகாதின நிகழ்ச்சித்திட்டங்களை கடந்த 4 நாட்களாக முன்னெடுத்திருந்தது. இந்நிகழ்ச்சிகளை சுவாமி விவேகானந்தா கலாசார மையம், கொழும்பு இந்திய உயர்ஸ்தானிகராலயம், கிழக்கு மாகாண சபை மருத்துவ திணைக்களம், TRINCO AID இலங்கை செஞ்சிவனவேல் சங்கம் போன்றவை இந்த 9வது சர்வதேச யோகாதின நிகழ்வுகளை சிறப்பிக்க பல வகையில் ஒத்துழைப்புக்களை வழங்கியது. இதன் முதல்நாள் நிகழ்வாக, யோகா விழிப்புணர்வு பற்றிய நிகழ்ச்சித்திட்டத்தை திருகோணமலை பிரதேச சபை காரியாலயத்தில் நடத்தியது. இரண்டாம் நாள் யோகா பற்றிய விழிப்புணர்வுடன் ஆரம்பிக்கப்பட்ட நடைபவனியின்போது பொதுமக்களின் ஆரோக்கிய வாழ்வை யோகாவின் மூலம் மேம்படுத்தலாம் என்ற குறிக்கோளை முன்வைத்து இடம் பெற்றது.











## சர்வதேச யோகா தின விழிப்புணர்வு நடைபவணி!



சர்வதேச யோகா தினத்தையொட்டி திருமலை வளாக கிழக்கு பல்கலைக்கழக சித்த மருத்துவப்பீடத்தினால் ஏற்பாடு செய்யப்பட்ட யோகா தொடர்பான விழிப்புணர்வு நடைபவணி (21) இடம்பெறவுள்ளது.

கிழக்கு பல்கலைக்கழக திருமலை வளாக துணைத் தலைவர் (திருமதி) சந்திரவதனி

ஜி.தேவதாசன் தலைமையில், கிழக்கு மாகாண சுதேச மருத்துவ திணைக்களத்திற்கு முன்னால் நேற்று (21) காலை 7.45 மணிக்கு ஆரம்பமான இந்த நடைபவணி தபாலக சந்தி வீதி வழியாகச் சென்று திருகோணமலை நகரசபைக்கு முன்னால் முடிவற்றது. இந்த விழிப்புணர்வு நடைபவணியில் கிழக்கு மாகாண சுதேச மருத்துவத் திணைக்

கள் மாகாண ஆணையாளர் வைத்திய கலாநிதி (திருமதி) இ.ஸ்ரீதர், கிழக்கு பல்கலைக்கழக சித்த மருத்துவப்பீட விரிவுரையாளர்கள், வைத்தியர்கள், சுதேச மருத்துவ திணைக்கள உத்தியோகத்தர்கள் உள்ளிட்ட சித்த மருத்துவப்பீட மாணவர்கள் என பலரும் கலந்துகொண்டு சிறப்பித்தனர்.







## Easy Home Remedies



### Liquorice (*Athimathuram*)

Chew a small piece of liquorice for cough.



### Zinger (*Inji*)

Peel off the outer skin and cut it into small pieces. Soak in pure honey. Take one piece per day to delay the greying of the hair and wrinkling of the skin and increase immunity.



### Myrobalan (*Kadukkay*)

Use the powder of Myrobalan for brushing the teeth to cure gum bleeding, heal the wounds in the mouth, and strengthen the teeth and gum.



### False daisy (*Karisalankanni*)

Leave juice, mix with gingelly oil or coconut oil, and boil. Use as a hair oil to induce hair growth.



### Dry zinger (*Sukku*)

Grind the dried ginger with water and apply the paste to painful joints.



### Holy Basil (*Thulasi*)

Boil the milk with Holy Basil and drink to reduce the phlegm accumulation in lung.



### Java plum (*Naval*)

Bark decoction is good for diabetes mellitus and wounds in the mouth.

Dr. (Mrs.) S. Janani, Senior Lecturer Gr. II, Department of Gunapadam



## Antidote for Everyday Life

- ☐ Use adequate amount of fried pepper with ghee as a common antidote for poisonous effects.
- ☐ Intake neem oil as a first aid to control all kinds of poisonous bites.
- ☐ Consume sugarcane or jaggery to counter excessive peanut consumption.
- ☐ Use triturated charcoal with water for poison induced by excessive ghee.
- ☐ Take either ghee or honey to pacify the toxicity caused by excessive consumption of jackfruit.
- ☐ Consume either coriander leaves or ghee to remove the poison caused by chilies.
- ☐ To pacify the poison caused by wheat flour, use a mixture of chili, cow's milk, and ghee.
- ☐ Pacify the poison caused by excessive consumption of rice by using cumin seed with water.



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