



NEWSLETTER

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VOLUME - 02



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



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Faculty of Siddha Medicine
TRINCOMALEE CAMPUS, EASTERN UNIVERSITY OF SRI LANKA





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It is with great pleasure that I extend my heartfelt greetings to this newsletter from the young and dynamic Faculty of Siddha Medicine. As a physicist, I am particularly honored to have played a motivational role in the elevation of the Siddha Medicine Unit to full Faculty status.

This development is not only a recognition of Siddha & its historical and cultural significance, but also of its vast, untapped potential in the context of modern scientific understanding—particularly in relation to unified field-based quantum physics. Ancient systems like Siddha and Ayurveda perceive the human body and the cosmos as expressions of vibrational energy. Interestingly, this view resonates deeply with quantum physics, where matter is understood as excitations in underlying quantum fields. Practices such as mantra chanting, meditation, and herbal alchemy influence subtle energies in the body, in a way that can be metaphorically likened to interactions in quantum fields. Siddha philosophy emphasizes the interconnectedness of mind, body, and spirit—a perspective that parallels the quantum concept of non-locality, where entities remain interconnected across space and time.

Furthermore, the idea that “consciousness is fundamental” aligns with some advanced interpretations of quantum theory and unified field models. In this view, both the healer and the patient are participants in an interconnected, conscious field where awareness, intention, and inner balance influence physical health. This profound convergence between ancient wisdom and emerging scientific paradigms opens an exciting frontier. I envision the Faculty of Siddha Medicine not only preserving its rich traditions, but also boldly integrating cutting-edge insights from quantum science. In doing so, it can illuminate the deeper scientific principles underlying Siddha’s powerful healing methods and establish itself as a leader in holistic, consciousness-based healthcare—one that addresses the individual not just at the physical level, but at the quantum level of being.

I extend my best wishes to all faculty, researchers, and students as you continue to grow this field with rigor, integrity, and vision.

Warm regards,
Prof. F C Ragel
 Acting Vice Chancellor
 Eastern University, Sri Lanka

Acknowledgements

Vice Chancellor, Rector, Dean, Heads of Departments, Academic staff, Nonacademic staff and students are greatly appreciated for providing information for this newsletter

Disclaimer

While every effort is taken to ensure that the information provided in this newsletter is correct and accurate.

Advisory Committee

Dean-FSM/Dr. V. Anavarathan
 Head-DGP/ Dr. N. Varnalulendran
 Head-DMT/ Dr. S. Ushakanthan
 Head-DNC/Dr.(Mrs).B. Uthayanan

Editor

Dr.(Mrs). B.Mithurendran



Rectors' Message



It gives me great pleasure to extend my warmest greetings and heartfelt congratulations to the Faculty of Siddha Medicine on the release of the second volume of your faculty newsletter. This publication reflects the vibrant academic life, achievements, and progress also is a of the faculty.

It testament to your continued commitment to preserving and advancing the knowledge and practice of Siddha medicine—one of the oldest systems of healing deeply rooted in our cultural and medical heritage. At a time when traditional systems of medicine are gaining renewed recognition and relevance, your contributions in education, research, and community outreach are of immense value to both the nation and the broader global community. I feel proud and congratulate your faculty academic staff, non-academic staff, and students for their unwavering dedication to this noble field.

I trust this newsletter will continue to serve as a platform to showcase your scholarly activities, innovations, and the growing impact of your faculty within and beyond the university with the grace of Sage Agastiyar from the Agastiyar Sthapanam (Establishment), which is established in Sri Lanka for practicing Siddha Medicine at Kanguveli, Muttur. Let us continue to work together to uphold academic excellence and foster holistic development and preserve our traditional life.

I wish the Faculty of Siddha Medicine for a continued success in all its future endeavors.

Mr. S. Thadchanamoorthy
Acting Rector,
Trincomalee Campus,
Eastern University, Sri Lanka

Deans' Message



The past year has been significant for us. Despite facing numerous challenges, we have remained dedicated to our vision of promoting excellence in Siddha Medicine. Our faculty continues to uphold the core values of quality, tradition, and innovation.

We have made significant progress academically. Our undergraduate program has been enhanced through a focus on student-centered learning. The dedication of our academic staff, combined with the curiosity and hard work of our students and the support of our administrative team, has created an environment that promotes academic rigor and collaboration.

Research and community outreach have also played a prominent role in 2024. Many faculty members contributed to scholarly publications, attended conferences, and engaged in collaborative research in Siddha Medicine. Additionally, our community awareness programs have enhanced our engagement with local communities and promoted Siddha Medical knowledge at the grassroots level.

We were also honored to host and participate in faculty weeks, wellness camps, exhibitions, and student-led initiatives that showcased the talents and dedication of our student body. These events have been vital in building a vibrant academic and cultural atmosphere on campus.

I extend my heartfelt gratitude to all faculty members, students, alumni, and well-wishers for your continued commitment and contributions. Together, let us move forward with a shared spirit of growth, collaboration, and compassion.

Wishing you all continued success in the year ahead.

Dr. V. Anavarathan,
Dean,
Faculty of Siddha Medicine,
Trincomalee Campus,
Eastern University, Sri Lanka

Editors' Message



It is with great pleasure that we present the second volume of the Faculty of Siddha Medicine newsletter. This edition reflects the vibrant academic spirit, dedication, and collaborative efforts of our students and staff. From insightful guest lectures to meaningful community initiatives, each event featured here highlights our commitment to holistic education, cultural values, and the advancement of Siddha Medicine. we extend my sincere gratitude to all contributors and invite readers to explore and be inspired by the achievements within Newsletter.

Warm regards,
Editor
Dr. (Mrs) B. Mithurendran
Faculty of Siddha Medicine
Trincomalee Campus, EUSL

Achievements

Faculty Day 2024: Commemorating a Year of Dedication

The Faculty of Siddha Medicine (FSM) held its inaugural **Faculty Day** and first edition of the Faculty of Siddha Medicine Newsletter – 2023 was officially launched during the 1st Faculty Day, celebration on **14th June 2024** at 2:00 PM in the Mini Auditorium of the **Trincomalee Campus, Eastern University, Sri Lanka (EUSL)**.

The event was graced by the presence of Prof. V. Kanagasingam, Vice Chancellor of Eastern University, Sri Lanka, and Prof. C. G. Devadasan, Rector of the Trincomalee Campus. The celebration brought together academic staff, non-academic staff, and students in a shared spirit of recognition and appreciation. Faculty Day 2024 was organized to honor the dedication, hard work, and valuable contributions of the faculty over the past year



2024.06.14 | Students' Union Of Siddha Medicine.



Faculty Day - 2024.06.14 | Students' Union Of Siddha Medicine.

1ST FACULTY DAY
FACULTY OF SIDDHA MEDICINE

Date : 14.06.2024
 Time : 2.00 pm - 4.00 pm
 Venue : Mini Auditorium (II Building) | U-EUSL

Agenda

- 2.00 pm : Tree plantation
- 2.30 pm : Lightening of oil lamp
- 2.45 pm : Welcome speech
- 3.00 pm : One year Journey of faculty of Siddha Medicine
- 3.15 pm : News letter launching
- 3.30 pm : Speech by The Rector
- 3.40 pm : Speech by The Vice chancellor
- 3.55 pm : Video clip on Kangaveli
- 4.00 pm : Vote of thanks



Faculty Day - 2024.06.14 | Students' Union Of Siddha Medicine.



Faculty Day - 2024.06.14 | Students' Union Of Siddha Medicine.



Faculty Day - 2024.06.14 | Students' Union Of Siddha Medicine.



"Global Celebration of Siddha Wisdom: World Siddha Day 2024"

Free Siddha Medical Camp, Kanguveli



World Siddha Day 2024

Key Attractions of the Medical Camp

- ✓ Free medical consultations (Siddha Medicine)
- ✓ Health screenings
 - BP, RBS
 - Urine examination (Nei Kuri)
- ✓ Awareness program on healthy life style
- ✓ Herbal tea distribution



19.12.2024, Thursday



09.00 am to 12.00 noon



T/ Kanguveli Agathiyar Vidyalayam, Kanguveli, Muthur

Organized by

Faculty of Siddha Medicine, Trincomalee Campus, Eastern University Sri Lanka.

On 19th December 2024, a Free Siddha Medical Camp and Awareness Program on *Healthy Lifestyle* was organized in Kanguveli to commemorate World Siddha Day 2024. The event was graced by Prof. V. Kanagasingam, Vice Chancellor of Eastern University, Sri Lanka, along with the Dean, Heads of Departments, academic and non-academic staff, and students of the Faculty of Siddha Medicine.

As part of the day's activities, a **tree planting** program was also conducted in the vicinity of the Agathiyar Sthapanam, Kanguveli, symbolizing a commitment to environmental sustainability and holistic health in alignment with Siddha principles.



Indo-Lanka Collaborative Project

Financial Assistance Grant with the title of 'Augmenting curriculum development and research collaboration with Indian Siddha Medicine intuitions in Tamil Nadu' and accepted by India-Sri Lanka Foundation, High Commission of India, Sri Lanka, 2024.



"BSMS Orientation 2024: Academic Induction for 2022/2023 Batch"

The orientation programme for the new students of the 2022/ 2023 academic year of Faculty of Siddha Medicine held on 26th August 2024.

37 students with parents and distinguish guests attended the events. Prof. Mrs. Chandravathani G. Devadasan, Rector, Trincomalee Campus, Eastern University Sri Lanka, Dean, Heads, Academic staff and Nonacademic staff graced the occasion. Followed by three days sessions was held to students



"Workshop on the Development Path of Siddha Medicine - A Collaborative Initiative"

The Faculty of Siddha Medicine, Trincomalee Campus, Eastern University, Sri Lanka, in collaboration with the Provincial Department of Indigenous Medicine, Eastern Province, jointly organized a workshop titled "*Development Path of Siddha Medicine.*" This informative and valuable workshop was held on 9th April 2024. The event was attended by the academic staff of the Faculty of Siddha Medicine and medical officers from the Provincial Department, Eastern Province, Sri Lanka





Promotion of Faculty Members



Dr. V. Anavarathan has been promoted to the position of Senior Lecturer Grade I in the Department of Noi Naadal Chikitsai, Faculty of Siddha Medicine.

"Debate Victory! Trincomalee Siddha Students Triumph at World Ayurveda Day 2024"



Students from the Faculty of Siddha Medicine, Trincomalee Campus, Eastern University, Sri Lanka, secured **First Place** in the Inter-Faculty Tamil Debating Competition organized by the Swami Vivekananda Cultural Centre, High Commission of India, Colombo, in collaboration with the Faculty of Indigenous Medicine, University of Colombo. The event was held to commemorate **World Ayurveda Day 2024**.

The winning team comprised **Mr. Kirupakaran Kirushanth, Mr. Rajasekaran Sujanthan, Ms. Ann Sharon Chandrakumar, Ms. Susanthika Mohanaraj, and Ms. Kawshika Mahendran**



Outreach activities

"United Against Leprosy: Awareness Programme by Faculty of Siddha Medicine"

On January 30, 2024, the Faculty of Siddha Medicine, in collaboration with the Unit of Industry and Community Linkages, commemorated World Leprosy Day by organizing an awareness programme at the Trincomalee Campus. The event featured Dr. Sivagurunathan Raguraam, Regional Epidemiologist from the RDHS Office in Trincomalee, as the resource person. Following the programme, awareness materials and quotes related to leprosy were distributed to the general public in Trincomalee town to further promote understanding and reduce stigma associated with the disease.



"Together We Walk: Breast Cancer Awareness in Trincomalee"



On October 3rd, 2024, Breast Cancer Awareness Walk was organized by the MOH office in Trincomalee with 2019/2020 batch of students, of Faculty of Siddha Medicine as well as local school students. The participants walked together to spread awareness, educate others, and show solidarity for those affected by breast cancer. The event was a great success in fostering a sense of community and highlighting the significance of breast health.



"Empowering Health with Siddha Wisdom: Free Medical Camp in Kanguveli – October 2024"



A **Free Siddha Medical Camp** was organized on **October 4th, 2024** by the Department of Noi Naadal Chikitsai, Faculty of Siddha Medicine, Trincomalee Campus, EUSL. The event was held in **Kankuveli, Muthur**, with the distinguished presence of Shri Sai Murali S, Consul General, Consulate General of India, Jaffna, Sri Lanka; Prof. V. Kanagasingam, Vice Chancellor, Eastern University, Sri Lanka; and Prof. (Mrs.) C. G. Devadasan, Rector, Trincomalee Campus, Eastern University, Sri Lanka.

The camp was conducted in collaboration with Base Ayurvedic Hospital, Kappalthurai and Rural Siddha Ayurvedic Hospital, Nilaveli, and aimed to deliver essential healthcare services to the local community while promoting awareness of the benefits of traditional Siddha healing practices.





"Street Drama Sparks Awareness: Siddha Students Tackle Modern Substance Misuse"

STREET DRAMA

"Prevention of widespread attitudes of Modern Fantasy on Drug, Cosmetics, Household use and Toxin"

2019/20 Batch Students,
FSM.TC. EUSL.

📅 29.10.2024

🕒 9.00 am to 11.00 am

📍 Trincomalee Town Bus Stand

Organised By

Unit of Industry and Community Linkages,
Trincomalee Campus,
Eastern University, Sri Lanka.

Faculty of Siddha Medicine,
Trincomalee Campus,
Eastern University, Sri Lanka.

The Faculty of Siddha Medicine, in collaboration with the Unit of Industry and Community Linkages, conducted a street drama on the theme "Prevention of Widespread Attitudes of Modern Fantasy on Drugs, Cosmetics, Household Products, and Toxins" on 29th October 2024 at the Trincomalee Town Bus Stand.

The performance was choreographed and enacted by students of the 2019/2020 batch of the Faculty of Siddha Medicine, Trincomalee Campus. The initiative aimed to raise public awareness about the potential risks associated with the misuse of modern substances and to promote healthy, informed choices within the community.



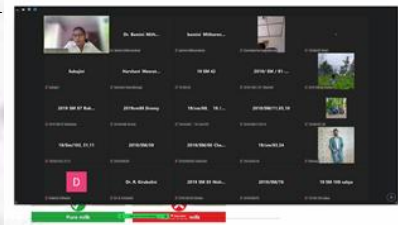
Workshops

Centre for industry and community Linkages

Drug/ Food adulteration and their impact on Healthy Life of living being

The Faculty of Siddha Medicine, in collaboration with the Unit of Industry and Community Linkages, organized a virtual workshop titled “Drug and Food Adulteration and Their Impact on the Healthy Life of Living Beings” on 28th October 2024, from 2:00 p.m. to 4:00 p.m., via Zoom.

The workshop was open to the general public, alumni, and undergraduate students, and was conducted with the objective of enhancing awareness regarding the adverse health effects of adulterated substances. The session was facilitated by Dr. Erandi Weerasekera, Senior Medical Officer at the National Hospital of Sri Lanka, Colombo, who shared her expertise on the topic and engaged participants in an informative discussion.



Emergency Paediatric Acutely unwell child and Trauma

The Unit of Industry and Community Linkages, Faculty of Siddha Medicine, successfully organized and executed a specialized workshop on Emergency Care for Paediatric Acutely Unwell Children and Trauma on 10th December 2024, from 10:00 a.m. to 12:00 noon, held at the Mini Auditorium, Trincomalee Campus, Eastern University Sri Lanka (EUSL).

This advanced training session attracted a diverse group of healthcare professionals, including BSMS graduates, practicing medical officers, and intern medical officers, reflecting the faculty’s commitment to continuous professional development and community healthcare enhancement.





Career Guidance Unit

Medical ethics, Professionalism and legislation

Seminar MEDICAL ETHICS, PROFESSIONALISM AND LEGISLATION



Dr.N.Varnakulendran

PhD in Siddha Medicine, M.D. (S).
Senior Lecturer Gr I,
Department of Gunapadam,
FSM ,TC, EUSL



Dr.K.Vidya Dharshini

M.D. (S).
Senior Lecturer Gr II,
Department of Noinaadal Chikitsai,
FSM ,TC, EUSL



16/12/2024, Monday



09.00 am to 12.00 noon



Mini Auditorium, ITC Building, TC

Target group

BSMS Students

Organised by:

Career Guidance Unit,
Faculty of Siddha Medicine,
Trincomalee Campus,
Eastern University,
Sri Lanka.

Career Guidance Unit, FSM Conduct the Seminar on *Medical ethics, professionalism and legislation* to BSMS Students on 16.12.2024 at 9.00am to 12.00 noon at Mini auditorium, Trincomalee Campus, Eastern University Sri Lanka. The Resource Persons are **Dr. N. Varnakulendran**, PhD in Siddha Medicine, M.D. (S), Senior Lecturer GrI, Department of Gunapadam, Faculty of Siddha Medicine and **Dr. K. Vidya dharshini**, M.D. (S), Senior Lecturer Gr II, Department of Noinaadal Chikitsai, Faculty of Siddha Medicine.



Basic data analysing techniques / methods in medical stream

Faculty of Siddha Medicine, Career guidance unit Conduct the workshop on *Basic data analysing techniques / methods in medical stream* to Siddha Medical Students on 09.03.2024 at 9.00am to 11.00am at Mini auditorium, Trincomalee Campus, Eastern University Sri Lanka. The Resource Person is **Dr. M.M.M. Munaz**, MBBS, MSc in Community Medicine, Planning Section, Eastern Province, Health Sector, Trincomalee.





Stress management and non-violent communication

The **Career Guidance Unit** of the **Faculty of Siddha Medicine** conducted a workshop on *Stress management and non-violent communication* for final-year BSMS students. The event took place on **August 10, 2024**, from **1:00 PM to 4:00 PM** at the Mini Auditorium, Trincomalee Campus, Eastern University, Sri Lanka. The resource person for the workshop was **Dr. V. Anavarathan**, Senior Lecturer Grade I in the Department of Noinadal Chikitsai, FSM.



Becoming a successful Medical Officer by facing challenges in Private practice



Career Guidance Unit, Faculty of Siddha Medicine Conduct the Seminar on *Becoming a successful Medical Officer by facing challenges in Private practice*, Fourth and Final year BSMS Students on **20.12.2024** at **9.00am to 11.00am** at Mini auditorium, Trincomalee Campus, Eastern University Sri Lanka. The Resource Person **Dr. S. Ushakanthan**, M.D. (S), Senior Lecturer GrI, Department of Gunapadam, Faculty of Siddha Medicine.

Entrepreneurship Opportunities for BSMS Graduates

The **Career Guidance Unit** of the **Faculty of Siddha Medicine** successfully conducted a workshop titled *“Entrepreneurship Opportunities for BSMS Graduates”* on **24th September 2024**, from **9:00 a.m. to 12:00 noon**, at the **Mini Auditorium**, Trincomalee Campus, Eastern University, Sri Lanka.

The workshop was designed to inspire and equip BSMS students with knowledge about entrepreneurial pathways within the healthcare and wellness sectors. The session was led by **Mr. Niroshan Thiyagarajah**, BSc (Hons) in Food Science & Technology, **Founder and CEO of Ocean Gates (Pvt) Ltd., Trincomalee**, who shared his entrepreneurial journey and practical strategies for business development, innovation, and self-employment in the emerging wellness industry.



Attitude transformation towards becoming a competent Doctor

Career Guidance Unit, FSM Conduct the Seminar on *Attitude transformation towards becoming a competent Doctor* to BSMS Students on **17.12.2024** at **9.00am** to **12.00 noon** at Mini auditorium,TC, EUSL. The Resource Persons are **Dr Angela Arulpragasam Anthony**, Senior Lecturer Gr.I in Paediatrics, Faculty of Health Care Sciences, EUSL and **Dr. (Mrs) B. Uthayanan**, M.D. (S), Senior Lecturer GrII, Department of Noinaadal Chikitsai, Faculty of Siddha Medicine.



Seminar

ATTITUDE TRANSFORMATION TOWARDS BECOMING A COMPETENT DOCTOR

Dr. Angela Arulpragasam Anthony
Senior Lecturer Gr I,
In Pediatric,
FHCS, EUSL

Dr. (Mrs). B. Uthayanan
M.D. (S).
Senior Lecturer Gr II,
Department of Noinaadal Chikitsai,
FSM ,TC, EUSL

Target group
BSMS Students

17/12/2024, Tuesday

09.00 am to 12.00 noon

Organised by:
Career Guidance Unit,
Faculty of Siddha Medicine,
Trincomalee Campus,
Eastern University,
Sri Lanka.

Mini Auditorium, ITC Building, TC

Department of Noinaadal Chikitsai, FSM

Hands on training on Minor Surgical Procedures and Wound Dressing

CLINICAL SKILL DEVELOPMENT PROGRAMME ON

"Hands on Training on Minor Surgical Procedures and Wound Dressing"

DR. K. JAYANTHAN,
MBBS, MS, MRCS,
CONSULTANT SURGEON,
BH, KINNIYA

KEY POINTS TO BE COVERED

- Knowledge of First aid
- Hand on practice in suturing methods
- Wound dressing guides
- Bandaging techniques

15th August 2024
9.00 am to 12.00 pm

Final year BSMS
(Year V Semester II - 2016/17)

Department of Noinaadal Chikitsai,
Faculty of Siddha Medicine, Trincomalee Campus, EUSL.

The Department of Noi Naadal Chikitsai, Faculty of Siddha Medicine, conducted a hands-on training session on **Minor Surgical Procedures and Wound Dressing** on **15th August 2024** at the Smart Lecture Hall, Faculty of Applied Science. This clinical skill development programme was organized for the final-year BSMS students of the 2016/2017 batch. The training was facilitated by **Dr. K. Jayanthan, MBBS, MS, MRCS**, Consultant Surgeon at Base Hospital, Kinniya, who provided practical guidance and expert knowledge to enhance the students' clinical competencies.





Staff Development Center

Empowering Educators: Outcome-Based Education Workshop

WORKSHOP ON OUTCOME-BASED EDUCATION

FOR ACADEMIC AND ACADEMIC SUPPORT STAFF OF FACULTY OF SIDDHA MEDICINE



RESOURCE PERSON

Prof. Thillainathan Sathaanathan

Professor in Medical Education and Research
Dean
Faculty of Health-Care Sciences
Eastern University, Sri Lanka

22ND MARCH 2024

11 AM TO 2 PM

AT E-LEARNING ROOM/ CICT
TRINCOMALEE CAMPUS

Organized by:
Staff Development Centre,
Trincomalee Campus, EUSL

The Staff Development Centre of Trincomalee Campus, Eastern University Sri Lanka (EUSL), successfully conducted a workshop on *Outcome-Based Education* on 22nd March 2024. The session took place in the E-Learning Room at Trincomalee Campus from 11:00 a.m. to 2:00 p.m.

The workshop was expertly led by **Prof. T. Sathaanathan**, Dean of the Faculty of Health Care Sciences, EUSL, who provided comprehensive insights into the framework and practical applications of outcome-based education to enhance teaching and learning effectiveness.



Entrepreneurial Experience Sharing

WORKSHOP ON ENTREPRENEURIAL EXPERIENCE SHARING

FOR ACADEMIC AND ACADEMIC SUPPORT STAFF OF THE FACULTY OF SIDDHA MEDICINE, TRINCOMALEE CAMPUS

24TH SEPTEMBER 2024
1.00 PM TO 3.00 PM

AT E-LEARNING ROOM/ CICT
TRINCOMALEE CAMPUS



RESOURCE PERSON

MR.T. NIROSHAN

FOUNDER AND CEO OF THE OCEAN GATES (PVT) LTD.

ORGANIZED BY:
STAFF DEVELOPMENT CENTRE,
TRINCOMALEE CAMPUS AND THE FACULTY OF SIDDHA MEDICINE

The Staff Development Centre of Trincomalee Campus, Eastern University, Sri Lanka, conducted a workshop titled *“Entrepreneurial Experience Sharing”* on 24th September 2024, aimed at the academic staff of the **Faculty of Siddha Medicine**. Held at the E-Learning Room from 1:00 p.m. to 3:00 p.m., the session featured **Mr. Niroshan Thiyagarajah**, Founder and CEO of Ocean Gates (Pvt) Ltd., as the resource person. He shared his entrepreneurial journey and practical insights into business development. The workshop provided valuable perspectives on innovation and entrepreneurship, supporting the professional growth and strategic thinking of faculty members.





Guest Lecture on “Antinutrients and Side Effects of Foods”

A guest lecture on “**Antinutrients and Side Effects of Foods**” was successfully conducted on **Tuesday, 4th June 2024**, from **9:30 a.m. to 12:30 p.m.**, at the **Board Room**, Faculty of Applied Science, Trincomalee Campus, Eastern University, Sri Lanka. The lecture was delivered by **Dr. Niththi Kanagaratnam**, an esteemed academic and researcher, formerly a Lecturer in Pharmaceutics at the School of Biomedical Sciences, Victoria University (VU), Australia; Dean and Head of the Department of Agronomy and Animal Sciences at Eastern University, Sri Lanka; and Plant Pathologist and Research Officer (Acting Deputy Director of Research) at the Department of Agriculture, Sri Lanka. The session was specifically organized for the academic staff of the **Faculty of Siddha Medicine** and **Siddha Medical Officers** from the **Eastern Province**, with the objective of deepening their understanding of the role of antinutritional factors in food and their potential health implications. The lecture provided valuable scientific insights and practical considerations for medical professionals



The **Faculty of Siddha Medicine**, Trincomalee Campus, Eastern University, Sri Lanka, organized a guest lecture on “**Antinutrients and Side Effects of Foods**” for **BSMS undergraduate students** on **3rd June 2024** at the Mini Auditorium. The session was delivered by **Dr. Niththi Kanagaratnam**, a distinguished academic and researcher. The lecture provided valuable insights into the nutritional and health impacts of antinutritional factors in food, fostering a deeper understanding of dietary considerations in the practice of Siddha medicine.





Encourages Environmental sustainability Through "Nature Appreciation Initiative"

The Faculty of Siddha Medicine, Trincomalee Campus, Eastern University, Sri Lanka, successfully organized a guest lecture titled "Nature Appreciation Initiative" on 27th February 2024, at the Mini Auditorium, Trincomalee Campus.

The guest lecture was delivered by Prof. Sarath Kottagama, a renowned expert in environmental conservation. The session focused on the importance of preserving trees and natural ecosystems, emphasizing the vital connection between nature, human health, and long-term wellbeing. The event aimed to foster environmental awareness among students and staff, promoting sustainable practices that support both ecological balance and community health.



Thought pieces

Hair Loss Due to Dandruff

- A Common Concern with Siddha Solutions

HAIR LOSS CAUSED BY DANDRUFF IS A WIDESPREAD ISSUE TODAY, ESPECIALLY AMONG YOUTH AND WORKING PROFESSIONALS.

Factors

- Stress
- Pollution
- Harsh hair products
- Poor scalp hygiene.



Hair Paste

Grind Kattu Seeragam (Vernonia anthelmintica) with lime juice and apply on the head and take a warm head bath twice a Week.

This medicinal seed has powerful anti fungal properties. This helps reduce dandruff and soothes scalp inflammation

Hair Tonic

Nellikai (Phyllanthus emblica) juice – 2 liters
Buffalo's milk – 2 liter
Gingelly oil – 1 liter
Boil these ingredients together until the mixture reduces to an oil form, then filter and store. Applying this oil daily Morning.

Helps strengthen hair roots, prevent dandruff, and promote thick, lustrous hair.

By:
Dr. V. Thanushiyan
Lecturer(Probationary)
Department of Gunapadam,FSM



Students' activities

Field visit to Trincomalee Port

Based on **Community Medicine Field works**, the Port visit on **22.11.2024** was focused on the duties and responsibilities of the port health services by the **2020/2021 batch** Faculty of Siddha Medicine students. This could have involved learning about the processes, protocols, and responsibilities that the health service team undertakes to ensure the well-being of individuals within the port environment. The visit would have provided valuable insights into the coordination of healthcare services, emergency response protocols, and the importance of health service management in such settings



Field visit to Kanthale Water Treatment Plant



According to Community Medicine objective, **exposure field Visit** to the Kantale Water Treatment Plant, held on **28th November 2024**, aimed to understand the protocols followed in water treatment with **2019/2020 batch** Faculty of Siddha Medicine Students. The visit focus was also on quality control measures to ensure the water meets safety standards. Overall, the visit provided valuable insights into the essential processes involved in making water safe for public consumption.

Exposure visit to Traditional Medical practitioner

On 29th September 2024, BSMS students of the 2017/2018 batch, Faculty of Siddha Medicine, Trincomalee Campus, EUSL, visited **Periyavilaankulam** to observe traditional fracture and joint care practices performed by fifth-generation practitioner **Mr. Kathasamy Thangaraja**. The visit provided valuable insights into indigenous healing techniques.



Exposure visit to Theeraniyam rehabilitation Centre at Batticaloa

On 20th August 2024, the 2016/2017 batch students of the Faculty of Siddha Medicine visited Theeraniyam Rehabilitation Center, Maavadivembu, Batticaloa, organized by the Department of Noinaadal Chikitsai. The visit aimed to familiarize students with rehabilitation processes and practices.

The experiential learning activity was designed to enhance students' practical knowledge of rehabilitation techniques and patient care, enriching their academic training in Siddha medical practices.





Students Union of Siddha Medicine

Initiative Siramadanam for Faculty Cleanliness

On 26th April 2024, the Students' Union of the Faculty of Siddha Medicine, Trincomalee Campus, organized a **Siramadanam (cleaning) event** around the Faculty premises. The initiative aimed to maintain a clean and serene environment conducive to academic activities and promote a sense of community responsibility among students



Students Union Promote Herbal Gardening



To maintain green environment and simple herbal usage at faculty level the **Herbal planting** organized by Students Union of Siddha Medicine, Trincomalee Campus, EUSL in front of Dean office, Faculty of siddha Medicine, Trincomalee Campus on 26th april 2024.

Student Union Aids Toxicology Lab Setup

On 21st July 2024, the Students' Union of the Faculty of Siddha Medicine actively contributed to the development of the **Forensic Medicine and Toxicology Laboratory** by painting the newly established facility at the Trincomalee Campus, Eastern University Sri Lanka. This initiative reflects the students' commitment to enhancing campus infrastructure and supporting academic advancement.



Union Mark Faculty Day with Tree Planting



Students Union of Siddha Medicine, Trincomalee Campus, EUSL eco-friendly organized the tree planting at premises of faculty of Siddha Medicine to grace the 1st Faculty day on 14th June 2024

Participate to Ayurveda Herbal Expo 2024



On 2nd March 2024, students from the 2016/2017 and 2017/2018 batches of the Faculty of Siddha Medicine actively participated in the Ayurveda Herbal Expo 2024. This participation was organized upon the request of the Students' Union of Siddha Medicine and under the guidance of the Head of the Department of Noinaadal Chikitsai, Faculty of Siddha Medicine, Trincomalee Campus. The event provided valuable exposure to the students, enhancing their understanding and appreciation of herbal medicine through direct interaction with the exhibition.

Meeting with the Honorable Governor, Eastern Province

On 15th June 2024 at 10:00 a.m., the Students' Union of the Faculty of Siddha Medicine held a meeting with the Governor of the Eastern Province to discuss matters pertaining to the Faculty of Siddha Medicine.



Research & Conferences

Dr. K. Vidya dharshini, Senior Lecturer Gr II, Department of Noinaadal Chikitsai, Faculty of Siddha Medicine, TC, EUSL present as **Keynote speaker** of the International conference, CL Baid Metha College of Pharmacy, Thoraipakkam, Chennai, India on August 2024



Dr.(Mrs).Balamanohary Uthayanan, Senior Lecturer Gr II, Department of Noinaadal Chikitsai, Faculty of Siddha Medicine, TC, EUSL present as **Keynote speaker** of the 2nd International conference on Advanced Research Methods, Tools and Techniques for Multidisciplinary Research(MRD 2.0-2024) Organised by Eudoxia Research University, New Castle, USA and Eudoxia Research centre, India on 20th and 21st February 2024



Dr.(Mrs).Balamanohary Uthayanan, Senior Lecturer Gr II, Department of Noinaadal Chikitsai, Faculty of Siddha Medicine, TC, EUSL Acted as **Rapporther** at 1stAnnual Research Symposium of Postgraduate Institute of Indigenous Medicine-ARS PGIIM



Dr.K.Vidya dharshini worked as **Co-Chair** of the 6th International Research Conference (IRC) (Trinco 2024), organized by Trincomalee Campus, Eastern University Sri Lanka in collaboration with Indian Maritime University, India - Sep 2024.





Resource person

Siddha Special Medicine Treatment Training Programme

Dr. V. Anavarathan, Senior Lecturer Grade I in the Department of Noinaadal Chikitsai at the Faculty of Siddha Medicine, served as a resource person and conducted lectures for the Siddha Special Medicine Treatment Training Programme. Part I of the programme took place from **July 1 to July 5, 2024**, at the Department of Indigenous Medicine in the Eastern Province. Part II was held from August 21 to August 25, 2024, at the District Ayurveda Hospital in Gopalapuram. The National Institute of Traditional Medicine (NITM) organized this training for Government Ayurveda Medical Officers.



Dr.(Mrs).Balamanohary Uthayanan, Senior Lecturer Gr II, Department of Noinaadal Chikitsai, Faculty of Siddha Medicine, TC, served as a resource person and conducted lectures on Siddha Special Medicine Treatment Training Programme (**01.07.2024 to 05.07.2024**) at the Department of Indigenous Medicine, Eastern Province, for Government Ayurveda Medical organized by the National Institute of Traditional Medicine (NITM).





Thought pieces

Foxtail millet (*Setaria italica*)

A number of different small grain grasses are called millets. Small millets are a traditional dry land staple meal and are well known as Nutri-cereals due to their high nutrient content.

Foxtail millet is an annual grass grown for human food. Second most widely planted species of millet. Most grown millet species in Asia and Europe. Hardly water needed –200ml to 300ml –1kg foxtail millet. Grow in drought like condition, dry land.

Fox tail Millet -resemble fox tail. Indian Millet-found mostly in Italian mountain consume by Europeans that’s why it call Italian Millet. Unpolished foxtail millet Yellow colour(consuming), Polished millet (White). It is an alkaline, gluten free, low glycemic index millet. Consists of Thiol –Thiamine – sulphur group. It is high in carbohydrates. It has double quantity of protein content compared to rice. It contains minerals such as copper & iron. It provides a host of nutrients, has a sweet nutty flavor and is considered to be one of the most digestible and non -allergic grains



Macronutrients

Components	Nutritional value/100g
Carbohydrates (g)	60.1
Protein (g)	12.3
Fat (g)	4.30
Energy (kcal)	331

Micronutrients

Components	Nutritional value/100g
Fiber (g)	6.7
Calcium (mg)	31.0
Phosphorous(mg)	188
Magnesium (mg)	81
Zinc (mg)	2.4
Iron (mg)	2.8
Thiamin(mg)	0.59
Niacin (mg)	3.2
Folic acid (mg)	15.0
Carotene(mg)	32

1. One of the most important functions of foxtail millet is maintaining good nervous health.
2. Protects Bone health and muscle health- Foxtail millet is a good source of Iron and Calcium, Iron is essential for the maintenance of the health of muscles.
3. Good for Cardiac Health- Vitamin B1 assists in the formation of the neurotransmitter acetylcholine which helps to transfer the message between muscle and nerves.
4. Regulates blood sugar level- Foxtail millets are rich in fiber content which is very essential in regulating blood sugar levels. Low glycemic index (50.8) of this millet is a very good alternative for diabetics
5. Lowering Blood Cholesterol- Foxtail millet contains amino acids (Lecithin and Methionine) which lessen the cholesterol level by driving out the excess fat from the Liver.
6. Helps in Good digestion- it’s a good fiber source it helps in curing constipation in kids as well as adults.
7. Helps for weight loss- Foxtail contains an amino acid (Tryptophan) which will trim your appetite and help to tighten your belly.
8. Improves Immunity- Foxtail millet is a good source of many vitamins and minerals it helps us build strong immunity.

In Siddha medicine, prepared food (Flour) from Foxtail millet is used to alleviate *Vatha* and *kapha* humors and induce appetite.

Cooked rice from foxtail millet improves physical strength and it is used in pregnant women to reduce odema.

By:
Dr. M. Shankeerna
 Lecturer(Probationary)
 Department of Noinaadal chikitsai, FSM



Gallery

Navaraththiri Poojai

Faculty of Siddha Medicine conducted Saraswathy Pooja at the **Akashiyar Building**. Department heads staff & students gathered to participate in the spiritual ceremony. The event highlighted the cultural and religious values upheld by the department and provided an opportunity for participants to come together in prayer and celebration.





FSM Students at 6th International Research Conference (IRC) (Trinco 2024)



6th INTERNATIONAL RESEARCH CONFERENCE - 2024

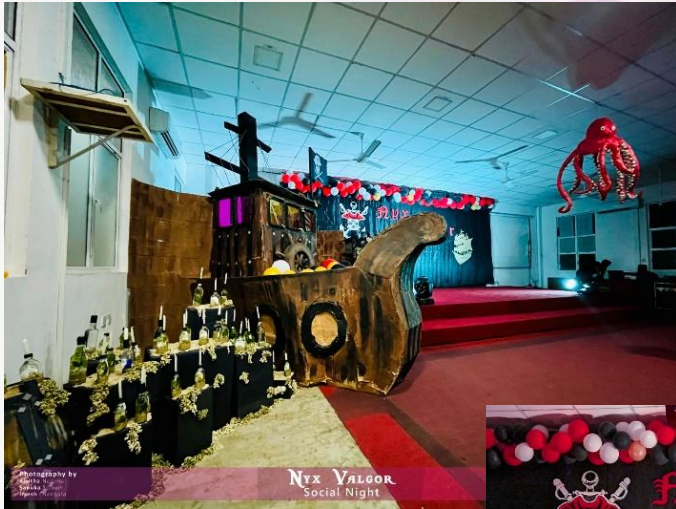


Visit to Kanguveli Agasthiyar Sthapanam and Theethakarai





NYXVALGOR-Welcome Function to 2021/ 2022 FSM Batch on 28th October 2024



Photography by *[unreadable]*
Nyx VALGOR Social Night



Nyx VALGOR Social Night
Host by 2021 Fraternity, Faculty of Siddha Medicine, Tirumala Campus, UHS.



Nyx VALGOR Social Night



Photography by *[unreadable]*
Nyx VALGOR Social Night
Host by 2021 Fraternity, Faculty of Siddha Medicine, Tirumala Campus, UHS.



Nyx VALGOR Social Night



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Nyx VALGOR Social Night
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Photography by *[unreadable]*
Nyx VALGOR Social Night
Host by 2021 Fraternity, Faculty of Siddha Medicine, Tirumala Campus, UHS.



AU Revoir-Going down Function to 2016/2017 FSM Batch on 28th October 2024





Goindown Function
2016/2017 Batch
Faculty Of Sidda Medicine

AU
Revoir

Organized By :-
2017/2018 Batch
Faculty Of Sidda Medicine