



Volume - 03  
January - December 2025

# NEWSLETTER



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

Faculty of Siddha Medicine, TC, EUSL  
Konesapuri,  
Nilaveli,  
Trincomalee - 31000  
Sri Lanka  
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### Advisory Committee

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

#### Editor

Dr. S. Janani



## Vice Chancellor's Message

I extend my warm greetings to all members of the Faculty of Siddha Medicine on the occasion of releasing the Annual Newsletter 2025. This publication captures the achievements and progress of the Faculty during the past year.

The Faculty of Siddha Medicine continues to uphold and advance the rich heritage of traditional medical knowledge while integrating contemporary academic and research practices. The achievements and activities presented in this newsletter demonstrate the Faculty's commitment to excellence in education, research, and community service.

The release of the Annual Newsletter 2025 of the Faculty of Siddha Medicine marks another milestone in documenting the Faculty's academic journey and institutional progress. This newsletter showcases the collective efforts of academic staff, non-academic staff, and students in advancing Siddha Medicine through education, research, and service to society.

The achievements documented here highlight the commitment and perseverance of both staff and students in maintaining high academic standards.

I extend my sincere appreciation to all those who contributed to this publication and wish the Faculty of Siddha Medicine continued excellence and success in all its future endeavours.

With appreciation,  
 Prof. P. Peratheepan,  
 Vice Chancellor,  
 Eastern University Sri Lanka



## Rector's Message

It is with great pleasure to release the Annual Newsletter – 2025, which reflects the academic, research, and service-oriented activities carried out during the year by Staff and Students of Faculty of Siddha Medicine. This newsletter stands as a evidence to the collective efforts of the academic and non-academic staff, students, and administrators who continue to uphold the values of excellence, integrity, and innovation. The achievements, initiatives, and milestones highlighted herein demonstrate our institution's steady progress in education, research, community engagement, and professional development.

I commend the editorial committee and all contributors for their commitment and diligence in compiling this publication. The Annual Newsletter not only documents our accomplishments but also serves as a source of inspiration and motivation for future endeavours.

I extend my sincere appreciation to everyone who has contributed to the growth and reputation of the institution and wish continued success in all academic and professional pursuits in the coming year.

With best wishes,  
Prof. K.T. Sundaresan  
Rector / Trincomalee Campus,  
Eastern University, Sri Lanka.



## Dean's Message

It is with great pleasure that I extend my warm greetings to the readers of this Faculty Newsletter.

The Faculty of Siddha Medicine at the Trincomalee Campus of Eastern University, Sri Lanka, stands on a strong and proud foundation. The continued publication of this Faculty Newsletter, even though the period of transition and development as a Faculty, reflects our sustained commitment to academic growth, scholarly communication, and institutional identity. Over recent years, the Faculty has steadily strengthened its academic, clinical, and research activities despite various evolving challenges. These achievements are a testament to the dedication of our academic and non-academic staff, the commitment and enthusiasm of our students, and the collective spirit of collaboration that prevails within the Faculty. I sincerely acknowledge and appreciate the tireless efforts of all those who contribute to enhancing the quality of teaching, advancing patient care, strengthening research output, and engaging meaningfully with the community.

As we look to the future, our Faculty remains focused on advancing academic excellence, promoting ethical and compassionate clinical practice, and fostering research that effectively bridges classical Siddha knowledge with modern scientific inquiry. Strengthening interdisciplinary collaboration, enhancing student support systems, and expanding national and international academic linkages will remain key priorities in our ongoing development. To our students, I encourage you to pursue your studies with discipline, humility, and intellectual curiosity. The study of Siddha Medicine extends beyond the acquisition of professional knowledge; it involves the cultivation of values, balance, integrity, and a lifelong commitment to service for the betterment of humanity. I trust that this Newsletter will serve as a valuable platform for sharing achievements, ideas, and aspirations within our Faculty. Let us continue to work together with unity, dedication, and purpose to uphold the dignity of Siddha Medicine and to contribute meaningfully to the health and well-being of society.

With best wishes and the blessings of Agasthiyar,  
Dr. V. Anavarathan  
Dean / Faculty of Siddha Medicine, TC, EUSL



## Editor's Message

As we release the 2025 Annual Newsletter, I am delighted to share with you a year's worth of achievements, innovations, and milestones that underscore the Faculty of Siddha Medicine's commitment to excellence. This edition features compelling articles on research involvements, academic accomplishments, student successes, and initiatives that continue to elevate Siddha Medicine in contemporary healthcare discourse.

My heartfelt thanks go to everyone who contributed articles, photographs, and valuable inputs that have enriched this publication. This newsletter stands as a testament to our collective dedication and serves as an important record of our progress. I hope it inspires continued collaboration and renewed enthusiasm for advancing the noble science of Siddha Medicine.

Best Regards,  
 Dr. S. Janani,  
 Senior Lecturer GrII, Department of Gunapadam,  
 Faculty of Siddha Medicine, TC, EUSL.

## Orientation Programme for New Students 2023/2024 Academic Year

The orientation programme for the 2023/2024 academic year of the Faculty of Siddha Medicine at the Trincomalee Campus was successfully held on July 15, 2025. The event took place at the Mini Auditorium of the Trincomalee Campus and was attended by newly enrolled students, their parents, Academic, Administrative & Non academic staff of Trincomalee Campus and several distinguished guests. Rector of the Trincomalee Campus, Eastern University, Sri Lanka, graced the occasion as the Chief Guest.

This was followed by a series of informative sessions conducted by various resource persons over a period of three days, aimed at guiding and orienting the new students to their academic journey.



## Career Guidance Unit

### Seminar on Preparing CV and how to face a Job interview

A seminar on preparing a CV and how to face a job interview held on May 19, 2025, from 10:00 a.m. to 1:00 p.m. at the Mini Auditorium, ITC Building. The session conducted by Mr. Sujiraj Nadarasa, who holds a BBA (Hons) from EUSL and a Master's degree in Human Rights in Gender Development and Gender Justice from the University of Colombo. This programme is organized by the Career Guidance Unit of the Faculty of Siddha Medicine, Trincomalee Campus, Eastern University, Sri Lanka, and is specially targeted at fourth-year BSMS students.

**SEMINAR ON PREPARING CV AND HOW TO FACE A JOB INTERVIEW**

Resource Person: Mr. Sujiraj Nadarasa  
 BBA(Hons) EUSL, Masters of Human Rights in Gender Development & Gender Justice, University of Colombo



Date - 19/05/2025 (Monday)  
 Time - From 10.00 am to 01.00 pm

Place - Mini Auditorium, ITC building

Target group - Fourth year BSMS Students

Organized By: Career guidance Unit, Faculty of Siddha Medicine, TC, EUSL



### Seminar on Yogam and Pranayamam for maintaining the health

The Career Guidance Unit of the Faculty of Siddha Medicine (FSM) organized a seminar on “Yogam and Pranayamam for maintaining the health” for the First and Third Year students of the Faculty of Siddha Medicine. The programme was held on 27th May 2025, from 09.00 a.m. to 12.00 p.m., at the Mini Auditorium, Trincomalee Campus, Eastern University, Sri Lanka. The session was conducted by a distinguished Resource Person, Shri. Vyasah Kalyanasunderam, B.A, YIC, Chief yoga Therapist / Yoga Consultant, Astanka Yoga Mandir, Sri Lanka.

#### Seminar on Yogam and Pranayamam for maintaining the Health

**Date**  
27/05/2025 (Tuesday)

**Time**  
From 09.00 am to 12.00 noon

**Target Group**  
First & Third year BSMS Students

**Place**  
Mini Auditorium, ITC building



## Seminar on Diet and Practices for healthy body weight

A Seminar on Diet and Practices for Healthy Body Weight was conducted on 05th August 2025 from 1.00 p.m. to 04.00 pm at the Mini Auditorium, ITC Building. The programme was organized for BSMS students with the objective of promoting awareness on maintaining a healthy body weight through proper dietary habits and lifestyle practices. The seminar was delivered by Mr. Niroshan Thiyagarajah, Chief Operating Officer, Ocean Gates (Pvt) Ltd, who shared practical insights and evidence-based strategies related to nutrition, physical activity, and sustainable health practices. The session was interactive and informative, enabling students to enhance their understanding of healthy weight management in both personal and professional contexts.

**SEMINAR ON DIET AND PRACTICES FOR HEALTHY BODYWEIGHT TO YOUNGSTERS**

**Tuesday**  
05<sup>th</sup> August 2025

**Time**  
01.00pm - 4.00pm

**Mini Auditorium, ITC building**

**For BSMS Students**

**Resource Person**  
**Niroshan Thiyagarajah**  
CHIEF OPERATING OFFICER, OCEAN GATES (PVT) LTD

**Organized By**  
Career Guidance Unit  
Faculty of Siddha Medicine,  
TC, EUSL



## Workshop on Enhancing the Professional Image - Grooming & Etiquette

### Workshop on Enhancing the Professional Image - Grooming & Etiquette

**Resource Person:**  
Vijayapala Sinnathamby



- Date & Time: 06/11/2025 & 9.00 am - 12.00 pm
- Location: Mini Auditorium, IT Building
- Target Group: Students / FSM

**ORGANIZED BY:**  
CAREER GUIDANCE UNIT,  
FACULTY OF SIDDHA MEDICINE,  
TC/EUSL

[cgu.fsm@esn.ac.lk](mailto:cgu.fsm@esn.ac.lk)

The CGU / FSM organized a Workshop on Enhancing the Professional Image – Grooming & Etiquette was conducted on 06th November 2025 (Thursday) from 9.00 a.m. to 12.00 p.m. at the Mini Auditorium, ITC Building, for the students / FSM. The workshop was facilitated by Mr. Vijayapala Sinnathamby, DBA Researcher and PhD Scholar, MBA, MAAT, BBA, HNDA, PgDip, LICA, FIABUK, MABEUK, DIFPMUK, MPMUSA, FCPM, and MMCUSA. The session focused on enhancing students' professional appearance, personal grooming, and workplace etiquette, equipping them with essential skills to project a confident and professional image in academic and career settings.



## Seminar on Health, fitness and mental well-being for students

The Career Guidance Unit / FSM, Trincomalee Campus of the Eastern University Sri Lanka, has conducted the program with the title of “Health, fitness and mental well-being for students” on 24/10/2025 at 10.00am to 12.00noon. The resource person is Dr. C. Sylendra Babu, IPS (Retd.), Former Director General of Police, Tamil Nadu, India.



## Session on Introduction to Yoga and Meditation

The CGU / FSM, arranged an introductory session at Trincomalee Campus, Eastern University, Sri Lanka. The session, titled “Introduction to Yoga and Meditation” for the students / Faculty of Siddha Medicine on 31/10/2025 at 1.00pm to 4.00pm at Mini Auditorium IT Building / Trincomalee Campus. The programme was successfully conducted by a team of dedicated volunteers from the Isha Foundation.



## Promotions & Appointments

Professor N. Varnakulendran - Promoted to the post of Professor in Siddha Medicine / Department of Gunapadam (Siddha Pharmacology), Faculty of Siddha Medicine Trincomalee Campus, Eastern University Sri Lanka with effect from 18.10.2021



Dr. (Mrs). B. Uthayanan - Promoted to the post of Senior Lecturer Grade I in Pothu Maruthuvam in Siddha Medicine effect from 27.11.2023

Dr. K. Vidya dharshini Promoted to the post of Senior Lecturer Grade I in Siddha Medicine with effect from 31.10.2024.



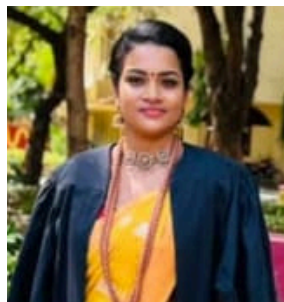
Dr. K. Tharaneenthan - Appointed to the post of Lecturer (Probationary) / Department of Moolathatuvam, FSM, TC, EUSL on 4th August, 2025.



Appointment of Student Counsellor with effect from 30th July 2025.



Dr. N. Harishanth / Lec (Prob)



Ms. S. Dilakshi / Lec (Prob)



Mr. V. Thanushiyan / Lec (Prob)

## Research & Conferences

Prof. (Dr). Nagalingam Varnakulendran, Professor in Siddha Medicine / Department of Gunapadam (Siddha Pharmacology), Faculty of Siddha Medicine Trincomalee Campus, Eastern University Sri Lanka participated as distinguished speaker at the AIMST International Conference on Siddha Medicine (AICSM) 2025, held on 22nd & 23rd November 2025 at AIMST University, Malaysia



Prof. (Dr). Nagalingam Varnakulendran, Professor in Siddha Medicine / Department of Gunapadam (Siddha Pharmacology), Faculty of Siddha Medicine, participated as a distinguished speaker at the International Medical Conference on Future of Medicine – 2.0: Excel and Educate 2025 was organized by The Tamil Nadu Dr. M.G.R. Medical University, in collaboration with the Department of Health and Family Welfare, Government of Tamil Nadu, held on 16th, 17th, and 18th October 2025 at the Chennai Trade Centre, Chennai, Tamil Nadu, India. The conference covered a wide range of medical and allied health disciplines including Emergency Medicine, Oncology, Chronic Diseases, Respiratory Medicine, Rheumatology, Gastroenterology, Cardiology, Neurology, Nephrology, Dental Sciences, AYUSH, Pharmacy, Nursing, Physiotherapy, and Occupational Therapy

Prof. (Dr). Nagalingam Varnakulendran, Professor in Siddha Medicine / Department of Gunapadam (Siddha Pharmacology), Faculty of Siddha Medicine, contributed as a Session Chair at the 7<sup>th</sup> International Research Conference (TRInCo 2025), Trincomalee Campus, Eastern University, Sri Lanka held on 23<sup>rd</sup> October 2025 at Trincomalee Campus, EUSL.



Dr. (Mrs) Vijitha Paheerathan attended the International Conference on Women's and Children's Health as the Chief Guest and Keynote Speaker. The conference was organized by the Department of Kaumarabhruthya and Sthreeroga, Faculty of Indigenous Medicine of Gampaha Wickramarachchi University of Indigenous Medicine, in collaboration with the Global Academy of Research Institute (GARI), and was held on 18 September 2025.



Dr. (Ms). V. Paheerathan - Serves as a speaker at the International Traditional Indian Medicine Seminar, held in conjunction with the 10<sup>th</sup> Ayurveda Day on 23<sup>rd</sup> September 2025 in Malaysia.

Dr. (Ms). V. Paheerathan - Keynote speech delivered on the topic "Integrating Siddha Wisdom into Modern Maternal and Child Health Policies: A Rights-Based Approach" in International Conference on Women's and Children's Health (ICWCH 2025) which was organized by the Global Academic Research Institute (GARI) - Portugal & Sri Lanka And in Academic Collaboration with Department of Kaumarabhruthya & Streeroga in Gampaha Wickramarachchi University of Indigenous Medicine, Sri Lanka, held on 17<sup>th</sup> and 18<sup>th</sup> of October 2025.

Dr. (Ms). V. Paheerathan - Serves as a speaker at the "Siddha Workshop on Life style Diseases" (for the Indigenous Medicine practitioners), organized by JVS training, Malaysia in collaboration with Association of Siddha Hospitals and Clinics (ASHC), Madurai, India, held on 16<sup>th</sup> of November 2025.

Dr. (Ms). V. Paheerathan - Appointed as an Editor, Seventh International Research Conference, organized by Trincomalee Campus, Eastern University, Sri Lanka.

Dr. V. Anavarathan, Senior Lecturer Grade I in the Department of Noinaadal Chikitsai at the Faculty of Siddha Medicine, participated as a distinguished speaker at the International Conference on "Role of Siddha Medicine in Public Health – 2025," organized by Department of Siddha, held on Friday, 21st February 2025, in the Silver Jubilee Auditorium of The Tamil Nadu Dr. M.G.R. Medical University, Chennai, Tamil Nadu, India



Dr. V. Anavarathan, Senior Lecturer Grade I in the Department of Noinaadal Chikitsai at the Faculty of Siddha Medicine, participated as distinguished speaker at the AIMST International Conference on Siddha Medicine (AICSM) 2025, held on 22nd & 23rd November 2025 at AIMST University, Malaysia.

Dr. (Mrs.) Balamanohary Uthayanan served as a Session Chair at the 2<sup>nd</sup> International Symposium on Ayurveda, Unani and Siddha Medicine (ISAUS-PGIIM 2025), which was held on 17<sup>th</sup> and 18<sup>th</sup> October 2025 at the Postgraduate Institute of Indigenous Medicine, University of Colombo. The symposium brought together scholars and professionals to share knowledge and advancements in Ayurveda, Unani, and Siddha medicine.



Dr. (Mrs.) Balamanohary Uthayanan served as a Plenary Speaker at the 11<sup>th</sup> International Conference on Ayurveda (ICAUST 2025) organized by the Faculty of Indigenous Medicine, University of Colombo, held on 15–16 August 2025. She delivered a plenary lecture titled “The Science and Spirit of Healing: Understanding the Power of Varma Therapy.”

Dr. K. Vidya Dharshini contributed to the development of the Ayurvedadha Panchangam 2025–2026 by submitting an awareness article. The publication was released nationally by the Department of Ayurveda under the Ministry of Health and Mass Media in April 2025. Her contribution supported the dissemination of public awareness on Ayurveda through this nationally recognized publication.

Dr. (Mrs.) Bamini Mithurendran served as the Secretary of the 7<sup>th</sup> International Research Conference (IRC – TRInCo 2025), organized by the Trincomalee Campus, Eastern University Sri Lanka in collaboration with Indian Maritime University, held on 23rd October 2025



Dr. R. Piratheepkumar served as a Session Chair at the conference organized by the Department of Kaumarabhruthya and Sthreeroga, Faculty of Indigenous Medicine, Gampaha Wickramarachchi University of Indigenous Medicine, in collaboration with the Global Academy of Research Institute (GARI), held on 18 September 2025.

## Outreach Activities

Prof. (Dr.) Nagalingam Varnakulendran, In charge of the Pediatric subject, organized the pediatric clinical field training for the Year IV Semester II (2018/2019) students. As part of this training, the students visited Sivapoomi School in Kilinochchi and Sivapoomi School in Kondavil, Jaffna, on 3rd April 2025. During the visit, the students gained practical exposure in history taking and physical examination of children with special needs, particularly those with Autism and Down syndrome. This educational field visit was conducted with the support of the Teaching Hospital, Konesapuri, Nilaveli, Trincomalee.



Prof. (Dr.) Nagalingam Varnakulendran, Professor in Siddha Medicine / Department of Gunapadam (Siddha Pharmacology), Faculty of Siddha Medicine, served as a Resource Person in the preparation of the Essential Medicine List for Ayurveda Medicines in Sri Lanka, under the Ayurveda Research Committee of the Department of Ayurveda.

Prof. (Dr.) Nagalingam Varnakulendran, Professor in Siddha Medicine in the Department of Gunapadam (Siddha Pharmacology), Faculty of Siddha Medicine, served as a resource person and delivered a lecture on the topic “Scope of Ayurvedic Graduates: Nationally and Globally” on 02 June 2025 and 06.08.2025 for the Internship Training and Evaluation Programme for Intern Medical Officers (2024/2025) held at the Bandaranayake Memorial Ayurveda Research Institute.

Dr. (Mrs.) Vijitha Paheerathan delivered a talk on the topic “Management of Non-Communicable Diseases and Healthy Diet Practices” on the Nalamthaana programme broadcast on DAN Television in 24<sup>th</sup> of November 2025. During the programme, she shared valuable insights on the prevention and management of non-communicable diseases and emphasized the importance of maintaining healthy dietary practices for overall well-being.

Dr. (Mrs.) Vijitha Paheerathan delivered a talk on the topic “Challenges during the Pregnancy Period” in the Nalamthaana programme broadcast on DAN Television on 03.02.2025. During the programme, she discussed the various physical, emotional, and health-related challenges faced by women during pregnancy and emphasized the importance of proper medical care and awareness to ensure the well-being of both mother and child.

The Awareness Programme for Elders on Digital Technology, Yoga Practice, Mental Well-being, Elder Protection, and Vocational Guidance was conducted on 18th November 2025 from 9.00 a.m. to 12.00 p.m. at the District Secretariat Main Auditorium, Trincomalee, under the National Programme for Active and Healthy Ageing. The programme targeted representatives of elders' societies and elderly participants in Trincomalee, with the aim of promoting active and healthy lifestyles. The sessions were led by Dr. S. Ushakanthan, Senior Lecturer Grade I, Department of Gunapadam, and Ms. S. Dilakshi, Lecturer (Probationary), Department of Noinaadal Chikitsai, Faculty of Siddha Medicine, Trincomalee Campus, Eastern University Sri Lanka, who served as the resource persons for the event. A key highlight of the programme was the yoga awareness session, which emphasized the importance of regular physical activity for maintaining overall health among elders. Participants were guided through demonstrations of selected yoga postures suitable for elderly individuals, focusing on flexibility, balance, and relaxation, along with pranayama (breathing exercises) to improve respiratory function, reduce stress, and enhance mental well-being.



Dr. (Mrs.) Balamanohary Uthayanan served as a Resource Person in the preparation of the Essential Medicine List for Ayurveda Medicines in Sri Lanka, under the Ayurveda Research Committee of the Department of Ayurveda.

Dr. V. Anavarathan, Senior Lecturer Grade I in the Department of Noinaadal Chikitsai at the Faculty of Siddha Medicine, served as a member of the Programme Development Committee for the Continuous Medical Education (CME) Programme on Sirappu Siddha Marunthuva Thokkana Muraikal (Physiotherapy in Siddha Medicine), organized by the Ministry of Health and Mass Media, Department of Ayurveda, National Institute of Traditional Medicine.

Dr. V. Anavarathan, Senior Lecturer Grade I in the Department of Noinaadal Chikitsai at the Faculty of Siddha Medicine, served as a Resource Person for the workshop on Curriculum and Module Formation for Physiotherapy. This workshop, aimed at the continuous professional development of in-service Ayurveda medical officers, was held on 11th November 2025 at the Siddha Teaching Hospital, Kaithady, and organized by the National Institute of Traditional Medicine..

Dr. V. Anavarathan, Senior Lecturer Grade I in the Department of Noinaadal Chikitsai at the Faculty of Siddha Medicine, served as a Resource Person for the session on "Introduction to Varmam Guidelines in Varmam Therapy," followed by a practical training, held from 29 September to 3 October 2025 at the Siddha Teaching Hospital, Kaithady. The program was organized by the National Institute of Traditional Medicine for Ayurveda Medical Officers (Tamil Medium) – Part I.

Dr. V. Anavarathan, Senior Lecturer Grade I in the Department of Noinaadal Chikitsai at the Faculty of Siddha Medicine, served as a Resource Person for the “Murivu Nerivu Training Programme – Tamil Medium,” for the Ayurveda Medical Officers, which was conducted from 10<sup>th</sup> February 2025 to 14<sup>th</sup> February 2025 at the Eastern Provincial Department of Indigenous Medicine. The programme was organized by the National Institute of Traditional Medicine for Ayurveda Medical Officers (Tamil Medium), and the sessions were carried out according to the scheduled agenda during this period.

Dr. K. Vidya Dharshini served as a Resource Person for the Workshop on Medical Astrology Module Preparation organized by the National Institute of Traditional Medicine, Sri Lanka, in November 2025, contributing expertise to the development and structuring of the module content.

Dr. R. Piradeepkumar delivered a health talk on the topic “Wound and its Management in the Indigenous System of Medicine” in Tamil under the Ozhi Programme on DAN Television in 2025. The session focused on creating awareness about wound care and the approaches used in the Indigenous System of Medicine for effective management and treatment.

Dr. R. Piradeepkumar delivered a health talk on the topic “Management of Migraine in the Indigenous System of Medicine” in Tamil under the Ozhi programme on DAN Television in 2025. During the programme, he discussed the causes, symptoms, and effective management approaches for migraine based on the principles of the Indigenous System of Medicine, aiming to create awareness among the public about traditional therapeutic practices and preventive measures.

Dr. R. Piradeepkumar delivered a talk titled “Potential Unlimited: Transforming Life through Education and Skills” in commemoration of International Disabilities Day 2025. The programme was organized by SOSCO, USA highlighting the importance of empowering persons with disabilities through education and skill development to enhance their quality of life and opportunities for inclusion.

Dr. R. Piradeepkumar served as a moderator at the International Traditional Indian Seminar organized by the ICNCD in view of the Ayurveda Day 2025, contributing to the discussions and knowledge exchange on traditional Indian medical practices and their relevance in contemporary healthcare.

Staff members from the Faculty of Siddha Medicine, Trincomalee Campus, Eastern University, Sri Lanka, participated as resource persons at the Career Guidance Seminar organized by the District Secretariat, Mullaitivu, on 23<sup>rd</sup> May 2025.

The Faculty was represented by Mr. V. Thanushiyan, Dr. N. Harishanth, and Ms. S. Dilakshi, who contributed to the seminar by providing academic and professional guidance to students and young participants from the district. The programme was designed to enhance career awareness and support informed decision-making among students



Women's Day Special Awareness Programme was held on 25.03.2025, with the participation of the staff of the Chief Secretary's Office, Eastern Province, Trincomalee. The programme aimed to enhance awareness and promote the importance of women's health, empowerment, and well-being. Programme was organized by the Department of Noinaadai Chikitsai, FSM.



On 10 October 2025, in celebration of Elders' Day 2025, the students of Professional III, Semester V (2020/2021 batch) visited St. Joseph's Elders' Home, Uppuveli. During the visit, the students assessed the challenges faced by the elders, conducted basic health screenings, and actively participated in recreational and cultural activities aimed at promoting the well-being and happiness of the residents.

Walk for Leprosy Day, organized on behalf of World Leprosy Day on 31st January 2025 by the Office of the Regional Director of Health Services, Trincomalee, in collaboration with the Department of Noinaadai Chikitsai, Faculty of Siddha Medicine, Eastern University Sri Lanka.


## Workshops & Seminars

The Workshop and Guest Lectures on Basic Varma Therapy and Siddha Surgical Management & Procedures, held from 24.02.2025 to 28.02.2025, were attended by BSMS students from the Trincomalee Campus and the University of Jaffna, along with medical doctors. The programme provided valuable academic exposure and practical insights into the fundamental principles and clinical applications of Varma therapy and Siddha surgical procedures.

Leprosy Awareness Programme & Seminar Organized on 26th January 2025 By - Office of the Regional Director of the Health Services, Trincomalee. Collaborate with Department of Noinaadal Chikitsai, Faculty of Siddha Medicine, Trincomalee Campus, Eastern University Sri Lanka.

### Workshop on Animal Handling and Ethical Considerations in Animal Study

**Workshop on Animal handling and ethical considerations in animal study**



**RESOURCE PERSONS**

- Dr. Mayuri Geethanjali Thammitiyagodage, Ph.D., MPhil, B.V.Sc
- Dr. Ramani Karunakaran, B.V.Sc, M.A. Public Administration


**20/12/2025 (Saturday)**

**08.30 am - 04.00 pm**

**Trincomalee Campus, EUSL**

**Target group**  
Students and Academic Staff / FSM

**Organised by**  
Department of Siddha Pharmacology,  
Faculty of Siddha Medicine,  
Trincomalee Campus, EUSL.



The Department of Gunapadam, Faculty of Siddha Medicine, Trincomalee Campus, Eastern University, Sri Lanka, organized a “Workshop on Animal Handling and Ethical Considerations in Animal Study” on Saturday, 20<sup>th</sup> December 2025, from 9.00 a.m. to 04.00 p.m.. The workshop was conducted at the Mini Auditorium, ITC Building, and the Animal Experimental Laboratory. The programme was facilitated by Dr. Mayuri Geethanjali Thammitiyagodage (Ph.D., MPhil, B.V.Sc.) and Dr. Ramani Karunakaran (BVSc, M.A. in Public Administration) as the resource persons. The workshop was designed for students and staff of the Faculty of Siddha Medicine (FSM), with the objective of enhancing knowledge and practical understanding of animal handling techniques and ethical principles in animal-based research.



## World Diabetes Day

The World Diabetes Day 2025 programme was organized by the Department of Noinaadal Chikitsai, Faculty of Siddha Medicine, Trincomalee Campus, Eastern University, Sri Lanka. The event was held on 14 November 2025 at the Mini Auditorium of the Trincomalee Campus. The programme aimed to raise awareness about diabetes and its prevention and management. It was attended by academic staff, non-academic staff, and students, providing an opportunity for participants to enhance their knowledge and understanding of diabetes and its impact on health.



**WORLD DIABETES DAY  
2025**

Join us in an awareness programme promoting holistic diabetes prevention and management through Siddha wisdom and modern insights. Your presence will inspire our efforts toward a healthier community lifestyle.

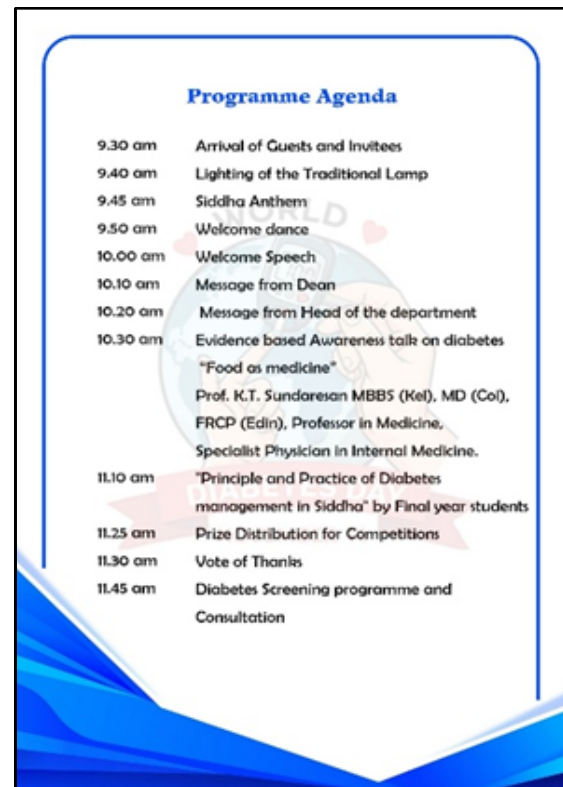
**Date: November 14<sup>th</sup>, 2025 at 9.30 am  
at Mini Auditorium**

**CHIEF GUEST**  
**Prof. K.T. Sundaresan**  
Rector, Trincomalee Campus  
Eastern University, Sri Lanka

**SPECIAL GUEST**  
**Dr. V. Anavarithan,**  
Dean,  
Faculty of Siddha Medicine,  
Trincomalee Campus,  
Eastern University, Sri Lanka.

**Dr. M.A. Nafeel,**  
Provincial Commissioner,  
Department of Indigenous Medicine, EP,  
Trincomalee.

**Organized by:**  
Department of Noinaadal Chikitsai,  
Faculty of Siddha Medicine,  
Trincomalee Campus,  
Eastern University,  
Sri Lanka



**Programme Agenda**

9.30 am	Arrival of Guests and Invitees
9.40 am	Lighting of the Traditional Lamp
9.45 am	Siddha Anthem
9.50 am	Welcome dance
10.00 am	Welcome Speech
10.10 am	Message from Dean
10.20 am	Message from Head of the department
10.30 am	Evidence based Awareness talk on diabetes "Food as medicine" Prof. K.T. Sundaresan MBBS (Kel), MD (Co), FRCP (Edin), Professor in Medicine, Specialist Physician in Internal Medicine.
11.10 am	"Principle and Practice of Diabetes management in Siddha" by Final year students
11.25 am	Prize Distribution for Competitions
11.30 am	Vote of Thanks
11.45 am	Diabetes Screening programme and Consultation



## Student Achievements

N. Thiviyarul and K. Vidya Dharshini presented a research study titled “In-Vitro Anti-Urolithiatic Activity of a Bi-Herbal Formulation: Amaranthus caudatus L. and Piper nigrum L.” at the 3rd International Research Symposium on Multidisciplinary Approaches in Indigenous Knowledge Systems (IRSIKS 2025), Sri Lanka, held in March 2025. The study received the **Student Best Award** in recognition of its outstanding research contribution.



M. A. Chamoshi Weerasinghe of the 2019/2020 batch secured **First Place** in the Women’s Championship at the Trinco Open Chess Tournament 2025, held on 24<sup>th</sup> August 2025 at Orr's Hill Vivekananda College. The tournament was organized by Trinco Chess Academy. This achievement reflects her dedication, skill, and excellence in the field of chess.



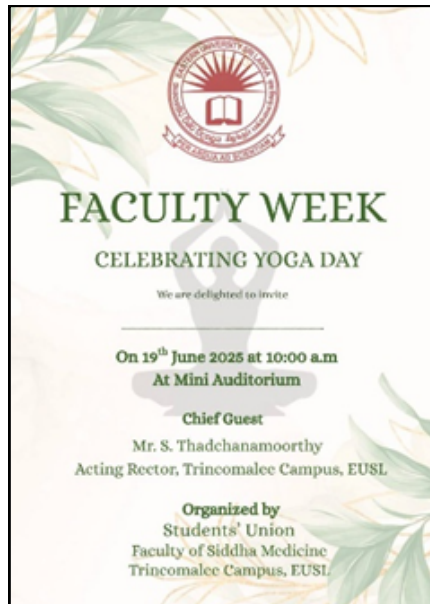
## Student Union Activities

The Tree Planting Programme was held on 14th June 2025 to mark the Faculty Week, organized by the Student Union of the Faculty of Siddha Medicine. The event aimed to promote environmental awareness and sustainability among students and staff. As part of the Faculty Week celebrations, participants actively engaged in planting trees within the faculty premises, contributing to the creation of a greener and healthier environment.



To mark the Faculty Week celebrations, the International Yoga Day programme was held on 19th June 2025, organized by the Student Union of the Faculty of Siddha Medicine. The event highlighted the importance of yoga in promoting physical health, mental well-being, and holistic living. Students and staff actively participated in the programme, making it a meaningful part of the Faculty Week activities.





Time	Programme
10.00 am	Arrival of Guests and Invitees
10.10 am	Lighting of the Traditional Oil Lamp
10.15 am	Siddha Anthem Batch of 2018/2019 Faculty of Siddha Medicine
10.20 am	Welcome dance Miss.K.Pavithra & Miss. S.Kirushaline Batch of 2020/2022 Faculty of Siddha Medicine
10.30 am	Welcome Address Miss.M.Pakshana Batch of 2020/2021 Faculty of Siddha Medicine
10.40 am	Address by Dean Faculty of Siddha Medicine Dr. V. Anavathan
10.50am	Yoga Performance Batch of 2021/2022 Faculty of Siddha Medicine
11.00 am	News letter launching
11.20 am	Address by Chief Guest Mr. S. Thadchanamoorthy Acting Rector, Trincomalee Campus, EUSL
11.30 am	Vote of Thanks Mr.B.Sujanthan Batch of 2018/2019 Faculty of Siddha Medicine

The Navaraththiri Pooja, Vijayathasami, and Annathanam programme was held from 21<sup>st</sup> September 2025 to 7<sup>th</sup> October 2025, organized by the Student Union of the Faculty of Siddha Medicine. The event was conducted with great devotion and participation, marking the spiritual significance of the Navaraththiri festival. Culminating in the celebration of Vijayathasami and the distribution of Annathanam (food offering) to staff & student of TC, EUSL. The programme fostered spiritual harmony and active involvement among students and staff of the faculty



A discussion on the Internship and Systemic Issues of Indigenous Medical Graduates with the Honorable Deputy Minister, Ministry of Education, Higher Education and Vocational Education, was held on 8<sup>th</sup> November 2025 at the Ministry of Education and Higher Education and Vocational Education. The meeting was attended by the Rector / Trincomalee Campus, Prof. N. Varnakulendran, Professor in Siddha Medicine at the Faculty of Siddha Medicine, Trincomalee Campus, Eastern University, Sri Lanka, and the President and Secretary of the Student Union of the Faculty of Siddha Medicine. The discussion focused on addressing challenges related to internship opportunities and systemic issues faced by Indigenous Medical graduates, with the aim of identifying possible solutions and improving professional pathways for graduates.



## Surya Namaskaram



Surya Namaskaram, also known as Sun Salutation, is a traditional yoga practice that combines movement, breath and mindfulness. This 12-step sequence is a holistic approach to physical, mental and spiritual well-being. Start with 3-4 rounds and aim to practice for 5-10 minutes. The best time to practice Surya Namaskaram is in the morning, facing the rising sun. By incorporating Surya Namaskaram into our daily routine, we can experience a range of benefits that enhance our overall quality of life. The medical benefits of Surya Namaskaram include improved cardiovascular health, reduced stress and anxiety and enhanced immune function. It also stimulates the endocrine system, promoting hormonal balance and overall physiological well-being. Regular practice can help alleviate symptoms of chronic diseases such as diabetes, hypertension and obesity. The reasoning behind Surya Namaskaram's effectiveness lies in its holistic approach. By synchronizing breath with movement, it calms the nervous system, reduces inflammation and promotes relaxation.

The 12-step sequence of Surya Namaskaram is as follows,

1. Pranamasanam (Prayer Pose) : Stand tall, palms together and exhale.
2. Hasta Uttanasanam (Raised Arms Pose) : Lift arms up and back and inhale.
3. Padahastasanam (Standing Forward Bend) : Bend forward, touch toes and exhale.
4. Ashwa Sanchalanasanam (Equestrian Pose) : One leg back, look up and inhale.
5. Dandasanam (Plank Pose) : Straight line with both legs back and hold breath.
6. Ashtanga Namaskaram (Eight-Point Salute) : Knees, chest, chin touch floor and exhale.
7. Bhujangasanam (Cobra Pose) : Lift chest up and inhale.
8. Parvatasanam (Mountain Pose) : Lift hips, form inverted "V" and exhale.
9. Ashwa Sanchalanasanam : Bring one foot forward and inhale.
10. Padahastasanam : Bring other foot forward, bend down and exhale.
11. Hasta Uttanasanam : Rise up, arms overhead and inhale.
12. Pranamasanam : Return to prayer pose and exhale



Dr. M. Shankeerna  
Lecturer (Prob), DNC, FSM,  
TC, EU SL

# 25th Faculty Board Meeting

## 30.10.2025



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

25<sup>TH</sup> FACULTY BOARD MEETING - 30.10.2025



**Standing (Left to Right):** Mr. M. N. M. Shakoor - Convener of the FB, Dr. (Mrs). S. Sivapathis - Snr. Lect. (Gr. II), Dr. (Mrs). S. Sivatheepan - Snr. Lect. (Gr. II), Dr. (Mrs.) B. Mithurendran - Snr. Lect. (Gr. II), Dr. N. Harishanth - Lect. (Prob.), Dr. (Mrs.) S. Janani - Snr. Lect. (Gr. II), Dr. (Ms.) K. Vidya dharshini - Snr. Lect. (Gr. I), Dr. R. Piratheepkumar - Lect. (Conf.), Mr. O. D. Hettiarachchi - Student Representative, Mr. M. N. M. V. Reem - Student Representative

**Sitting (Left to Right):** Dr. (Mrs.) R. Srithar - External Appointed Member, Dr. (Mrs.) B. Uthayanan - Head/DNC, Prof. N. Varnakulendran - Head/DGP, Dr. V. Anavarathan - Dean/FSM, Dr. S. Ushakanthan - Head/DMT, Dr. (Mrs.) V. Paheerathan - Snr. Lect. (Gr. I), Prof. R. Sivakanesan - External Appointed Member, Dr. A. Manoraj - External Appointed Member



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