



**DEPARTMENT OF BIOMEDICAL SCIENCE  
BHARATHIDASAN UNIVERSITY  
TIRUCHIRAPPALLI- 620024**

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***REPORT ON***

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***9<sup>th</sup> SIDDHA DAY CELEBRATION***

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*Organized by*

**Indian Medicine and Homoeopathy Department, Tiruchirappalli District  
In association with Bharathidasan University, Tiruchirappalli**

**Theme:** Siddha System for Global Health

**Date :** 06.01.2026

**Time :** 10.15 a.m.

**Venue :** AC Auditorium, Bharathidasan University

**1. Introduction:**

The 9<sup>th</sup> Siddha Day Celebration was successfully organized by the Indian Medicine and Homoeopathy Department, Tiruchirappalli District, in collaboration with Bharathidasan University, on 6<sup>th</sup> January 2026 at the AC Auditorium of Bharathidasan University. Siddha Day is celebrated annually to commemorate the birth of Siddhar Agathiyar, the foremost sage of the Siddha system of medicine and the '**Father of Siddha Medicine**' by the Ministry of **AYUSH** during the Aayilyam star in the Tamil month of Margazhi. The celebration aims to highlight the scientific significance, global relevance, and holistic approach of Siddha medicine in promoting health and wellness.

The theme for this year, "**Siddha System for Global Health**," emphasized the role of Siddha medicine in addressing modern health challenges through natural remedies, preventive healthcare, and lifestyle management.

## **2. Inaugural Session:**

The programme commenced at 10.15 a.m. with the Inauguration Ceremony. The inaugural session set a dignified tone for the event and witnessed the participation of eminent academicians, Siddha medical professionals, and students.

The Welcome Address was delivered by **Dr. Kalpana MD (Siddha)**, Assistant Medical Officer, Government Hospital, Mannaparai. In her address, she highlighted the historical significance of Siddha medicine, its contribution to public health, and the need to create awareness among the younger generation regarding traditional systems of medicine.

The Felicitations Address was given by **Prof. G. Mathan**, Head, Department of Biomedical Science, Bharathidasan University. He emphasized the importance of integrating traditional knowledge systems such as Siddha medicine with modern scientific research and academic curricula to promote holistic healthcare.

The Presidential Address was delivered by **Prof. V. Rajesh Kannan**, Member, Vice-Chancellor Committee, Bharathidasan University. In his address, he spoke about the global acceptance of Indian systems of medicine and the potential of Siddha medicine to contribute significantly to global health through evidence-based practices and research.

## **3. Scientific Sessions:**

The programme continued with a series of scientific and academic sessions aimed at enhancing knowledge and awareness about Siddha medicine.

### **Scientific Session I**

The first scientific session, led by **Dr. S. Sabarinathan, MD (Siddha)**, focused on the vital role of **Lifestyle Management within the Siddha system**. Dr. Sabarinathan detailed the relevance of Humoral Theory (balancing Vatham, Pitham, and Kapham), preventive medicine, and the efficacy of natural healing in modern healthcare. The expert highlighted the urgent need for the **younger generation** to adopt these traditional lifestyle practices to combat contemporary health issues and preserve long-term well-being.

## **Tea Break**

During the Siddha Day celebrations, a tea break was arranged in alignment with the theme of traditional health practices. Only healthy refreshments were served, such as Sukku mali coffee, Kondakadalai sundal, and Thinai halwa. The choice of snacks thoughtfully reflected the principles of Siddha medicine, highlighting the organizers' awareness and commitment to promoting natural and nutritious food habits.

## **Scientific Session II:**

The second scientific session was conducted by **Dr. S. Kanimozhi, MD (Siddha)**, who provided a detailed analysis of **Pharmacovigilance, the science of detecting, assessing, and preventing adverse effects within the context of the Siddha system of medicine**.

As traditional medicine gains global footprint, Dr. Kanimozhi emphasized that maintaining a robust safety monitoring system is no longer optional, but a necessity for clinical credibility.

## **Scientific Session III:**

The third scientific session, presented by **Dr. Sangeetha, MD (Siddha)**, offered a specialized look into the **Common health problems prevalent in adult age**. Her presentation focused on how the transition into middle adulthood often brings a shift in the body's internal balance, leading to various lifestyle and metabolic disorders.

Dr. Sangeetha utilized Siddha diagnostics to explain why the "working age" population is increasingly susceptible to chronic ailments and how traditional interventions can provide a sustainable cure.

## **4. Interaction with Students:**

At 12.45 p.m., an interactive session with students was conducted. This session provided an excellent platform for students of Bharathidasan University to interact directly with Siddha medical experts. Students actively participated by asking questions related to Siddha lifestyle practices, career opportunities in Siddha medicine, and its integration with modern biomedical sciences. The interaction enhanced students' understanding and appreciation of traditional medical systems.

## **5. Participation and Exhibitions:**

The programme witnessed the active participation of Government Siddha Medical Officers from Tiruchirappalli, Karur, Ariyalur, and Perambalur Districts, along with faculty members and students of Bharathidasan University. As part of the celebrations, an exhibition on Siddha medicine was organized by the Government Siddha doctors. The exhibition showcased medicinal herbs, Siddha formulations, diagnostic tools, and informative charts highlighting the principles and applications of Siddha medicine. The exhibition attracted keen interest from students and participants, serving as an effective educational component of the programme.

## **6. Competition for students:**

In commemoration of **Siddha Day**, a university-wide writing competition was organized, inviting students to reflect on the theme "**Siddha System for Global Health.**" The event drew an enthusiastic response, with participants from diverse academic departments submitting insightful entries in both Tamil and English. The competition served as a platform for students to articulate how ancient Siddha principles such as holistic healing, personalized nutrition, and environmental harmony can address contemporary global health challenges.

### **Award Winners**

The entries were evaluated based on their depth of research, clarity of thought, and alignment with the theme. The following students were recognized for their outstanding contributions:

- **First Prize:** Ms. R. Akshaya (III Year), Department of Biomedical Science
- **Second Prize:** Ms. K. Kamalika (Department of Botany)
- **Third Prize:** B. Bhuvaneshwaran (I Year), Department of Biomedical Science

## **7. Vote of Thanks:**

The programme concluded with the Vote of Thanks proposed by **Dr. Raja Rajeswari, Assistant Siddha Medical Officer.** She expressed gratitude to the chief guests, organizers, speakers, Siddha medical officers, university authorities, faculty members, and students for their wholehearted support and participation, which contributed to the grand success of the event.

## **8. Conclusion:**

The 9<sup>th</sup> Siddha Day Celebration was highly informative and successful, reinforcing the importance of Siddha medicine as a valuable traditional healthcare system with global relevance. The event effectively created awareness about Siddha principles, promoted scientific dialogue, and encouraged students to explore traditional medicine systems alongside modern biomedical sciences. The collaboration between the Indian Medicine and Homoeopathy Department and Bharathidasan University played a significant role in making the programme meaningful and impactful.

# Photo Gallery



**INDIAN MEDICINE & HOMOEOPATHY DEPARTMENT  
IN ASSOCIATION WITH BHARATHIDASAN UNIVERSITY  
TRICHY DISTRICT**

## 9<sup>th</sup> SIDDHA DAY

Theme : Siddha for Global Health

6th Jan 2026 (10:15 AM) - AC Auditorium, Bharathidasan University

Welcome Address : <b>Dr. M. VATHSALA</b> District Siddha Medical Officer Trichy, Karur, Ariyalur and Perambalur Districts	Felicitation Address : <b>Prof. R. KALIDASAN</b> Registrar Bharathidasan University	Presidential Address : <b>Prof. V. RAJESH KANNAN</b> Member Vice Chancellor Committee, Bharathidasan university	Program Schedule : 10.45 AM - Scientific Session 1 11.30 AM - Tea Break 11.45 AM - Scientific Session 2 12.30 PM - Interaction with Students	Vote of Thanks : <b>Dr. V. RAJA RAJESWARI</b> Asst. Siddha Medical Officer
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**GOVERNMENT SIDDHA MEDICAL OFFICERS - TRICHY**

# 9<sup>th</sup> SIDDHA DAY CELEBRATION









# EXHIBITION





INDIAN MEDICINE AND HOMOEOPATHY DEPARTMENT  
IN ASSOCIATION WITH BHARATHIDASAN UNIVERSITY  
TRICHY DISTRICT



## 9th SIDDHA DAY : 06/01/2026

### *Writing Competition Winners*



THEME : SIDDHA FOR GLOBAL HEALTH

**K.KAMALIKA**  
MSC BOTANY

**R.AKSHAYA**  
BIO MEDICAL SCIENCE

**B.BHUVANESHWARAN**  
BIO MEDICAL SCIENCE



**2**

**1**

**3**



WINNERS WILL BE  
HONOURED BY

**Prof. V. RAJESH KANNAN**  
MEMBER, VICE CHANCELLOR  
COMMITTEE,  
BHARATHIDASAN UNIVERSITY,  
TRICHY.



