



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

REPORT ON

9th SIDDHA DAY CELEBRATION

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 9th Siddha Day Celebration was successfully organized by the Indian Medicine and Homoeopathy Department, Tiruchirappalli District, in collaboration with Bharathidasan University, on 6th 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 malli 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 9th 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**



9th SIDDHA DAY

Theme : Siddha for Global Health

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

Welcome Address :

Dr. M. VATHSALA

District Siddha Medical Officer
Trichy, Karur, Ariyalur and
Perambalur Districts

Felicitation Address :

Prof. **R. KALIDASAN**

Registrar
Bharathidasan University

Presidential Address :

Prof. **V. RAJESH KANNAN**

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 :

Dr. V. RAJA RAJESWARI

Asst. Siddha Medical Officer

GOVERNMENT SIDDHA MEDICAL OFFICERS - TRICHY



9th 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



WINNERS WILL BE
HONOURED BY

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

2

1

3



