

January to June 2019, Issue 03



# Newsletter

Half Yearly Newsletter from the Unit of Siddha Medicine, University of Jaffna



## Editorial Board 2019

Dr.(Mrs.)Thayalini Thileepan

Dr.(Mrs.) Vidhya Milano Prasad

Dr. (Mrs.) Rajeetha Miraaj

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# Activities by the Unit

## Book publication

Book launching under the titled of “ சித்த மருத்துவத்தின் தொன்மையை வெளிக்கொண்டுவரும் நூல்கள்” two siddha books were published by Dr.(Mrs.)T.Thileepan and other three Siddha Medical officers on 03.01.2019. Prof.R.Vigneshwaran, Dr.(Mrs.) M.C.Srikanthan, Dr.(Mrs.)V.Pakeerathan were participated in the book launching.





## Established Research Laboratory at New Building



Research laboratory with equipments was established in the first floor of new building on seventh of February 2019. This laboratory is used for carrying the research work by the students and staff

## Orientation

The orientation programme for the 2017/2018 academic year was commenced on Monday, 11th of February 2019.



## Purchase of new land

The new land (35 Larchams) was purchased by the Jaffna University fund for the Unit of Siddha Medicine on May 2019. The land was cleaned and allowed it to the students usage as ground until the building has to be build.



## SER writing PR

A committee for nominated to draft the SER report for Siddha Medicine programme review. All academic staff are involving in the writing part of PR.



## Seminar on non communicable diseases- by Dr.P.Selva shanmugam

A seminar on the non-communicable diseases was organized by Government Siddha Medical Officers Union, Sri Lanka on 13th March 2019 from 1.00 pm to 4.00 pm at Auditorium, Unit of Siddha Medicine, University of Jaffna. Dr. Selvaa Shanmugam, MD (Siddha), PhD, India has been invited as a resource person to conduct seminar.



## Convocation



The 34<sup>th</sup> Annual Convocation of University of Jaffna for the 29<sup>th</sup> Batch of Bachelor of Siddha Medicine and Surgery (BSMS) Graduates was held on 22nd January 2019 at Kailasapathy Auditorium, University of Jaffna. The Academic Staff, Academic supporting Staff, and BSMS Students had participated in the convocation



## Discussion of diploma in Yoga

Discussion on the curriculum of diploma of yoga was held at Unit of Siddha Medicine. All the academic staff discussed it with the one of the resource person Dr.(Mrs.) B.Ahilan



## Other Activities By The Staff

### Post Graduate Institute of Indigenous Medicine to establish MD curriculum.

Academic staff contributed to establish MD course at PGIIM. The Board of Study of Siddha Medicine for MD was formed at Post Graduate Institute of Indigenous Medicine (PGIIM), University of Colombo. The 1st Board Meeting was held on 25<sup>th</sup> February 2018. The following Senior Academic Staff were appointed as members of the Board of Study of Siddha Medicine for 3 years from February 2019, Dr. (Mrs.) V. Sathiyaseelan, Dr. (Mrs.) S. Pancharajah, Dr. (Mrs.) T. Kumutharanjan, Dr. S. Sivashanmugarajah, Dr. (Mrs.) A. Sritharan, Dr. (Mrs.) T. Thileepan, Dr. (Mrs) K. Sounthararajan. The 1<sup>st</sup> Board of Study of Siddha Medicine meeting was held on 1st March 2019 at UGC, Colombo. The subspeciality boards also formed to establish MD in Gunapadam and Siddha Maruthuvam. Other monthly meetings was held at Nawinna, Ayurveda, Borella hospital.

### Workshop on psycho-social intervention

Dr. (Mrs.) A. Sritharan, Dr. (Mrs) K. Sounthararajan, Dr. (Ms.) V.Sanmugarajah and Dr. (Mrs.) Rajeetha Miraaj were participated in the Workshop on Psycho-social Intervention was organized by the Well being center, University of Jaffna on 12<sup>th</sup> June 2019 from 9.00 am to 4.00 pm at the Staff Development Center, University of Jaffna

### Workshop for the Self Evaluation Report (SER) Writing for Programme Reviews in State Universities 2019

The nominated five Senior Lectures of Unit of Siddha Medicine are going to participate the above mentioned workshop which will be held on 22<sup>nd</sup> January 2019 at the Auditorium of UGC, Ward Place, Colombo.

## JSA Quiz

The following academic staff conducted quiz exam to the school students of Northern Province. Dr.T.Vijayakumar, Dr.(Mrs.)Vidhya Milano Prasad and Dr.(Mrs.)Rajeetha Miraaj as the members and Dr.(Mrs.)Thayalini Thileeban as the chairperson for section C of the JSA. Written question paper and oral quiz were conducted. Written Questions were prepared and conducted in three centers (Jaffna University, Mannar and Mankulam) on 2<sup>nd</sup> January 2019. For the selected candidates, final oral quiz was conducted in the University of Jaffna on 11<sup>th</sup> April 2019.



## ACTIVITIES BY THE DEPARTMENTS

### Department of Gunapadam

#### Workshop for world diabetic day

Workshop for world diabetic day was organized by the proposed department of Gunapadam on 9<sup>th</sup> January 2019 from 9.00 am to 12.00p.m at Chavakachcheri DS office. Fourth BSMS students have prepared and displayed traditional healthy foods for diabetic patients. Clear explanation was given about the management of diabetic. Yoga show was also performed to create awareness for the prevention of diabetic. Around 250 staff and public were benefited through this workshop.





## School students visited to the Herbal Garden

J/Point Pedro Methodist Girls High School students visited the herbal garden, herbarium section and marunthu seimuraiyiyal laboratory of proposed department of Gunapadam on 12<sup>th</sup> February 2019 from 10.00a.m to 2.00p.m

Around 200 students and six teachers obtained knowledge regarding the importance of medicinal plants. Herbal porridge was also provided to all participants.



## Awareness program and Yoga demonstration for non-communicable disease

Awareness program and Yoga demonstration for non –communicable disease was organized by community medicine section of Gunapadam department at Thurkadevi rural Siddha Hospital, Tellipalai on 27<sup>th</sup> February 2019 as per the request of public health medical officer for the public.

## Field visits for 2<sup>nd</sup> BSMS students

Gunapadam department has arranged the field visit for the second BSMS students, according to the curriculum, at Mannithalichi in Poonagari, a coastal area and Kiranchi in Kilinochchi district, an forest area, where students gained knowledge in the identification of significant number of different rare and scare species of medicinal plants including big trees and lianas.





## Healthy food habits and traditional food exhibition

Dr.(Mrs.)Vidhya Milano Prasad, from department of Gunapadam has been invited as a resource person for the program “healthy food habits and traditional food” conducted by Divisional Secretariat, Jaffna for the traditional food week, held at divisional secretariat office, old park road, Jaffna, on 30th April 2019.



## Vannerikulam Elders Home Visit

Gunapadam department has arranged a community based program for the 4<sup>th</sup> BSMS community medicine students at Vannerikulam Elders home to create awareness on the communicable and non-communicable disease for elders and the preventive aspect, in corporate with Department of Indigenous Medicine, Northern Province, District Siddha Hospital, Kilinochchi for the management of disease.

## Educational tour

Educational tour was arranged for 2<sup>nd</sup> BSMS students from 26.06.2019 to 01.07.2019 for the following places: Government herbal Garden Nawinna Maharagamme under the administration of BMARI. Government Herbal Garden at Pinnathuwa, Government Herbal Garden, Haalthumulla and Government Herbal Garden at Paddipola. The students were guided by the senior lecturer Dr.(Mrs.), V. Sathiyaseelan, Dr.T.Vijayakumar(Lecturer) and Dr.(Miss.)Kokilavasini(Demonstrator). The





knowledge and skill for the identification of red listed, critically endangered, rare, economically viable medicinal plants and about tissue culture, cultivation and collecting techniques of parts of medicinal plants, seed banks, preparation of nurseries, storage and packing technique of plant parts were gained from the above mentioned herbal gardens.

## Department of Virana chikitchai



The clinical lectures at Gampaha Wikiramararaichi Ayurveda Institute, Jakala for Aruvai Maruthuvam was arranged by Dr. (Mrs.) S. Pancharajah for the final BSMS students (30<sup>th</sup> Batch) from 28.01.2019 to 01.02.2019. This lecture was conducted by Dr A.A Pushpakumara.





## Yoga program for nasal disease

Dr.(Mrs.)K.Elilini was invited by the co-ordinator of Department of Viranachikitchai Dr.(Mrs.) T.Thileepan to demonstrate yoga technique in the treatment of nasal diseases held at Auditorium of Siddha Medicine. Many Siddha Medical officers, Students and lecturers were benefitted through this program



## Department of Kuzhanthai and Mahalir Maruthuvam

Free Medical camps for Kuzhanthai Maruthuvam were arranged by Dr.(Mrs.)T.Kumutharanjan for the 4<sup>th</sup> BSMS students from 4<sup>th</sup> to 7<sup>th</sup> February 2019 at Thigana, Matale and Kandy and on 13<sup>th</sup> January 2.10.19 at Nelliady







Ante Natal clinic for Mahapettiyal was arranged by Dr.(Mrs.)S.Pancharajah for the Final BSMS studens on 4<sup>th</sup> March 2019 at Valalai with the help of MOH Kopay. Dr. (Mrs.).G.Bhavani (VOG) demonstrated the case.ANC for Mahapettiyal was arranged for the Final BSMS students on 11<sup>th</sup> April 2019 at Achcheelu. Dr. (Mrs.) S. Pancharajah and MOH Kopay were demonstrated the cases and on 18<sup>th</sup> April 2019 at vatharawatha. Dr. (Mrs.) G.Bavani (VOG) demonstrated the cases

## SMSA ACTIVITIES

### Siddha Medicine Student's Achievments in sports

Inter faculty open tournament was held on 24<sup>th</sup> February 2019

Players name list who won places in the Inter faculty open tournaments

EVENTS	PLAYERS NAME	PLACE
Weight lifting	M. Brintha(31st BSMS)	2nd place
carrom single	Kuvethini(33rd BSMS)	2nd place
carrom double	Mariyal Victor and M.M.M. Hassan (30th BSMS)	1 <sup>st</sup> place
carrom mixed double	Kuvethini(33rd BSMS) and M.M.M.Hassan (30th BSMS)	1 <sup>st</sup> place
Karate kumite	S.Quenthan(31st BSMS)	2nd place
Karate kata	S.Quenthan(31st BSMS)	3rd place





Annual Inter Faculty Track & Field Championship 2019 held on 22<sup>nd</sup> of June 2019-1.00 pm to 6.00 pm and 23<sup>rd</sup> of June 2019 - 8.00 am to 6.00pm at Jaffna University Play Ground.

All the faculties takes part in the annual inter faculty track and field championship and our unit of siddha medicine also participated and all the students actively participated and won many places.





Got 5<sup>th</sup> place in annual inter faculty track and field championship. Name list of players who have participated in the inter faculty meet is given bellow.

Events	Name of the Players
Javelin throw	Mr.Mithurshan, Mr.Nerujn, Mr.Anfas
Triple jump	Miss.Thujeeba Miss. Keerthika, Miss.kasthoori
Pole vault	Mr.M.Rishard, Mr.sanjayan
Javelin throw	Miss. Rebeka, Miss. Sharuka
Shot put	Mr.T.Mithurshan, Mr.Anfas, Mr.Nerujn
Longjump	Miss.Krishanthini, Miss.Nirubashini, Miss.Thanushalini
Discus Throw	Miss.K.Thranika, Miss.Rebeka, Miss.Thujani
100m (men)	Mr. Kubenthira
100m (women)	Miss.Jerine Monisha Thuram
4*100m men's team	Mr.Eugin, Mr.Anfas, Mr.Nerujn, Mr.kubenthira
4*400m relay(women)	Miss.Kasthori, Miss.thujeea, Miss. rathika
200m (men)	Mr.V. Somesh
200m (women)	Miss.Dulanjani, Miss.Rajeenthini MissThanushalini
100m hurdles	Miss.k.Yamini
Hockey	USM Team
Carom(womens)	
Carom (mens)	
Badminton	USM Team
Basketball	USM Team
Netball	USM Team
Table tennis doubles(womens)	
volleyball	USM Team

## Siddha Medical Students' Association Functions

### Thai Pongal Festival



## Charity Work of Students

On 20<sup>th</sup> January 2019 our Siddha Medical Students' Association was aided stationery pack worth Rs.50,000 for thirty students of Mu/ Olumadu Tamil Maha vidyalaya who were affected by flood.



## SIVARAATHIRI POOJA

Sivaraathiri pooja was organized by Siddha Medical Students' Association at Thiruvassagam Manimandabam , Navatkuli on 4<sup>th</sup> March 2019.

## PANKUNI THINKAL POOJAI

Madduvil Panrithalaichi Amman kovil Panguni thinkal poojai was organised and celebrated grandly by Siddha Medical Students' Association on 8<sup>th</sup> April 2016.





## MEDICAL COAT WITH UNIVERSITY EMBLEM

According to the request of our Siddha Medical Students' Association permission was granted on 24<sup>th</sup> May by the Senet to imprint the university emblem on our medical coat.



## ANNUAL IFTHAR FUNCTION

Annual Ifthar function was organised by our Siddha Medical Students' Association and it was held on 30<sup>th</sup> May at our unit with the participation of all the students and lecturers.



Please send your feedback and comments to Dr. (Mrs.) T. Thayalini e-mail: [tthayalini@univ.jfn.ac.lk](mailto:tthayalini@univ.jfn.ac.lk)

In non-alcoholic steatohepatitis (NASH)...

# Liv.52 DS (TABLET)

Unparalleled in liver care

## Established efficacy and safety in NASH

- Significant reduction in symptoms such as nausea and vomiting
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- Near-normal liver architecture after the treatment-proven by ultrasonography
- 100% overall improvement in signs and symptoms compared with baseline values

## Dosage

Initially, 2 tablets twice daily, followed by 1 tablet twice daily



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