



**SCHOOL OF PHARMACY**  
**(SCHOOL OF HEALTH AND ALLIED SCIENCE)**  
**CIRCULAR**

No: AJU/SOHAS/004/23

Date 07.01.2023

It is hereby notified to all the students and faculty members that School of Pharmacy will organise a seminar on the theme "Siddha Diet and Nutrition for Healthy Life" on the eve of celebration of 6<sup>th</sup> Siddha Day on 9<sup>th</sup> January 2023 at 2:30 PM. Students are herewith notified to participate the seminar.

Dean  
Dean  
School of Pharmacy  
School of Pharmacy  
Jharkhand

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**Report on Seminar on "Siddha Diet and Nutrition for Healthy Life"**  
**On the eve of celebration of 6<sup>TH</sup> Siddha Day**  
**Held on – 18/01/2023**

<b>Date of Event</b>	<b>18.01.2023</b>
<b>Name of the Event</b>	<b>Seminar on "Siddha Diet and Nutrition for Healthy Life" On the eve of celebration of 6<sup>TH</sup> SIDDHA DAY</b>
<b>Type of the Event</b>	<b>Technical Skill Development/ Awareness of Trends in Technology</b>
<b>Conducted by</b>	<b>School of Pharmacy</b>
<b>No. Of Participants</b>	<b>30</b>

**OBJECTIVE:** To understand the earliest traditional medicine systems in the world which treats not only the body but also the mind and the soul and also to aware others. The word Siddha has its origin in the Tamil word Siddhi which means "an object to be attained" or "perfection" or "heavenly bliss".

**DETAILS:** In the direction of Ministry of Education and University Grant Commission School of Pharmacy conducted a seminar on the title "Siddha Diet and Nutrition for Healthy Life" on the eve of celebration of 6<sup>TH</sup> Siddha Day at University campus on 9<sup>th</sup> January 2023. Dr. Jyotirmaya Sahoo the Dean of School of Pharmacy memorizes the contribution of Siddhar Agathiyar the father of Siddha Medicine and explained the vital role of food for health. Food has given more importance in siddha system of medicine. There is a very good saying that eat right for your body type. The major humours that exist within every organism is cough, bile and air. It is necessary to take a look at how this applies to diet and establishes eating principles for each constitution type. The goal is to create balance in your body, which will help to maximize your overall health. It is necessary to remember that you are not what you EAT, you are what you DIGEST, You can have the "healthiest" food in the world, but if you aren't digesting it properly, it is doing nothing more than keeping your intestines working.

**Guide for food to the people suffering from BataDosha**

- 1-Eat cooked food
- 2-Taking food by seating
- 3-Regular meal times

**Guide for food to the people suffering from PittaDosha**

- 1- Eat cooling or warm foods (not spicy)
- 2- Avoid red meat

**Guide for food to the people suffering from KaphaDosha**

- 1- Don't take food if no hunger
- 2- Cooked food is advisable
- 3- No snacking food is advisable

Students also participated and share information relevant to the topic. Dr. Shweta coordinated the event and Mr. Asutosh, Mr. Pradeep, Mr. Barun, Mr. Dusmant and Mr. Rashmi Ranjan, Miss Pratikshya and Miss Ankita assisted to conduct the seminar smoothly.

**OUTCOMES:** Pancha-bootham (Five basic elements), 96 Thathuvas, (Factors), Mukkuttram (3 humours) and Arusuvai (6 tastes). Modes of siddha treatment include 32 types of internal medicines and 32 types of external applications. Herbal drugs are given in the forms like choornam, Leghiyam, Mathirai, thylam and mineral preparations etc. External methods like massage and surgical methods like leech therapy and karanool (medicated thread) therapy are also used for treating piles and fistula. Main outcome is depending upon the medicine there are some diet restrictions. For instance, food with sour taste, sea food and non- vegetarian should be avoided while taking metallic and arsenic derived preparations.



**ARKA JAIN**  
**University**  
Jharkhand

## Poster of the Event



**ARKA JAIN**  
**University**  
Jharkhand

**School of Pharmacy**  
(School of Health and Allied Science)

Organizes a Seminar

# **SIDDHA DIET AND NUTRITION FOR HEALTHY LIFE**

On the eve of celebration of  
**6TH SIDDHA DAY**

**Jan 9th, 2023**

Time : 2:30 PM onwards  
Venue : Sushruta  
A Life Skill Development Program



[www.arkajainuniversity.ac.in](http://www.arkajainuniversity.ac.in)

Toll Free : 1800-1200-200



## Photos of the Event



Dr Shweta Coordinator of the Seminar addressing the gatherings





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Student Participants at the seminar



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Srishti Shreya anchoring the seminar





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Prabhjott Kaur sharing the information regarding Siddha Diet and Nutrition for Healthy Life





Sumant Thakur sharing the information with the gatherings



## Students' Attendance

**JGI** | ARKA JAIN University  
Jharkhand

SCHOOL OF PHARMACY  
Event Registration cum  
Attendance Form

Name of the Event: Siddha Diet and Nutrition for Healthy Life Date of the Event: 09.01.2023 to 09.01.2023

Sl. No.	Name of the Candidate	Enrolment No.	Signature of the Candidate	How would you like this session/event						The speaker explained the topic clearly		Would you like to attend this type of event/session in future		Attendance						
				E	V	G	A	P	Y	N	Y	N	Y	N	D1	D2	D3	D4	D5	D6
1	Sumant Thakur	AJU/210240	<i>Sumant Thakur</i>	✓						✓			✓							
2	Anyali Sahu	AJU/210264	<i>Anyali Sahu</i>	✓						✓			✓							
3	Prachi Mahato	AJU/210203	<i>Prachi Mahato</i>	✓						✓			✓							
4	Rushika Roy	AJU/211201	<i>Rushika Roy</i>	✓						✓			✓							
5	Annu Sharma	AJU/210289	<i>Annu Sharma</i>		✓					✓			✓							
6	Neha Kani Mahato	AJU/210274	<i>Neha Kani Mahato</i>		✓					✓			✓							
7	Samiksha Manki	AJU/210417	<i>Samiksha Manki</i>	✓						✓			✓							
8	Rushi Kumari	AJU/210330	<i>Rushi Kumari</i>	✓						✓			✓							
9	Sagar Kumar	AJU/210317	<i>Sagar Kumar</i>	✓						✓			✓							
10	Deeptak Kumar	AJU/210367	<i>Deeptak Kumar</i>	✓						✓			✓							

\*E-Excellent, V-Very good, G-good, A-Average, P-Poor

*[Signature]*  
Dean  
School of Pharmacy  
ARKA JAIN University, Jharkhand

*[Signature]*  
Signature of the Event Coordinator

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Jharkhand

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				E	V	G	A	P	Y	N	Y	N	Y	N	D1	D2	D3	D4	D5	D6
11	Aryan Singh	AJU/210372	<i>Aryan Singh</i>	✓						✓			✓							
12	Pratim Bhowmik	AJU/210341	<i>Pratim Bhowmik</i>	✓						✓			✓							
13	Ashish Prasad	AJU/210295	<i>Ashish Prasad</i>	✓						✓			✓							
14	Pratik Pandey	AJU/210387	<i>Pratik Pandey</i>	✓						✓			✓							
15	Sahjanu Tiwari	AJU/210406	<i>Sahjanu Tiwari</i>	✓						✓			✓							
16	Suman Mahapatra	AJU/210458	<i>Suman Mahapatra</i>	✓						✓			✓							
17	Sagar Pandit	AJU/210400	<i>Sagar Pandit</i>	✓						✓			✓							
18	Ayan Shaw	AJU/210451	<i>Ayan Shaw</i>	✓						✓			✓							
19	Abhinandan Kray	AJU/210407	<i>Abhinandan Kray</i>	✓						✓			✓							
20	Shubham Kumar	AJU/211726	<i>Shubham Kumar</i>	✓						✓			✓							

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*[Signature]*  
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School of Pharmacy  
ARKA JAIN University, Jharkhand

*[Signature]*  
Signature of the Event Coordinator



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				How would you like this session/event					The speaker explained the topic clearly		Would you like to attend this type of event/session in future	D1	D2	D3	D4	D5	D6								
				E	V	G	A	P	Y	N								Y	N						
21	Upkar Kumar Shaw	AJU/210285	Upkar Shaw	✓						✓			✓												
22	Rounaq Chohan	AJU/210283	Rounaq Chohan	✓						✓			✓												
23	Rana Paul	AJU/210284	Rana Paul	✓						✓			✓												
24	Kunec Arjun	AJU/210265	Kunec Arjun	✓						✓			✓												
25	Prabhat Kam	AJU/210384	Prabhat Kam	✓						✓			✓												
26	Sania Khan	AJU/210364	Sania Khan	✓						✓			✓												
27	Hirambhu Kumar	AJU/211251	Hirambhu Kumar	✓						✓			✓												
28	Abhinav Shrestha	AJU/230781	Abhinav Shrestha	✓						✓			✓												
29	Kunal K. Sharma	AJU/210780	Kunal K. Sharma	✓						✓			✓												
30	Adarsh Ranjan	AJU/220404	Adarsh Ranjan	✓						✓			✓												

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*[Signature]*  
Head  
School of Pharmacy  
ARKA JAIN University, Jharkhand

*[Signature]*  
Signature of the Event Coordinator