



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 6th Siddha Day on 9th January 2023 at 2:30 PM. Students are herewith notified to participate the seminar.

Dean

School of Pharmacy

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Office of the Registrar Controller of Examination

IQAC

Director Campus

Class Coordinators

In-charge Website

Office file

Student Whatsapp group



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

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

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 6TH Siddha Day at University campus on 9th 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 organismis 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.Asutosha, Mr.Pradeep, Mr.Barun, Mr.Dusmant and mr.RashmiRanjan, 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.



Poster of the Event



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

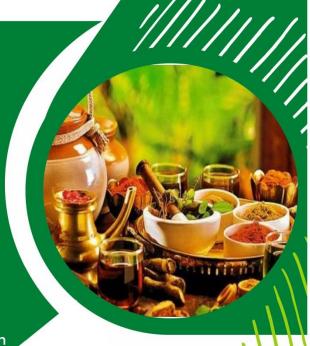
Jan 9th, 2023

Time: 2:30 PM onwards

Venue: Sushruta

A Life Skill Development Program

www.arkajainuniversity.ac.in



Toll Free: 1800-1200-200



Photos of the Event



Dr Shweta Coordinator of the Seminar addressing the gatherings







Student Participants at the seminar





Srishti Shreya anchoring the seminar





Prabhjott Kaur sharing the information regardingSiddha Diet and Nutrition for Healthy Life





Sumant Thakur sharing the information with the gatherings



Students' Attendance

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