

SKIN CARE – A SIDDHA AWARENESS AND SCREENING CAMP

— UNDER THE GUIDANCE OF —

Principal

Prof. Dr. N. Venkatappan, MD (S)

Principal, GSMC Chennai - 106.

— CONDUCTED BY —

Prof. Dr. R. Jeyanthi, MD(S),

HOD, Dept of Aruvai and Thol
Maruthuvam.

Dr. R. Yamuna, MD(S)

Lecturer, Dept of Aruvai and Thol
Maruthuvam.

INTERNEES

Logamithra K

Madhumitha S

Manjunath M

Monisha G

Nithya M

Padma Shree D

Pooja R

Prasanth R

Priya Dharshini E M

Date : 27/01/2026

Time : 01:30 pm – 3:00 pm

**Venue: Chennai Higher Secondary School,
Aminjikarai, Chennai.**



அரசு சித்த மருத்துவக்கல்லூரி, சென்னை - 106.

அனுப்புநர்

மரு.ந.வேங்கடப்பன், M.D.(S),

அரசு சித்த மருத்துவக் கல்லூரி,

சென்னை-106.

பெறுநர்

பள்ளி தலைமை ஆசிரியர்,

சென்னை மேல்நிலைப்பள்ளி,

அமைந்தகரை, சென்னை-600 030

ந.க.எண்.0191 /மக-1 /2026 நாள் 23.01.2026

பொருள் : மருத்துவக் கல்வி -1 -சித்த மருத்துவ விழிப்புணர்வு முகாம் -
உள்ளூறை பயிற்சி மாணவர்கள் (2020-21 அணி) முகாம்
நடத்த அனுமதி -கோருதல் - தொடர்பாக.

பார்வை : மரு.ஜெயந்தி, அறுவை மற்றும் தோல் மருத்துவம்
துறைத்தலைவர்- அரசு சித்த மருத்துவக்கல்லூரி, அவர்களின்
கடிதம் நாள்:23.01.26

அரசு சித்த மருத்துவக்கல்லூரியில் பயிலும் உள்ளூறை பயிற்சி
மாணவர்கள் அறுவை மற்றும் தோல் மருத்துவம் துறை சார்பாக 27.01.2026
அன்று அமைந்தகரையில் உள்ள சென்னை மேல்நிலைப்பள்ளியில் பயிலும்
மாணவர்களுக்கு சித்த மருத்துவ விழிப்புணர்வு முகாம் நடத்த அனுமதி
வழங்கப்படுகிறது .

மரு.ஜெயந்தி, பேராசிரியர் மற்றும் மரு.யமுணா, விரிவுரையாளர்
ஆகியோரின் வழிகாட்டுதலின் படி கீழ்க்கண்ட மாணவர்கள் முகாம் நடத்த
அனுமதிக்கப்படுகின்றனர்.

முகாமில் கலந்து கொள்ளும் மாணவர்களின் விபரம் பின்வருமாறு.

Name
Logamithra.K
Madhumitha.S
Manjunath.M
Monisha.G
Nithya.M
Padmashree.D
Pooja.R
Prasanth.R
Priyadharshini.E.M

Perumal Govind

22.1.26

HEADMASTER
CHENNAI HIGHER SECONDARY SCHOOL

No.16, SUBBARAYAN STREET,
SHENOY NAGAR, CHENNAI-600 030

23/1/26

முதல்வர்

அரசு சித்த மருத்துவக்கல்லூரி
சென்னை

நகல்

- 1.மரு.ஜெயந்தி, பேராசிரியர்,
- 2.மரு.யமுணா, விரிவுரையாளர்
- 3.சம்பந்தப்பட்ட மாணவர்கள்

அரசு சித்த மருத்துவக் கல்லூரி, சென்னை-106.

23/1/26

23/1/26

CAMP REPORT

SKIN CARE – A SIDDHA AWARENESS AND SCREENING CAMP

DATE : 27/01/2026

TIME : 01:30 PM – 03:00 PM

VENUE : CHENNAI HIGHER SECONDARY SCHOOL, AMINJIKARAI, CHENNAI

ORGANISED BY : UG DEPARTMENT OF ARUVAI AND THOL MARUTHUVAM

UNDER THE GUIDANCE OF :

PRINCIPAL : Prof. Dr. N. VENKATAPPAN, MD(S)

CONDUCTED BY :

1. Prof. Dr.R.Jeyanthi, MD(S)
HOD, Dept of Aruvai and Thol Maruthuvam, GSMC CHENNAI 106
2. Dr.R.Yamuna, MD(S)
Lecturer, Dept of Aruvai and Thol Maruthuvam, GSMC CHENNAI 106

INTERNEES :

- I. Logamithra. K
- II. Madhumitha.S
- III. Manjunath.M
- IV. Monisha.G
- V. Nithya.M
- VI. Padmashree.D
- VII. Pooja.R
- VIII. Prasanth.R
- IX. Priya Dharshini.E.M

CAMP REPORT

OBJECTIVE :

The main objective of the program was to educate the high school students of the Chennai Higher Secondary School, Aminjikarai, about the routine habits and regulations to follow on daily basis and to create an awareness among them about the prevailing possibilities of various skin diseases and its preventive measures.

PROGRAM DETAILS :

The program was commenced by a warm welcome given by the Principal inviting the presenting members and the listeners followed by an introductory speech delivered by the HOD. The program continued with an enthusiastic approach, with active involvement of the interneers in delivering clear and informative explanations to the participants.

LOGAMITHRA. K & MONISHA. G :

Gave a theme introduction to the program and the daily routine habits to be followed. Furthermore, she provided valuable inputs on healthy practices from early morning waking up to the importance of a balanced morning breakfast.

PRIYA DHARSHINI. E. M :

Students were guided on the value of following a structured timetable, including personal and social hygiene, disciplined behavior, and healthy daily routines.

PADMASHREE. D :

The speaker emphasized how proper food habits during childhood lay the foundation for lifelong health and disease prevention. Students were educated on the role of carbohydrates, proteins, fats, vitamins, and minerals in growth and immunity.

NITHYA. M , PRASANTH. R & MANJUNATH. M :

Delivered an insightful talk on the significance of evening playtime for balanced growth and stress relief.

MADHUMITHA. S :

Elaborated the significance of the pH of body and the external nourishing products used along with the importance and method of bathing in daily life.

POOJA. R :

Highlighted the importance of following night routine along with Siddha add-ons on nourishing and rejuvenating the body for the upcoming day.

Following the conclusion of the speeches delivered by the intern students, the screening program was formally initiated.

1. The students were given a OP chit.
2. Demographic details of the students were collected and noted.
3. The basic anthropometry of the students were calculated and recorded.
4. Basic medical health screening was done for every students aiming mainly on the clinical identification of skin diseases among the community.
5. In case of any, the students were advised on primary care steps and were said to visit the Hospital OPD for further treatment with the referral chit given to them.
6. As a token of encouragement, beetroot candies were distributed to the students at the end of the camp.

IMPACT :

There was an active participation of the boys and girls of class IX along with their staffs out of which a total count of 104 students were recorded.

The Siddha Awareness Program created a meaningful bridge between traditional wisdom and community health awareness. The participants gained a clear understanding of the preventive, curative, and holistic approach of Siddha medicine. The program successfully enhanced public knowledge on natural remedies, lifestyle practices, and disease prevention through Siddha principles.

FEEDBACK :

The feedback received from participants was overwhelmingly positive and encouraging. Several participants requested similar awareness programs to be conducted regularly in the future.

The Siddha Awareness Program concluded successfully, leaving a lasting impact on the participants and receiving commendable appreciation from the community.

ACKNOWLEDGEMENT :

The awareness program was able to reach its success with the co-operation and team effort of the organising committee members and the beneficiary body.

We extend our sincere thanks to our PRINCIPAL, HOD, faculty members and internees for the time bound collaborative execution and the instant goodwill and support from the school management.





GOVT. SIDDHA MEDICAL COLLEGE, CHENNAI – 106.
DEPARTMENT OF ARUVAI AND THOL MARUTHUVAM
AWARENESS & SCREENING CAMP

DATE: / /

VENUE:

SL. NO	NAME	AGE/ SEX	C/O	SLEEP	APPETITE	BOWEL	BLADDER	DIAGNOSIS	REMARKS
1.	Beneficiary consolidation								
2.	Page consolidation:								
3.	12 + 11 + 11 + 12 + 12 +								
4.	5 + 12 + 5 + 12 + 12 = 104								
5.									
6.	Total Male students: 79								
7.	Total female students: 25								
8.	Total beneficiaries: <u>104</u>								
9.									
10.	<i>27/12/2020</i> <i>27/12/2020</i>								
11.	H.O.D DEPARTMENT OF ARUVAI MARUTHUVAM Govt. Siddha Medical College, Ambakkam, Chennai - 106.								
12.									

D* - Disturbed, I* - Insomnia, LOA* - Loss of appetite, A* - Anorexia, Dh* - Diarrhea,
C* - Constipation, BM* - Burning Micturition, UI* - Urinary Incontinence.