

NANDHA SIDDHA MEDICAL COLLEGE AND HOSPITAL – ERODE 52

TRANSITIONAL CURRICULUM – 2024

Under the guidance of NCISM, we have designed and implemented a Transitional Curriculum for the first professional BSMS students of the 2024 batch. The primary aim of this curriculum is to inspire and motivate students while providing them with a thorough understanding of the Siddha system of medicine. This curriculum is crafted to bridge the gap between theoretical knowledge and practical application, equipping students with the foundational insights needed to embark on their academic and professional journeys in Siddha medicine.

The 15-day sessions were expertly conducted by our dedicated teaching faculty, with additional inputs from guest speakers who are renowned professionals from various sectors of the Siddha field. These guest speakers brought in-depth expertise, offering diverse perspectives on the richness of Siddha medicine and its modern applications.

During these sessions, students were introduced to several critical aspects of Siddha education and practice:

Institutional Overview: Students learned about the institution's history, mission, and vision, gaining a deeper understanding of the values and principles that guide their education. They also became familiar with the infrastructure, facilities, and academic resources available to them throughout their course of study.

Siddha Syllabus: A detailed explanation of the Siddha syllabus was provided, emphasizing the integration of traditional Siddha knowledge with contemporary medical education. This ensured that students understood the structured approach to learning, including the subjects covered in the curriculum and the skills they will acquire over the course of their studies.

Global Reach of the Siddha System: Students were made aware of the international and national recognition of the Siddha system. They were briefed on the growing influence of Siddha medicine worldwide, including its acceptance in global healthcare systems and its increasing role in integrative medical practices. This segment highlighted the system's relevance in modern health challenges, making students feel proud of their heritage.

Goals of the Siddha Profession: The curriculum provided clarity on the goals of the Siddha profession, including its role in preventive, curative, and rejuvenate healthcare. Students were encouraged to see themselves as key players in preserving and promoting traditional medicine, while also being prepared for the evolving landscape of healthcare in the 21st century.

Career Opportunities: One of the key segments of the curriculum focused on career opportunities within the Siddha system. Students were introduced to various fields where they could apply their knowledge, such as clinical practice, research, pharmaceuticals, and academia. Additionally, they were briefed on government and private sector roles, as well as opportunities to work in integrated healthcare settings.

ASUS System: The curriculum also introduced students to the ASUS (Ayurveda, Siddha, Unani & Sowa-Rigpa) system, which is an important framework in India for the regulation, promotion, and development of traditional systems of medicine. Students learned about the objectives, regulatory measures, and benefits of the ASUS system, and how it impacts their future careers in the field of Siddha medicine.

By the end of the 15-day sessions, students gained a deeper understanding not only of the technical aspects of Siddha medicine but also of its cultural significance, global impact, and the various professional opportunities it offers. These sessions were designed to ignite a sense of purpose and pride in students, motivating them to pursue their studies with passion and a clear vision of their role in advancing the Siddha system.

INAGURATION DAY: 12.11.24

The **Inagation Day 2024** program was held on **12.11.2024** and featured a series of events marking the beginning of a new academic venture. The program began with the emcee welcoming the dignitaries, faculty members, students, and parents. The event commenced with a **prayer song** to invoke blessings for the successful journey ahead. A **symbolic ceremony** followed, where the dignitaries lit the lamp to officially mark the start of this new venture. The **welcome address** was delivered by the **Principal, Dr. M. Menaka**, who warmly welcomed everyone to the occasion. **Chief Guest Dr. P. Selvashanmugam, MD (S), PhD**, along with all the dignitaries, was presented with a **nurturing gift** symbolizing wealth and success. The **presidential address** was given by the **Chairman, Thiru. V. Shanmugan**, while the **Secretary, Thiru. S. Nandha Kumar Pradeep**, also spoke about the excellence of NSMCH and the pride associated with the **Siddha system of medicine**. The **Chief Guest address** was delivered by **Dr. P. Selvashanmugam**, who enlightened the gathering with his inspiring words, encouraging the students to strive for excellence in the Siddha field. The program concluded with a heartfelt **vote of thanks**, expressing gratitude to the dignitaries, attendees, organizers, and everyone involved in making the event a success.



DAY 2:13.11.24

The day's schedule began with a Pretest conducted for the students from 9:00 AM to 10:00 AM. This pretest was designed to assess the students' baseline knowledge and understanding of key concepts related to Siddha medicine. The purpose of this test was to gauge their familiarity with foundational subjects and identify areas where additional focus may be needed during their academic journey. From 10:15 AM to 12:30 PM, students were taken on a visit to the Siddhamaruthuva Moolathathuvam Department and the Udathathuvam Department. The Moolathathuvam department focused on the foundational aspects of Siddha, including the basic elements, humors, and constitutional types that form the core of diagnosis and treatment. The Udathathuvam department, on the other hand, dealt with the practices related to preventive and therapeutic care. From 2:00 PM to 4:00 PM, students attended an informative session titled "An Introduction to Various Medical Systems," led by **Dr. Thanigavelan**. The session aimed to provide students with a comprehensive overview of various medical systems practiced around the world, with a special emphasis on how these systems compare and contrast with Siddha medicine.



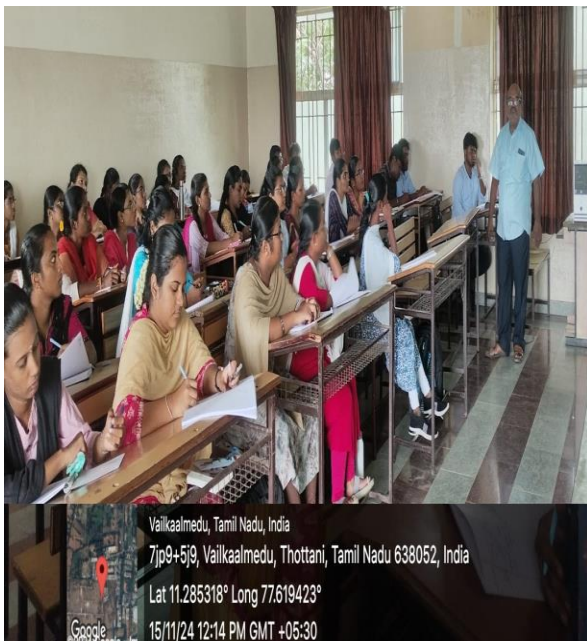
DAY 3:14.11.23

From 9:00 AM to 10:00 AM, you will have a session on the Siddha Curriculum with **Dr. Prabakaran**. This will be followed by a Tamil class from 10:00 AM to 11:15 AM. Afterward, from 11:30 AM to 12:30 PM, you'll be visiting the Medicinal Botany Department. 2:00 PM to 3:15 PM: Institutions, Officials, and Their Roles by **Dr. Leelambigai**, will provide a detailed overview of the various institutions and the officials that play a vital role in shaping the governance and functioning of medical education, healthcare systems, and their relationship with different authorities. This lecture will aim to educate students about the structure of relevant institutions and their respective roles in ensuring the smooth operation of health and education systems. At 3.30 to 4.30 In the final session of the day, **Dr.D.Subathra** will guide the students through the rules and regulations of the campus, ensuring that everyone is aware of the expectations and guidelines that contribute to a disciplined, safe, and effective learning environment. Dr. Subathra will cover the essential aspects of campus conduct, academic integrity, and the institutional policies that help maintain an orderly atmosphere conducive to education.



DAY 4: 15.11.24

From 9:00 AM to 10:00 AM, you will visit the Pathology and Microbiology Department. Following that, from 10:00 AM to 11:15 AM, you will have a Tamil class. From 11:30 AM to 12:30 PM, **Dr. V. Thanigavelan** will provide an Orientation of Regulatory/Governing Bodies such as the Ministry of Ayush, NCISM, affiliated universities, and State Commissionerate/Directorate, along with an introduction to their heads. In the afternoon, from 2:00 PM to 4:00 PM, **Dr. R. Kirubakaran** will conduct a session on Basic Life Support.



DAY 5: 16.11.24

From 9:00 AM to 10:00 AM, you will visit the Gunapadam and Teaching Pharmacy to gain insights into the practical applications of Siddha medicine and the role of pharmacy in Siddha practices. Following that, from 10:00 AM to 11:15 AM, you will attend a Tamil class. From 11:30 AM to 12:30 PM, **Dr. C. Valarmathi** will conduct a session on Health Awareness and Fitness, focusing on promoting overall well-being, healthy lifestyles, and the importance of physical fitness. In the afternoon, from 2:00 PM to 4:00 PM, **Dr. L. Sivakumar** will conduct an in-depth session on Siddha's National and International Reach, highlighting the global recognition and influence of Siddha medicine. This will include discussions on Higher Education in Siddha, exploring academic and research opportunities in the field. The session will also cover Job Opportunities and Entrepreneurship within the Siddha medicine sector, including potential career paths and the scope for starting a business or becoming an entrepreneur in this traditional healing system.



NANDHA
Siddha Medical College and Hospital
Perundurai Main Road, Erode-52.

Transitional Curriculum
For First Professional Students
Date : 16th November 2024.
Venue : Nandha Indian Medicine Campus
Topic :
Siddha Entrepreneurship

Guest Lecture



Dr. L. SIVAKUMAR
Chief Executive Officer
Dr. Siva Ayush Pharma Services & Dr. Siva Siddha Ayurveda Pharma & Foods
Arumbakkam, Chennai

Thiru. V. Shanmugan
Chairman, Sri Nandha Educational Trust

Thiru. S. Nandhakumar Pradeep
Secretary, Sri Nandha Educational Trust.

Thiru. S. Thirumoorthi
Secretary, Nandha Educational Institutions

Dr. S. Arumugam
CEO, Nandha Educational Institutions, Erode.

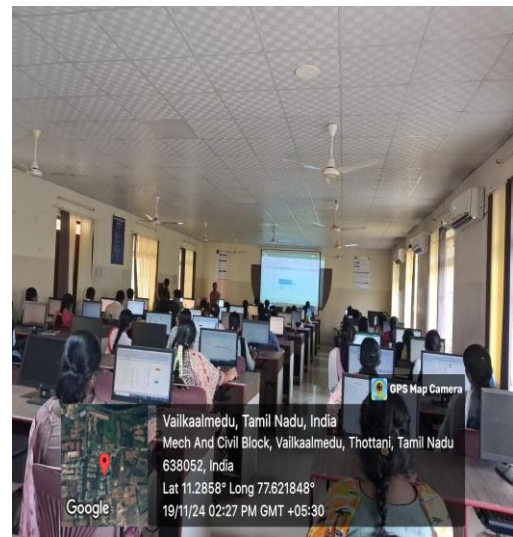
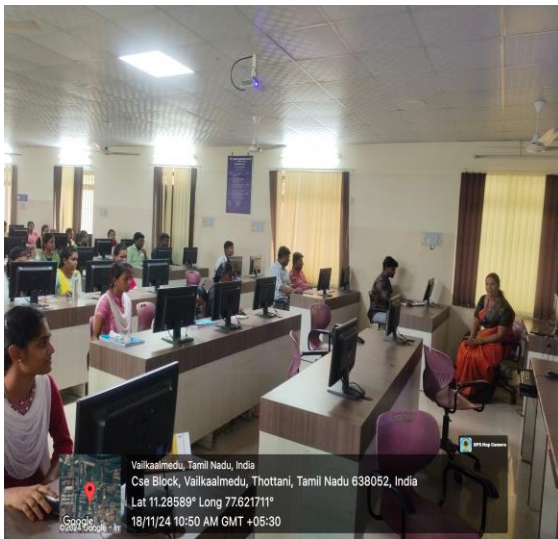
Dr. K. Krishnamoorthy,
CAO, Nandha Educational Institutions, Erode.

Dr. M. Menaka M.D (S).,
Principal
Nandha Siddha Medical College and Hospital



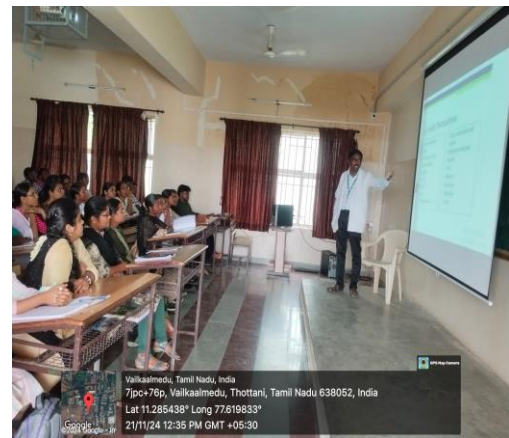
DAY 6,7,8: 18.11.24 TO 20.11.24

From 18th November 2024 to 20th November 2024, your schedule includes the following classes: In the morning from 9:30 AM to 10:30 AM, you will attend a Tamil Language Class. This class will focus on enhancing your proficiency in Tamil, covering various aspects such as grammar, vocabulary, speaking, listening, and reading comprehension. From 10:45 AM to 4:30 PM, you will participate in a comprehensive Computer Skills and Apps Installation Class. This session will likely cover essential computer skills, including the use of various operating systems (such as Windows and Mac), file management, internet browsing, and an introduction to software applications. Additionally, you will learn how to install and configure various apps on computers and mobile devices. On 18.11.24 – 9 to 9.30 students visits Noi Illa Neri Department. 19.11.24 – 9 to 9.30 Students were visited Nanjumaruthuvam department.



DAY 9: 21.11.24

From 9:30 AM to 11:00 AM, you will be part of an OP (Outpatient) and IP (Inpatient) Visit. This session will provide an opportunity to observe and learn about patient care in both outpatient and inpatient settings. This visit could involve interactions with healthcare professionals and patients, giving you a firsthand understanding of the clinical environment. Next, from 11:15 AM to 12:00 PM, **Dr.K. Revathi** will lead a session on Gender Sensitization. This session will focus on the importance of understanding gender issues and promoting equality across genders. From 12:00 PM to 1:00 PM, **Dr. P. Arulnehr** will deliver a lecture on ASUS (likely referring to the Association of Siddha Practitioners, or a related topic). This session will cover the role of the organization, its impact on the field of Siddha medicine, and its initiatives in promoting the traditional practice of Siddha. In the afternoon, from 2:00 PM to 3:00 PM, **Dr.K. Anbarasan** will conduct a workshop on Stress Management. The session will introduce various techniques and strategies to manage stress, which could include mindfulness practices, relaxation techniques, cognitive-behavioral methods, and stress-reducing physical activities. Finally, from 3:00 PM to 4:00 PM, **Dr. Y. Hema** will give a detailed presentation on National Health Policies and Goals. This lecture will cover the key health policies in place at the national level, their objectives, and how they aim to improve public health.



DAY 10: 22.11.24

As part of transitional curriculum Our enthusiastic first-year students on 22.11.2024 embarked on an educational visit to esteemed medical institutions, broadening their horizons in Siddha medicine and healthcare practices. Students visited,

- 1.NANDHA MEDICAL COLLEGE & HOSPITAL.
- 2.NANDHA DENTAL COLLEGE & HOSPITAL.
- 3.NANDHA COLLEGE OF PHYSIOTHERAPY.

The visit was an incredible opportunity for them to:

- ✔ Observe advanced clinical applications in other system of medicine.
- ✔ Interact with experienced practitioners and faculty from other institutions.
- ✔ Gain insights into diverse treatment methodologies and patient care systems.

Such experiences not only enrich their academic journey but also prepare them to become skilled and compassionate Siddha doctors of the future.



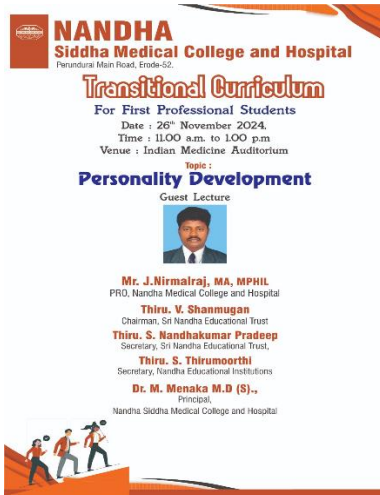
DAY 11:25.11.24

9:30 AM to 11:00 AM: Orientation to Learning Methods by **Dr. R. Saritha**, In this session, Dr. R. Saritha will provide an Orientation to Learning Methods. The session will also introduce collaborative learning, where teamwork and group interactions are emphasized to solve problems, exchange ideas, and enhance collective knowledge. Then lifelong learning strategies, highlighting the importance of continuous learning throughout your career and personal life to keep up with evolving fields. 11:00 AM to 1:00 PM: Library Visit - Following the learning methods session, you will visit the library, a key resource for academic success. During this visit, you will become familiar with the library's layout and the various types of resources available, including books, research papers, e-journals, and digital databases. From 2:00 PM to 4:00 PM, **Dr. C. Suganya** will conduct a session focused on Health Awareness, Fitness, Hygiene, as well as Yoga and Meditation with Relaxation Techniques. This comprehensive session will aim to enhance both physical and mental well-being.



DAY 12: 26.11.24

9:30 AM to 10:45 AM: During this session, you will visit the Pathology and Microbiology Department, where you'll have the opportunity to observe the clinical and laboratory processes used to diagnose diseases. The visit will provide a hands-on understanding of how pathology plays a key role in identifying the causes of various illnesses by analyzing blood, tissue, and other biological samples. 11:00 AM to 12:30 PM: This session, led by **Mr. J. Nirmal Raj**, will focus on enhancing your personality development and recreational skills. He covers key aspects of personal growth, including self-awareness, confidence-building, communication skills, and leadership qualities. **Dr. R. Vetrivendhan's** motivational lecture for students, scheduled from 2 to 4 PM, will be an inspiring and impactful session designed to ignite passion, determination, and focus in their academic and personal lives. He will begin by emphasizing the importance of self-belief and the power of a growth mindset, encouraging students to embrace challenges as opportunities for growth rather than obstacles.




NANDHA
Siddha Medical College and Hospital
Perundurai Main Road, Erode-02.

Transitional Curriculum
For First Professional Students
Date : 26th November 2024.
Time : 11:00 a.m. to 1:00 p.m.
Venue : Indian Medicine Auditorium

Topic :
Personality Development

Guest Lecture



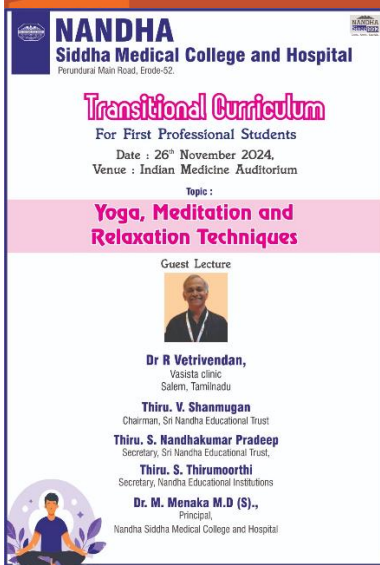
Mr. J. Nirmalraj, MA, MPHIL
PRO, Nandha Medical College and Hospital

Thiru. V. Shanmugan
Chairman, Sri Nandha Educational Trust

Thiru. S. Nandhakumar Pradeep
Secretary, Sri Nandha Educational Trust.

Thiru. S. Thirumoorthi
Secretary, Nandha Educational Institutions

Dr. M. Menaka M.D (S),
Principal,
Nandha Siddha Medical College and Hospital




NANDHA
Siddha Medical College and Hospital
Perundurai Main Road, Erode-02.

Transitional Curriculum
For First Professional Students
Date : 26th November 2024.
Venue : Indian Medicine Auditorium

Topic :
Yoga, Meditation and Relaxation Techniques

Guest Lecture



Dr. R. Vetrivendan,
Vasista clinic
Salem, Tamilnadu

Thiru. V. Shanmugan
Chairman, Sri Nandha Educational Trust

Thiru. S. Nandhakumar Pradeep
Secretary, Sri Nandha Educational Trust.

Thiru. S. Thirumoorthi
Secretary, Nandha Educational Institutions

Dr. M. Menaka M.D (S),
Principal,
Nandha Siddha Medical College and Hospital



DAY 13: 27.11.24

9:00 AM to 10:00 AM: Goal Setting by **Dr. R. Prabakaran** will guide you through the process of Goal Setting, which is a fundamental skill for personal and professional growth. The session will focus on the SMART Goals framework, where you will learn how to set Specific, Measurable, Achievable, Relevant, and Time-bound goals. **Dr. R. Prabakaran** will emphasize the importance of clarity in goal-setting, helping you identify both long-term and short-term objectives. Then 10.15 to 12.30 In this Basic Life Support (BLS) session, **Dr. G. Krishnasprakash** will provide essential knowledge and hands-on skills for responding to life-threatening situations, such as cardiac arrest, choking, and other emergencies. The session will focus on key BLS techniques, which include cardiopulmonary resuscitation (CPR), choking rescue techniques, and the use of automated external defibrillators (AED). Afternoon 2 to 4 pm Dr. Lenin from the Community Health Center in Cithode to deliver an insightful and motivational lecture. Dr. Lenin, with his wealth of knowledge and experience, captivated the students with his engaging talk, which covered not only the importance of maintaining a positive mindset but also shared fascinating and lesser-known facts about Siddha medicine. His presentation was both informative and inspiring, offering a deeper understanding of this ancient system of healing.



NANDHA
Siddha Medical College and Hospital
Perundurai Main Road, Erode-52.

Transitional Curriculum
For First Professional Students
Date : 27th November 2024,
Venue : Indian Medicine Auditorium

Topic :
உணவே மருந்து மருந்தே உணவு

Guest Lecture

Dr. M. Lenin M.D. (SIMSC (WARMAM.))
Assistant Medical Officer
CHC Chithode

Thiru. V. Shanmugan
Chairman, Sri Nandha Educational Trust

Thiru. S. Nandhakumar Pradeep
Secretary, Sri Nandha Educational Trust,

Thiru. S. Thirumoorthi
Secretary, Nandha Educational Institutions

Dr. M. Menaka M.D (S),
Principal
Nandha Siddha Medical College and Hospital



DAY 14: 28.11.24

9:00 AM to 10:00 AM: Personal Health and Hygiene ,In this session, **Dr. C. Sasikala** will provide an in-depth discussion on the importance of personal health and hygiene in maintaining a healthy and disease-free life. She will focus on essential hygiene practices that significantly impact both individual health and the health of the community. After the session on health and hygiene, you will have the opportunity to visit the Medicinal Plant Garden. During this visit, you will learn about various medicinal plants used in traditional healing systems. The visit will provide hands-on experience, allowing you to observe the plants in their natural state and understand their medicinal properties. 2:00 PM to 4:00 PM: ASUS (Ayurveda, Siddha, Unani, and Sowa-Rigpa) Medical Systems and Their Roles in Primary Health Care, Public Health, and Disease Prevention by **Dr.D.Venkatachalam** & Pharmacovigilance by **Dr.G.Pratheep**. The session will explore how these systems are being integrated into primary healthcare settings, especially in rural and underserved communities, and their role in disease prevention by focusing on holistic health and preventive medicine.

NANDHA
Siddha Medical College and Hospital
Perundurall Main Road, Erode-52.

Transitional Curriculum
For First Professional Students
Date : 28th November 2024,
Venue : Indian Medicine Auditorium

Resources Persons

Dr.Venkatachalam
MD(s), PGDPHM, MSC (YHE)
Government Hospital, Kavinthapadi,
Topic :
ASUS(Ayurveda, Siddha, Unani, Sowa-rigpa) Medical Systems and their roles in Primary Health Care, Public Health, and Disease Prevention.

Dr.G.Pratheep
Program Assistant
Peripheral Pharmacovigilance centre, Erode
Topic :
Pharmacovigilance in AYUSH System (MLA & ADR)

Thiru. V. Shanmugan
Chairman, Sri Nandha Educational Trust

Thiru. S. Nandhakumar Pradeep
Secretary, Sri Nandha Educational Trust.

Thiru. S. Thirumoorthi
Secretary, Nandha Educational Institutions

Dr. M. Menaka M.D (S).
Principal, Nandha Siddha Medical College and Hospital



DAY 15: 30.11.24

On the final day transitional curriculum program, the students had the opportunity to showcase their talents and creativity in a vibrant talent show, which marked the culmination of their hard work and learning. The students had eagerly participated in various activities, from drawing and poetry to essay writing in both Tamil and English, and even performing arts like singing and dancing. These activities not only gave them a platform to express themselves but also allowed them to explore and develop new skills in a fun and engaging way. The 15-day Transitional Curriculum program proved to be an incredibly enriching and valuable experience for the students, offering them a deep dive into the ancient and holistic Siddha system. Over the course of the program, students gained profound insights into this traditional form of medicine, which emphasizes the balance of mind, body, and spirit, along with the use of natural remedies and preventive healthcare practices. The curriculum truly equipped them with a deeper appreciation for the value of traditional knowledge in the context of contemporary life.

