

# FIELD VISIT & PLANT IDENTIFICATION

**On 08.03.2024 & 09.03.2024  
@ Papanasam, Tirunelveli.**

Our final year students (Zivotianz) of Nandha Siddha Medical College and Hospital went for an educational trip to Papanasam, Tirunelveli on 08/03/24 & 09/03/24. We started with AGASTHIYAR FALLS in Mundandurai tiger reserve and our day continued with **Dr. Michael Jeyaraj** sir's elite introduction on Tamil history and its deep bond with siddha texts.

He taught us many plants that are indigenous to that place with its HISTORY, VARIETIES, MEDICINAL USE along with his specific experience with the plant, (Samuthara palai, Udhiravengai, Kadal kolinju, Yanai kundri, Kodam puli, Palmidhapan kilzhangu, Veezhi, Karpooora maram, Sarva sunganthi, Suvarnabathri, Kalvazhai, Kulavu maram and Serumbi poo.

He educated us the immeasurable values of ancient Tamil texts conveying the essence of siddha lifestyle which completely soaked our ancestor's life giving them long lives unlike ours, we were enlightened by the modest lifestyle of our past.



