

DEPARTMENT OF NOI ANUGAVIDHI OZHUKKAM



CONSULTANTS:

Dr. S.Ramesh MD(s) – HOD & Professor.

Dr.M.Subbulakshmi MD(s) – Assistant professor

Dr.Rajarajeswari MD (s) – Assistant professor

Department of Noi Anugavithi Ozhukkam

The Department of Noi Anugavithi Ozhukkam focuses on the principles of preventive medicine, public health, hygiene, environmental health, lifestyle medicine, and community-oriented Siddha healthcare. Rooted in the classical wisdom of Siddha medicine and integrated with modern public health concepts, the department aims to promote healthy living, disease prevention, and community well-being.

The department trains students to understand health not only as the absence of disease, but as a harmonious balance between body, mind, environment, food habits, lifestyle, and society. Through academic teaching, field visits, awareness programmes, community services, and clinical exposure, students gain practical knowledge in preventive and social medicine.

Our Mission

- * To strengthen preventive and promotive healthcare through Siddha medicine.
- * To create awareness about healthy lifestyle practices and disease prevention.
- * To integrate traditional Siddha concepts with modern public health approaches.
- * To encourage community participation in health promotion and environmental protection.
- * To train future Siddha physicians in public health, epidemiology, hygiene, nutrition, and lifestyle medicine.

Clinical Focus Areas

- * Vaccination and immunization awareness
- * Maternal and child health services
- * National health programmes and public health initiatives

Siddha Lifestyle Medicine

- * Seasonal regimens (Perumpozhuthu & Sirupozhuthu)
- * Daily dietary and lifestyle practices
- * Healthy sleep and behavioural habits
- * Mental health and holistic wellness
- * Yogam and lifestyle interventions for chronic diseases

Environmental & Occupational Health

- * Water sanitation and purification
- * Air, water, and noise pollution control
- * Climate change and health
- * Occupational hazards and industrial health
- * Waste management and biomedical waste disposal

Siddha Nutrition & Culinary Medicine

- * Siddha dietary principles (Pathiyam & Apathiyam)
- * Nutritional counselling
- * Siddha culinary medicine
- * Traditional food practices and healthy cooking
- * Role of herbs, greens, cereals, fruits, and therapeutic diets

Public Health Awareness

- * Dengue, malaria, tuberculosis, HIV/AIDS, and communicable disease awareness
- * Personal hygiene education
- * Tobacco and substance abuse prevention
- * Food safety and prevention of adulteration
- * Environmental sanitation and community hygiene

Field Activities & Clinical Training

The department actively engages students in practical and community-oriented learning through:

- * Public health surveys
- * Water purification plant visits
- * Hospital infection control training
- * Community awareness programmes
- * Siddha culinary medicine demonstrations
- * Health statistics and epidemiological studies
- * Family counselling and preventive healthcare education

Our Core Objective

“Prevention is better than cure” is the foundation of our department. By combining Siddha wisdom with public health science, we strive to build a healthier society through awareness, prevention, healthy lifestyle practices, and compassionate community healthcare.