

DATE: 16.04.2025

PROGRAM: INDUSTRIAL VISIT

**PLACE: KALASALINGAM COLLEGE OF
PHARMACY , VIRUDHUNAGAR**



11 TH INTERNATIONAL DAY OF YOGA CELEBRATION



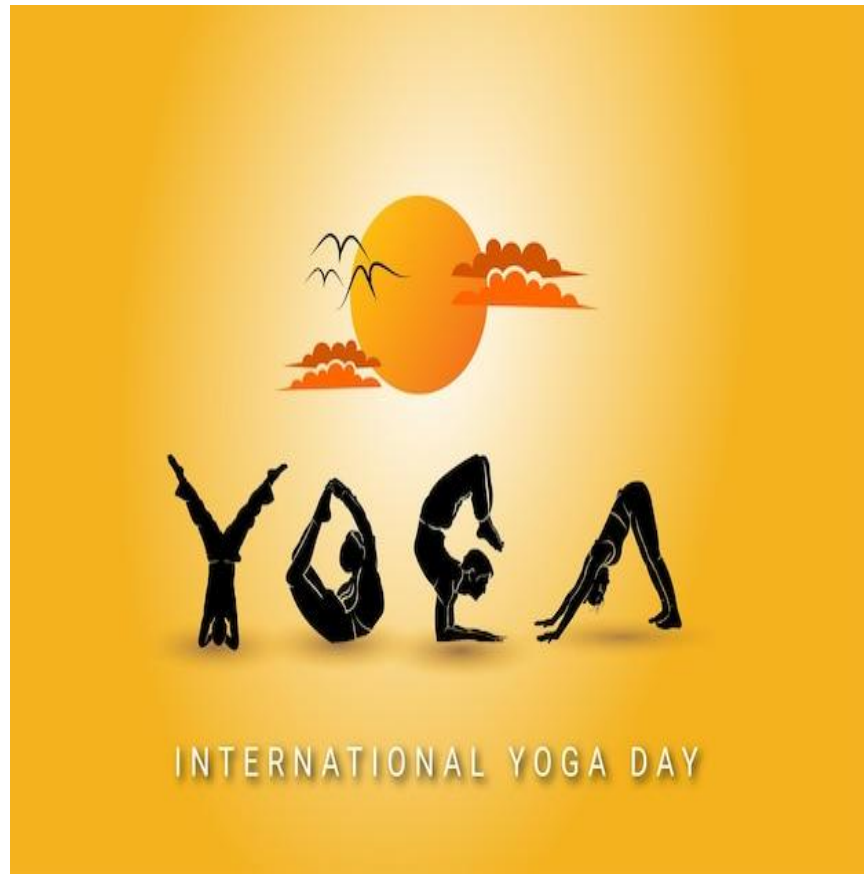
DEPARTMENT OF SIDDHAR YOGA MARUTHUVAM

GOVERNMENT SIDDHA MEDICAL COLLEGE

AND HOSPITAL PALAYAMKOTTAI

01/06/2025 to 21/06/2025

11th INTERNATIONAL DAY OF YOGA CELEBRATION



Post Graduate Department of Siddhar Yoga Maruthuvam of Government Siddha Medical College and Hospital, Palayamkottai has organised 21 days of Yoga programme.

It includes drawing and Digital Art competition, Holding Asanas competition, Yoga Quiz competition, Logo Creation Competition, Dumb charas Competition and yoga Photography competition for students and PG doctors. Regularly yoga classes were conducted for 21 days to the students of UG, CRRI & PG, Patients of OPD and IPD; staff nurses, Lab Technicians, pharmacists and other staffs of Government Siddha Medical College & Hospital, Palayamkottai.

**01/06/2025 Pre Yoga Awareness event Conducted
by Department of Siddhar Yoga Maruthuvam**



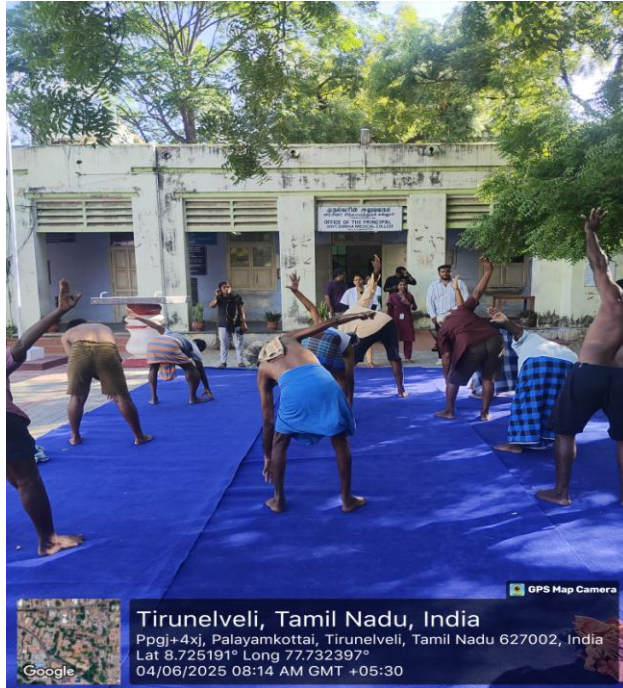
02/06/2025 Yoga therapy for IPD Patients



03/06/2025 Yoga demonstration for IPD Patients and UG students



04/06/2025 Yoga Demonstration for IPD Patients and UG Students

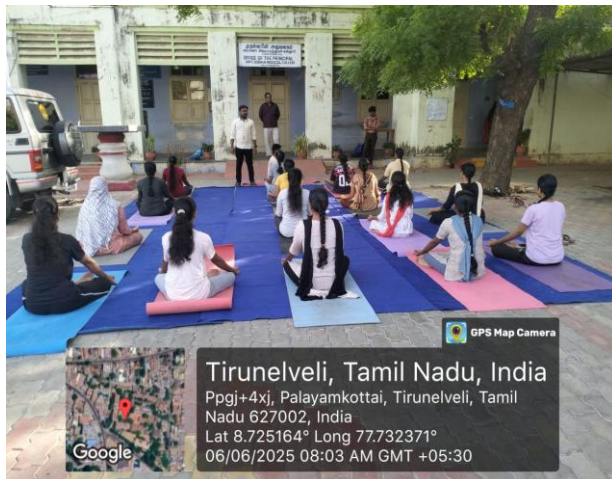


05/06/2025 Yoga Demonstration for UG Students





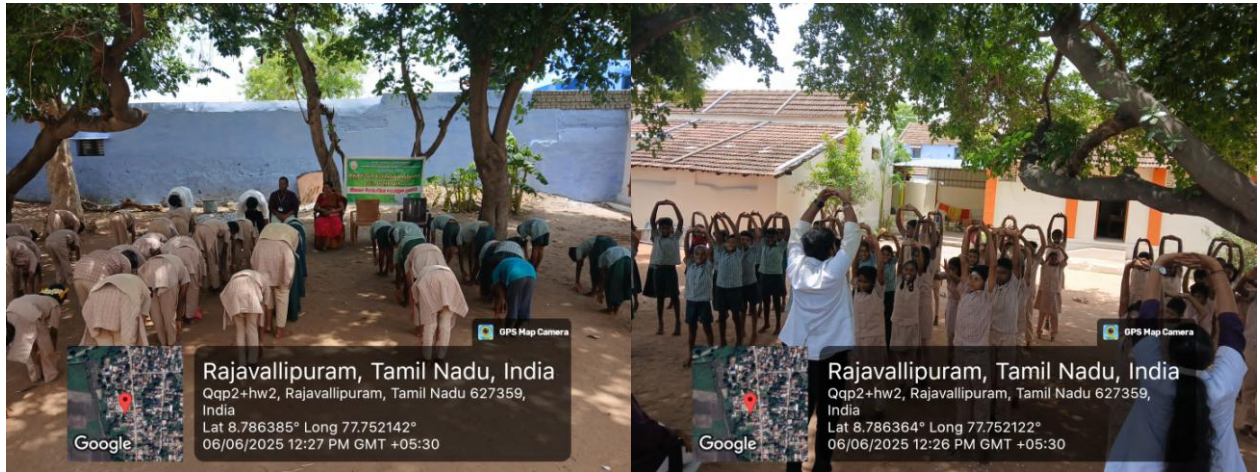
06/06/2025 Yoga Demonstration for UG students



06/06/2025 Yoga Demonstration for Government primary school , Thachanallur



06/06/2025 Yoga Awareness Camp for Government High School , Rajavallipuram



06/06/2025 Yoga Awareness Camp for Government Higher secondary school Gopalasamudram



06/06/2025 Yoga Awareness Camp for Government Higher secondary school, Cheranmahadevi



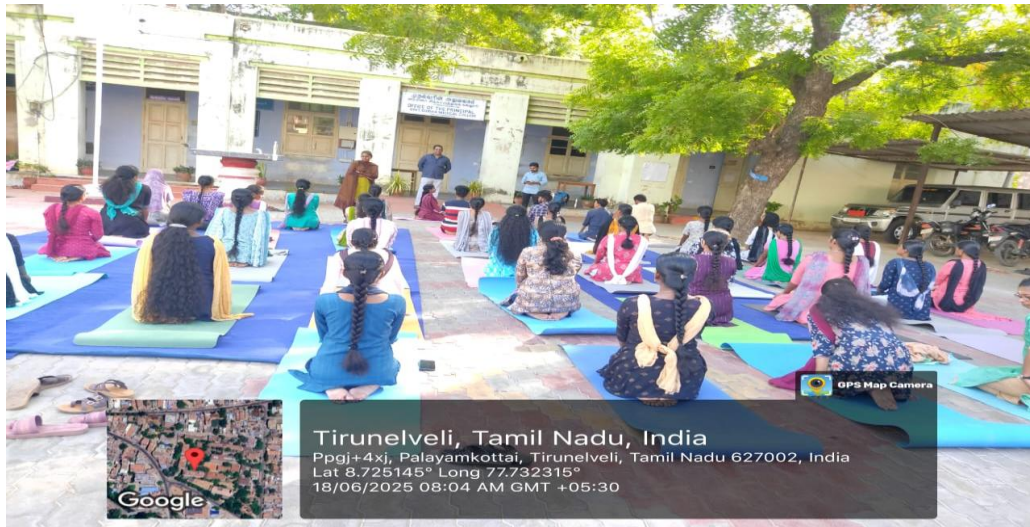
06/06/2025 Yoga Awareness Camp for Government Higher secondary school Pattamadai



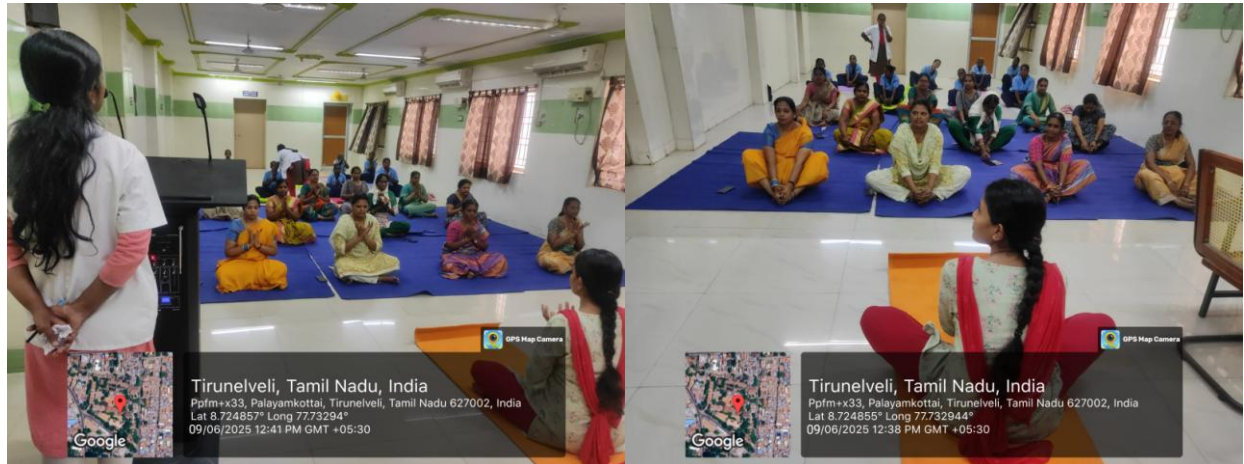
07/06/2025 Yoga Demonstration for UG Students



08/06/2025 Yoga Demonstration for UG Students



09/06/2025 Yoga Demonstration for GSMCH Staff's



10/06/2025 Yoga Demonstration for GSMCH Workers



11/06/2025 Yoga Demonstration for UG Students



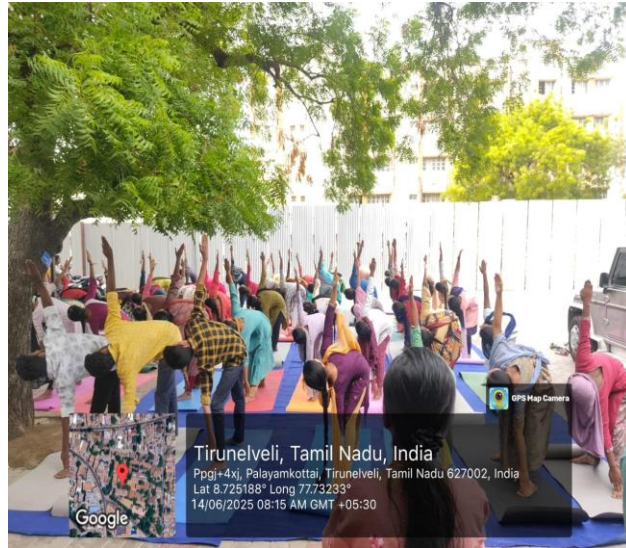
12/06/2025 Yoga Demonstration for UG Students



13/06/2025 Yoga Demonstration for UG Students



14/06/2025 Yoga Demonstration for UG Students



15/06/2025 Yoga Demonstration for IPD Patients



16/06/2025 Yoga Demonstration for UG Students



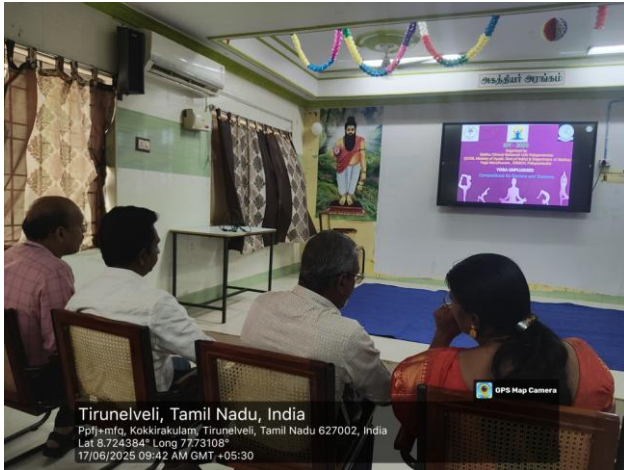
17/06/2025 Yoga Unplugged Competitions for Doctors and UG students



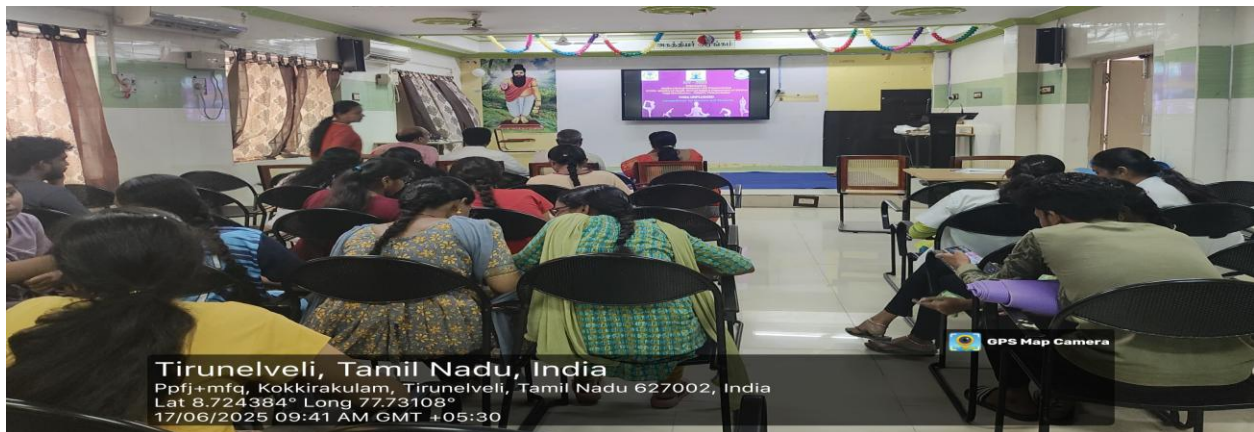
Holding Asanas competition



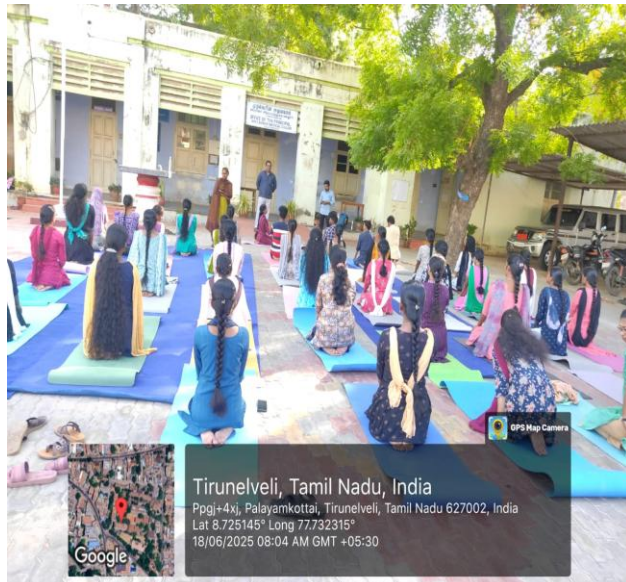
Yoga Quiz competition



Dumb charas Competition



18/06/2025 Yoga Demonstration for UG Students



18/06/2025 Logo Creation Competition



Drawing and Digital Art competition



Yoga photography competition



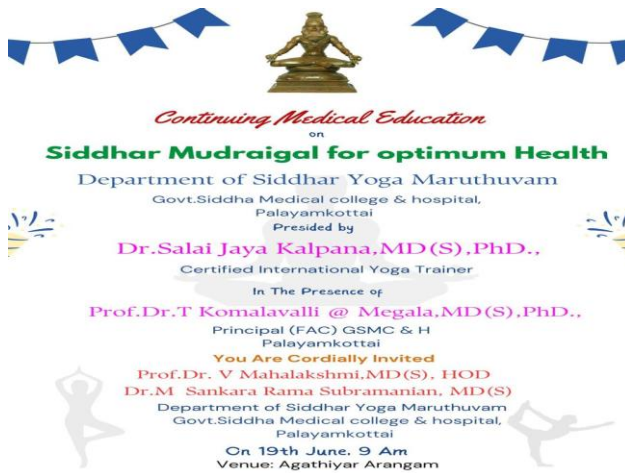
19/06/2025 Yoga Demonstration for UG Students



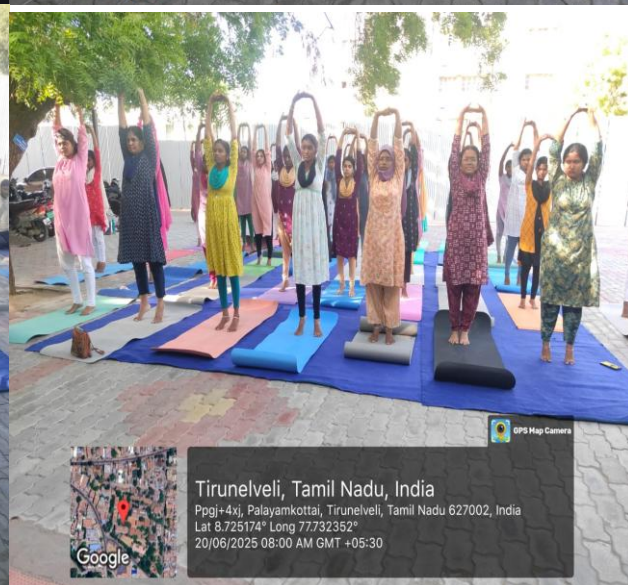
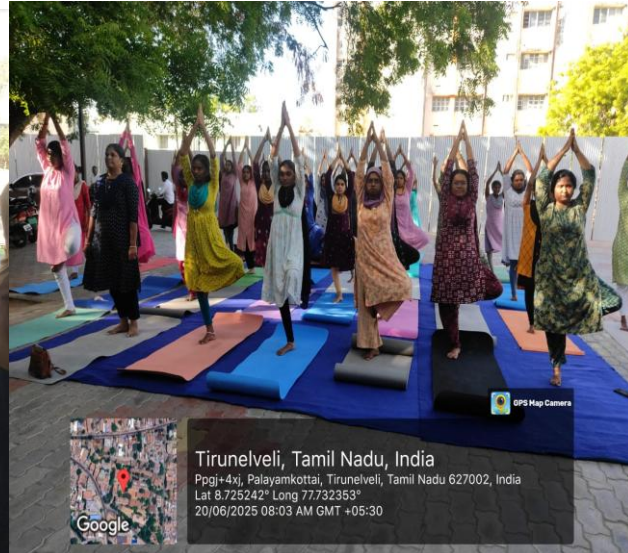
19/06/2025 Tamilnadu Special police Battalion, Manimuthar



**19/06/2025 CME for Siddhar Mudraigal for optimum Health presided
by Dr.Salai Jaya Kalpana MD(S), PhD**



20/06/2025 Yoga Demonstration for UG Students



Sarah Tucker Higher secondary school, Tirunelveli



Sadakathullah Appa College



21/06/2025 Mass Yoga Day Event





PPGJ+4XJ, Palayamkottai, Tirunelveli, Tamil Nadu 627002, India
72517125° Longitude 77.73230393°

7:42:10 AM Altitude 46 meters
2:12:10 AM Date Sat, 21 Jun 2025





Tirunelveli, Tamil Nadu, India
Ppgi+8qh, Siddha College Rd, Murugankurichi, Tirunelveli, Tamil Nadu 627002, India
Lat 8.725784° Long 77.731874°
21/06/2025 06:58 AM GMT +05:30

PPGJ+4XJ, Palayamkottai, Tirunelveli, Tamil Nadu 627002, India
Latitude 8.72522317° Longitude 77.73222069°
Local 07:17:25 AM Altitude 46 meters
GMT 01:47:25 AM Date Sat, 21 Jun 2025

PPGJ+4XJ, Palayamkottai, Tirunelveli, Tamil Nadu 627002, India
Latitude 8.72524545° Longitude 77.73223877°
Local 07:11:07 AM Altitude 46 meters
GMT 01:41:07 AM Date Sat, 21 Jun 2025

Central Jail Palaiyamkottai Tirunelveli



DATE : 15.10.2025

PROGRAM: FIELD VISIT

**PLACE: VIVEKANANDA KENDRA HOSPITAL AND
YOGA CENTRE , KANNYAKUMARI**



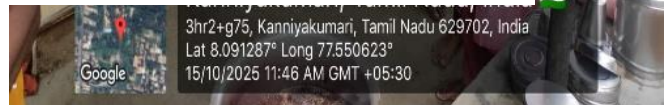
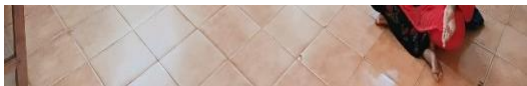
DATE: 19.10.2025

PROGRAM: FIELD VISIT

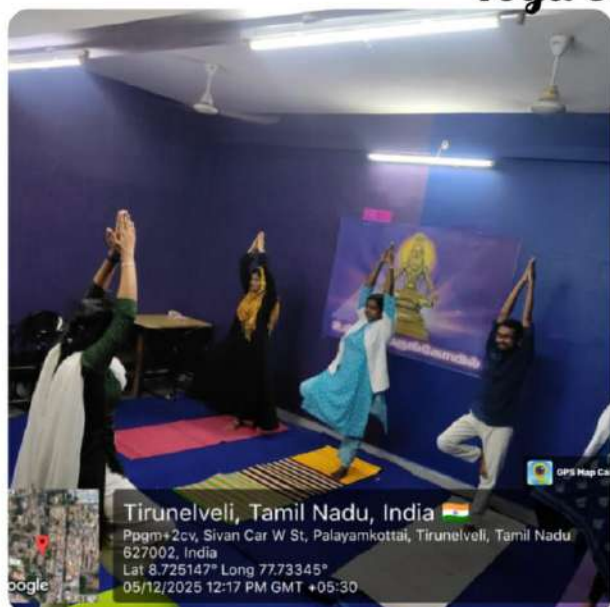
**PROGRAM: NETHRA SIDDHA AND AYURVEDA
PHARMACEUTICALS , KARUNGULAM,
TIRUNELVELI**



**Factory Visited By
PG Students of GSMC
Palayamkottai, Tirunelveli.**



5/12/2025
Govt siddha medical college, Palayamkottai
Yoga session



8/12/2025
Govt siddha medical college, Palayamkottai
In patients ward



9/10/2025
Xavier's solai , Vickramasingapuram



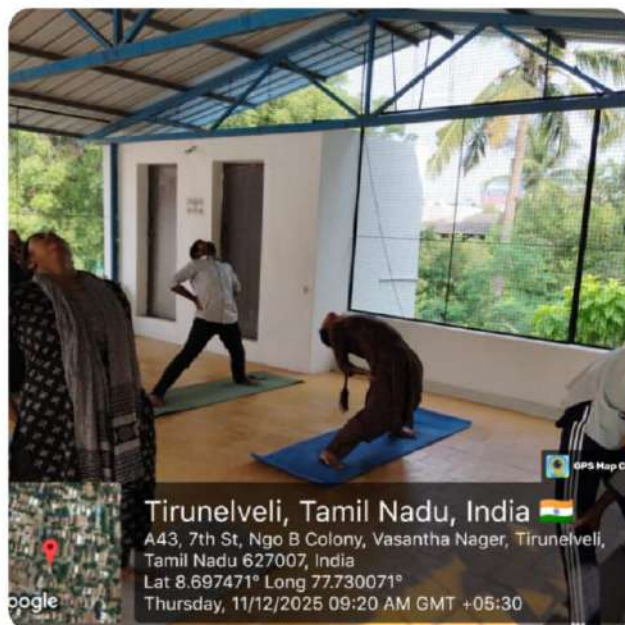
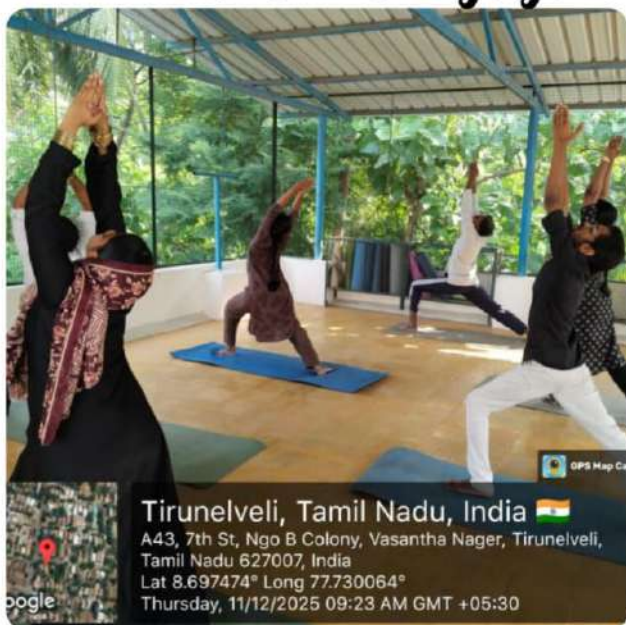
10/12/2025

Govt Ayurveda medical college , kottar



11/12/2025

Saraswati yoga & meditation centre



Field Visit Report on Government Ayurveda Medical College,kottar

Date of Visit: 10.12.2025

Institution Visited: Government Ayurveda Medical College kottar, kanyakumari district

Organized by: Department of Siddhar Yoga Maruthuvam, GSMC, Palayamkottai

Participants: First-year PG Scholars, Siddhar Yoga Maruthuvam

Faculty Guide: Dr.S.Sujatha MD(s)

Accompanied by:Dr.M.Reshmi Nair(RMO)

Introduction

We visited the **Government Ayurveda Medical College**, where we observed the functioning of both the **Outpatient Department (OPD)** and **Inpatient Department (IPD)**. During this visit, we had the opportunity to witness various Panchakarma therapies performed for different clinical conditions, including **Vasti**, **Nasiyam**, and several types of therapeutic **massages** such as Abhyanga and other specialized procedures.

This clinical exposure provided us with a deeper understanding of the **Ayurveda system of medicine**, its treatment principles, and its practical application in patient care. Observing realtime therapeutic techniques, patient assessment methods, and the integration of traditional procedures with scientific practice was highly beneficial.

The visit was especially useful for us belonging to the Yoga Maruthuvam Department, as it helped us relate Ayurvedic therapeutic principles with yoga-based treatment approaches. It enriched our knowledge, broadened our clinical perspective, and emphasized the interdisciplinary relevance of traditional healing systems

During our visit to the Ayurveda Medical College, we observed how patients receiving Panchakarma therapies were continuously monitored for safety and treatment effectiveness.

Important parameters such as vital signs, therapy tolerance, post-procedure response, and symptom improvement were recorded by the therapy staff.

Faculty explained how Ayurvedic principles of Dosha balance guide therapy selection and how patient-specific modifications are made to ensure optimal outcomes.

b. Therapy Preparation and Procedure Setup

We observed how medicated oils, decoctions, and herbal formulations used in Panchakarma were prepared and warmed under controlled conditions before administration.

Cleanliness, sterilization, dosage accuracy, and maintenance of required temperature were emphasized to ensure purity, safety, and therapeutic efficacy.

c. Patient Care, Documentation, and Follow-up

Detailed documentation of each patient's treatment schedule, dietary recommendations, and daily progress was maintained.

Ayurvedic faculty described how before, during, and after care (Poorvakarma, Pradhanakarma, Paschatkarma) are recorded systematically to track the healing process.

D. Therapy Rooms and Equipment Handling

Therapy rooms were well-maintained with proper ventilation and cleanliness.

We observed the systematic arrangement of equipment such as the Droni (wooden massage table), steam unit, oil heating devices, and treatment accessories.

various yoga techniques. This report outlines the observations and key learnings from the visit.

2. Purpose of the Visit

To observe the daily activities and sessions conducted at the yoga centre.

To understand different types of yoga practices offered.

To interact with trainers and participants regarding their experiences.

To assess the facilities, discipline, and overall environment of the centre.

3. Description of the Centre

The yoga centre is well-organized and located in a peaceful, natural environment suitable for meditation and relaxation. The premises include:

A spacious yoga hall

Meditation rooms

Outdoor practice area

Facilities for changing rooms and lockers

The atmosphere is calm, clean, and conducive to wellness activities.

4. Activities Observed

During the visit, the following activities were observed:

a. Morning Yoga Session

A guided session led by experienced instructors, including:

Warm-up exercises

Asanas (postures) such as Tadasana, Vrikshasana, Bhujangasana, etc.

Breathing techniques (Pranayama)

Stretching and cool-down activities

b. Meditation Practice

Participants engaged in:

Guided meditation

Mindfulness and relaxation techniques

Chanting of simple mantras for concentration

c. Interaction with Instructors

The instructors explained:

Benefits of regular yoga practice

Importance of correct posture

Role of yoga in reducing stress and improving focus

Health and wellness advice tailored to different age groups

5. Key Learnings

Yoga improves flexibility, strength, and balance.

Regular practice reduces stress and anxiety levels.

Breathing techniques help energize the body and calm the mind.

A disciplined lifestyle enhances the effectiveness of yoga practice.

The supportive environment of the centre encourages regular participation.

6. Conclusion

The visit to the yoga centre was highly informative and enriching. It provided deeper insight into the physical, mental, and spiritual benefits of yoga. The centre's structured approach and positive atmosphere make it an ideal place for individuals seeking holistic well-being.

Report on visit to Varma Hospital

Name of Clinic: Rajaram Hospital

Location: kanyakumari

Date of Visit: 10.12.2025

Organized by: Department of Siddhar Yoga Maruthuvam

Visited by: First year PG Scholars, Siddhar Yoga Maruthuvam

Faculty guide: Dr. S. Sujatha MD(S)

Accompanied by: T. Kannan Rajaram BSMS, MD(Acu), MSc(Varma), MSc(Psy), CYT(Hons)

1. Introduction

The visit to Varma Clinic was conducted on the above-mentioned date with the objective of understanding the clinic's functioning, facilities, and patient care services. Varma Clinic is a well-established healthcare facility providing medical services to the local community.

2. Infrastructure and Facilities

Varma Clinic is well-maintained and hygienic. The clinic has a comfortable waiting area, consultation rooms, and basic diagnostic facilities. Necessary medical equipment is available, and the clinic follows proper cleanliness and safety standards.

3. Medical Services

The clinic offers outpatient consultation services for various common health issues. Patients are attended to in an organized manner. The doctor and supporting staff were cooperative and attentive. Proper medical records are maintained for patients.

4. Staff and Management

The medical and non-medical staff at Varma Clinic were professional and courteous. Patient interaction was polite, and queries were handled efficiently. The overall management of the clinic appeared systematic and patient-friendly.

5. Observations

Clean and hygienic environment

Efficient patient handling

Cooperative medical staff

Adequate medical equipment

Focus on patient care and comfort

6. Conclusion

- The visit to Varma Clinic was informative and satisfactory. The clinic plays an important role in providing accessible healthcare services to the community. Overall, Varma Clinic demonstrates good standards of medical practice and patient care.

Field Visit Report: Xavier's solai

Date and time: 10.12.2025

Institution visited: Xavier's solai

Organized by : Department of siddhar yoga maruthuvam,GSMC palayamkottai

Participants: First year PG scholars, Siddhar Yoga Maruthuvam

Faculty guide:Dr.V.Mahalakshmi MD(S)

Accompanied by:Dr.R .Govindaraj Msc .M.phil (Bot)PhD

1. Introduction

The field visit to **Xavier's solai** was organized to provide students with practical exposure to various medicinal plants, their identification, cultivation methods, and therapeutic uses. The visit aimed to enhance understanding of herbal medicine, conservation practices, and sustainable cultivation techniques.

2. Objectives of the Visit

- To identify commonly used medicinal plants.
- To learn about cultivation and maintenance practices.
- To understand the medicinal properties and uses of different herbs.
- To observe nursery techniques and propagation methods.
- To study conservation practices of rare and endangered species.
- To correlate theoretical knowledge with practical field experience.

3. Purpose and importance

- To create awareness about the importance of environmental protection
To conserve local flora and ecological balance

c) Cultivation Techniques Learned

- Seed propagation
 - Stem cutting and root division methods
 - Soil preparation and organic manure usage
 - Irrigation methods specific to herbal plants
 - Pest control using natural methods
-

d) Conservation Practices

The garden follows:

- Organic cultivation
 - Rainwater harvesting
 - Composting
 - Preservation of rare species
 - Maintaining seed banks
-

6. Interaction with Experts

Students interacted with the garden curator/herbal botanist who explained:

- Identification techniques
 - Active constituents of major herbal plants
 - Differences between similar-looking species
 - Seasonal variation in potency
 - Importance of proper harvesting time
-

7. Learning Outcomes

- Improved medicinal plant identification skills
 - Better understanding of traditional herbal medicine
 - Knowledge on cultivation and conservation techniques
 - Awareness of biodiversity and sustainability
 - Practical understanding of uses of herbs in Siddha/Ayurveda
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Yoga awareness camp was conducted for prisoners in Central Prison of Palayamkottai. Yoga Awareness Camp was conducted for 6 Village Schools and Some other Colleges and School places Covered in this Yoga Awareness Camp visits.

CME programme was organised regarding the Siddhar Mudraigal for optimum Health Dr.Salai Jaya Kalpana, MD(S), PhD (Siddhar Vanam, Trichy) .

Yoga awareness camp was conducted at Sarah Tucker Higher Secondary School on 14.6.2025 covering 2500-students similarly another camp was conducted at Saradha College for Women around 1250 students Yoga awareness rally was conducted on 18/6/25 with the mass of 700 students which includes UG. students, CRRI, PG students and Faculties of Government Siddha Medical College, Palayamkottai.

"Mass Yoga" event was organized on 21/6/25 including the students and faculties and patients of OPD & IPD of Government Siddha Medical College & Hospital, Palayamkottai. Mass Yoga event was conducted exclusively for UG students on CRRI & PG students 21/6/25 symbolising the theme ONE EARTH ONE HEALTH and cultural activities were also conducted in honoring the theme of 11th International Yoga Day Celebration.

Therapeutic yoga was introduced for special OPD Patients from 01.06.2025 onwards depicting the unique healing attribute for Yoga.In our college, students and staff members participated in the CCRS

DATE: 16.12.2025

PROGRAM: KULIRKAALA MARUTHUVA
MUGAAM

PLACE : ST.JOHN'S COLLEGE OF ARTS AND
SCIENCE, PALAYAMKOTTAI

