

Poshan Pakhwada Activities held in CCRS and its peripheral Institutes/Units

AWARENESS CAMPAIGN ON PROMOTION OF "HEALTHY FOOD HABITS" TO SCHOOL CHILDREN- CCRS, CHENNAI

Central Council for Research in Siddha (CCRS) organised awareness campaign on promotion of Healthy food habits to school going children. The campaign was organised at Govt. Higher Secondary School, M.M.D.A. Colony, Chennai on 21st March, 2019. Prof. Dr. K. Kanakavalli, Director General, CCRS gave an awareness speech regarding importance of healthy dietary habits for school children and avoidance of junk foods. Mrs. Andal, Headmistress of the school along with teachers and 220 children of class 7th and 8th participated.

42 food items including small millets, dates, puttu, kozhukattai, healthy grain mix powder, vegetables, and fruits were exhibited and explained to the students.

A skit depicting the advantages of well-balanced nutritious food and disadvantages of junk foods was performed by the staff of CCRS.

A booklet enclosing 20 nutritious health recipes were distributed to the school teachers. Panagam (natural nutritional health drink), Sundal and peanut burfi were distributed to students and staffs.

Dr. R. Meena, Research officer (Siddha), Dr. V. Aarthi, Research officer (Siddha), Dr. Eugene Wilson, Research Officer (Siddha) and Dr. L. Mugunthan, Research Officer (Medicine) and other staff members of CCRS participated in this event. CCRS acknowledges the Head Mistress of Govt. Higher Secondary School, M.M.D.A. Colony, Chennai for her co-operation to organise this programme.



BOOKLET RELEASE

பாரம்பரிய ஆரோக்கிய சிற்றுண்டிகள் செய்முறை

<http://ccrschennai.blogspot.com/2019/03/activity-on-poshan-pakhwada.html>



AWARENESS PROGRAM ON "NUTRITIONAL INTERVENTIONS AND THEIR BENEFITS TO ADOLESCENT CHILDREN" IN GOVT GIRLS SCHOOL- SCRI, CHENNAI

Outreach Siddha OPD of SCRI-CCRS at NIE, ICMR conducted an awareness programme on Nutritional interventions and their benefits to Adolescent Children in Govt. Girls School, Ayapakkam. Dr. L. Juliet, Research Officer (Siddha), Dr. P. Thenmozhi, Research Officer (Siddha), Mr. Partheeban, Social worker of SCRI organised the event with the support of officials from NIE. The cooperation extended by school administration is a proof of support for Siddha Medicine.



FIRELESS HEALTH NUTRITION COMPETITION

Fireless health nutrition competition in Central Council for Research in Siddha (CCRS) and Siddha Central Research Institute (SCRI) on account of Poshan Pakwada was held on 20th March 2019. 10 teams made more than 20 dishes to combat Anaemia, Diabetes, and for child nutrition.



SCIENCE CLUB EVENT

A special science club event was conducted on 15th March 2019 on the occasion of Poshan Pakwada under Poshan Abiyan. Prof. Dr. K. Kanakavalli, DG, CCRS, in her opening remarks highlighted the importance of Siddha dietary principles in the management of various disorders. Dr. P. Sathiyarajeswaran, Assistant Director, and In-charge, SCRI delivered the special talk on Main streaming of Nutrition (Siddha) in public health covering the goals and roles.

Faculties/PGs/CRRIs/UG students of Govt. Siddha Medical College and Sri Sairam Siddha Medical College participated in the event along with Scientists/Officials of SCRI and CCRS.



AWARENESS PROGRAMME IN ANGANWADI

Awareness programme in Anganwadi at Arumbakkam to educate right nutrition to children was held on 22nd March 2019. Dr. T. Kavitha, Research Officer (Siddha) and Dr. A. Usha, Research Officer (Siddha), SCRI delivered awareness talks for children in Anganwadi.



SIDDHA REGIONAL RESEARCH INSTITUTE (SRRI), PUDUCHERRY

SRRI, Puducherry observed Poshan Pakhwada from 13th to 22nd March 2019. Dr. A. Rajendra Kumar, Research Officer (Siddha) S-2, i/c, SRRI, Puducherry gave an awareness speech to the patients attending OPD on 15th March 2019, followed by, Dr. R. Rathinamala, Research Officer (Siddha) who explained the objectives of Poshan Abhiyaan. For effective implementation, two nutritive recipes were prepared and served to the public. It was also planned to give a daily demonstration of nutritive food recipes at OPD. Dr. R. Rathinamala and Dr. A. Lavanya, Research Officer (Siddha) coordinated the programme.



SIDDHA REGIONAL RESEARCH INSTITUTE (SRRI), THIRUVANATHAPURAM

Siddha Regional Research Institute, Thiruvananthapuram organised the awareness programmes on nutrition for the observance of Poshan Pakwada 2019 from 13th to 22nd March 2019. Dr. A. Kanagarajan, Assistant Director and In-charge, SRRI explained the necessity of awareness programme and the nutritional importance of Millets and Cereals to all staff members of SRRI, Tvpm. The Research Officers distributed Pamphlets to the public.

Dr. K. S. Maanickha Chelvi, Research Officer(Siddha) conducted an awareness camp on 14-03-2019 at A.K.G Auditorium, Pangappara and on 21-03-2019 at Primary Health Centre, Karode. An awareness class was also conducted for Self Aid Women's association (KudumbaSree) on 16th March 2019.

The display of nutritious food items in the office premises was co-ordinated by Dr. G.S. Lekha Research Officer(Siddha) with the help of Dr. S. Aparna, Research Officer(Pathology) and Dr. V.A. Rahul, Programme Associate. More than 20 Nutritious food items and its nutritional benefits were displayed in English and Malayalam language on 19th and 20th March 2019.

House visits to nearby area to create awareness on nutrition were initiated on 15-03-2019 by Dr. V. A. Rahul. The awareness programme about nutrition and daily hygienic practices was conducted to children of Govt. UP School, Poojapura by the team headed by Dr. S. Aparna on 16th March 2019.



SIDDHA MEDICINAL PLANTS GARDEN (SMPG), METTUR

Siddha Medicinal Plants Garden, Mettur Dam, Salem District observed Rashtriya Poshan Pakhwada in the Garden by creating awareness among the garden employees on 15-03-2019 at SMPG, Mettur Dam. Dr. M. Padma Sorna Subramanian, Research Officer (Botany), Sci-II, Dr. I. Chelladurai, Research Officer (Siddha), Dr. M. Thiruvalluvar, SRF-(Siddha) created awareness about the National Nutritional Fortnight observance to reduce under-nutrition, anaemia, low birth weight, women and child healthcare in the rural areas. During this meet, nutritive values of traditional vegetables to combat above said illness were emphasised. Groundnut, sesame ladoos and vegetables were distributed to the garden workers.



POSHAN PAKHWADA CAMPAIGN AT PALAMALAI

Poshan Pakhwada Campaign at Palamalai was held on 16th March, 2019

Siddha Medicinal Plants Garden, Mettur Dam, Salem Dt. in the Tribal hamlet of Palamalai at Ramanpatti Resident School by creating awareness among the female students, primary school students and teachers. A total of 50 students along with 2 staff participated in the awareness camp and were taught about the nutritious value of traditional foods and its significance in prevention of illness.

The students and public interacted with the Officials regarding the Siddha medicine used for Women and Child Health care.



Awareness camp for Siddha Medical students and faculty of RVS Siddha Medical College

Siddha Medicinal Plants Garden (CCRS), Mettur Dam, Salem observed Rashtriya Poshan Pakhwada on 22nd March 2019 in the SMP Garden by creating awareness among the Siddha Medical students and faculty of RVS Siddha Medical College, Coimbatore. A total of 50 students along with 5 staff participated in the awareness camp.

Dr. Sakthivel and Dr. Saravanan delivered a talk on nutritious value of traditional food and cereals, pulses etc. Dr. Karishma and Dr. Kalaivani presented a lecture on medicinal values of plants to the gathering. The students interacted with the Officials regarding the Siddha medicines used for Women and Child Health care.

Dr. M. Padma Sorna Subramanian, Research Officer (Botany) and Dr. M. Manokari, Research Assistant (Botany) guided the students in visiting the garden and explained the various therapeutic uses of medicinal plants. Mr. M. Muthu, Field collector assisted them in the Campaign.

Director General, CCRS provided 100 medical plant saplings to RVS Siddha Medical College.



SIDDHA CLINICAL RESEARCH UNIT (SCRU), PALAYAMKOTTAI

Siddha Clinical Research Unit, Palayamkottai observed Poshan Pakhwada on 20th March 2019 and women self-help group heads were invited for the celebration. Dr. P. Radha, Research officer (Botany) welcomed the gathering. Dr. K. Sivaranjani, Research Officer (Siddha), explained the importance of nutrition and what kind of nutrition is required for children, adolescent girls, pregnant women, and lactating women. Pamphlets on healthy recipes were also distributed to them. Their doubts on nutrition were clarified. Healthy recipes - Ragi porridge and cooked black chicken pea was served to the gathering and staff members of Siddha Clinical Research Unit, Palayamkottai. Mrs. K. Vasanthi, UDC delivered the vote of thanks.



SIDDHA CLINICAL RESEARCH UNIT (SCRU), NEW DELHI

As part of Poshan Pakhwada Program, Siddha Health awareness program was held at Delhi Tamil Education Association (DTEA) Sr. Sec. School Campus, Pusa Road for 7th Class students. Elluurundai and Kadalaimittai were distributed to students. Thanks to the support given by The President, DTEA Management, New Delhi.



SIDDHA CLINICAL RESEARCH UNIT (SCRU), BENGALURU

A nutrition awareness camp was conducted on 21st march 2019 at Anganwadi Centre, Srirampura, Bengaluru. Nutritional benefits of traditional foods were explained to the children. Dr. C. Eswaran, Research Associate (Siddha) and Dr. K. P. Vanmathi, Research Associate(Siddha), facilitated the camp.



SIDDHA CLINICAL RESEARCH UNIT (SCRU), TIRUPATI

SCRU, Tirupati conducted Siddha awareness program with the theme of "Management of Iron deficiency Anaemia" held at Govt. Panchayat Union School, Tirupati on 20th March 2019. Dry grapes, dates, elluurundai and kadalaimittai were distributed to the school children.

