GOVERNMENT SIDDHA MEDICAL COLLEGE

Arumbakkam, Chennai – 600 106

EDUCATIONAL VISIT / AWARENESS PROGRAMME AT
SIDDHA CENTRAL RESEARCH INSTITUTE (SCRI), CHENNAI

Organization: Siddha Central Research Institute (SCRI), Anna Govt. Hospital Campus, Arumbakkam, Chennai – 600 106

Date: 30.10.2026

Participants: Second Professional BSMS Students – 52

Faculty Members: Dr. K. Nalina Saraswathy, M.D(S)., and Dr. C. Meenakshi, M.D(S).,

Programme: Awareness Programme on "Lifestyle Diseases and Preventive Health"

Campaign: Fit India Freedom Run 7.0 Campaign

Venue: Thirumoolar Arangam, 3rd Floor, SCRI, Chennai

Resource Person: Dr. S. Shunmugaram, Research Officer (Siddha), Scientific-II, SCRI, Chennai

Visit Highlights

1. A group of 52 Second Professional BSMS students, accompanied by faculty members Dr. K. Nalina Saraswathy and Dr. C. Meenakshi, participated in the awareness programme conducted at Siddha Central Research Institute, Chennai.
2. The programme focused on lifestyle diseases and preventive health, in connection with the Fit India Freedom Run 7.0 Campaign.
3. The session was delivered by Dr. S. Shunmugaram, Research Officer (Siddha), Scientific-II, SCRI, Chennai.
4. The programme provided an opportunity for students to understand the importance of awareness and preventive approaches in relation to lifestyle diseases.
5. The programme also highlighted the relevance of promoting a healthy lifestyle and physical fitness as part of disease prevention.

Outcome: The awareness programme at SCRI, Chennai, was informative and beneficial to the participating Second Professional BSMS students. It enhanced their understanding of lifestyle diseases, preventive health, and the importance of healthy living and physical fitness. The visit also provided academic exposure to the activities of a national Siddha research institution.

