



Central Council for Research in Ayurvedic Sciences

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CCRAS AT THE FRONTLINE IN FIGHT AGAINST COVID-19



The team of experts from CCRAS distributing prophylactic medicines in COVID-19 containment zones in New Delhi

As part of the population based interventional studies on impact of AYUSH based prophylactic interventions and for the integration of AYUSH Systems in various COVID-19 pandemic containment zones of Delhi, the team of experts of the Central Council for Research in Ayurvedic Sciences (CCRAS) conducted surveys and covered a population of about 12000 during the period between 7th May, 2020 and 23rd May, 2020. The Council provided prophylactic Ayurveda Interventions for improving the immunity of the peoples in these areas.

The Council also provided prophylactic Ayurveda interventions to the inmates and staff at Nirmal Chhaya Complex.

“The Council provided prophylactic Ayurveda interventions to a population of about 12000 in containment zones of Delhi.”

GLIMPSES OF CCRAS EFFORTS DURING COVID-19 PANDEMIC



Medical and Health Check-up Camps and Ethno-Medico-Botanical Tours

MSRARIED, Jaipur



The team of Prophylactic Study project for COVID-19 conducting survey at Containment Zones of of Brahmpuri, Jaipur



The team of Prophylactic Study project for COVID-19 conducting survey at Containment Zones of Bhilwara district of Rajasthan

A prospective non-randomized controlled open label interventional study on the effect of Guduchi Ghan Vati/Sudarshan Ghan Vati as a prophylactic measure among Containment Zone population exposed to COVID 19 in the selected Containment Areas of Chandras, Balesariya, Gulabpura, Amdala, Kotri, Bhilwara Urban, Mandal, Nathdiyas, Shahpura, Kodukota of District Bhilwara, Rajasthan initiated on 06th June, 2020 and in the selected Containment Areas of Ramganj (Subhash Chowk, Bapu Nagar, Johri Bazar, Brahmpuri) of District Jaipur initiated on 06th June, 2020 respectively.

RARIND, Mandi



Dr. Chris Antony, R.O. (Ay.) and Dr. Pooja, SRF conducting door to door population surveys for propagating the use of AYUSH Sanjivani App at Pandoh, Mandi

- Population based survey was conducted on door to door basis for propagating the use of AYUSH Sanjivani App in Pandoh and a total of 4197 people were interviewed and data entered into the app.
- Awareness sessions regarding use of AYUSH Sanjivani application were conducted at OPD level for the patients. A total of 335 patients were interviewed and data entered into AYUSH Sanjivani App regarding use of AYUSH advisories for prevention of COVID 19.



The team of experts from RARIND, Mandi conducting Prophylactic study in Covid-19 Containment zone of Joginder Nagar, Mandi

- Prophylactic study was conducted in the Covid -19 containment zone of Joginder Nagar by the team of experts from 10th June, 2020 to 17th June, 2020.

IEC, Awareness Programmes and Arogya Mela

RARILSD, Thiruvananthapuram



Dr. D. Sudhakar, AD In-charge releasing institute's in House Journal 'SPANDAN' 4th Issue on 29th June, 2020 at RARILSD, Thiruvananthapuram

- Various activities were conducted in the institute for the propagation of ‘AYUSH Sanjivani App’ intended for the study on the use of AYUSH interventions as prophylaxis for COVID-19. Sensitization of patients in the hospital OPD, door to door surveys, pamphlet distribution among public, sensitization of staff of nearby institutions etc. were done for the propagation of the AYUSH Sanjivani App. Wide publicity of the application also done through various social media platforms.
- Break the chain campaign and social distancing to fend off Covid -19 spread is being carried out in the institute. Washing hands and wearing mask were made compulsory for entering the institute. Thermal screening of the staff and patients were initiated. *Indukantha Kashaya* as *Panaka* provided to the hospital staff daily to improve their immunity status to combat infections. Prophylactic medicines were provided to the patients. *Dhoopana* and sanitization of the OPD done hourly during the working hours. Awareness videos were also displayed in the OPD.

NIIMH, Hyderabad

‘Sushruta Day’ was organized in the institute in commemoration of birth anniversary of Late Prof. P.J. Deshpande, former Dean, Faculty of Ayurveda on 11th June, 2020.

Participation of the Council Officers in Important Meetings, Seminars and Conferences and Presentation of Papers

CCRAS, Headquarters

- A Webinar ToT program on COVID-19 management titled “National TOT AYUSH Doctors & Practitioners for COVID-19 Preparedness, Response and Containment” was organized by the Ministry of AYUSH and Ministry of Health and Family Welfare on 04th April, 2020. CCRAS nominated three officers, Dr. Adarsh Kumar, A.D. (Ay.); Dr. Vinod Kumar Lavaniya, R.O. (Ay.) and Dr. Azeem Ahmad, R.O. (Ay.) as master trainers for the Webinar. The objectives of the webinar were use the prepared AYUSH Doctors and Practitioners training package to conduct on-line training at state with district and block levels; understand the feedback and support mechanisms to be used during online training and prepare & formalize the plan for cascading the training at the State with District and Block levels.
- Webinars for Sensitization of AYUSH Practitioners & Public for participation in Impact assessment of effectiveness, acceptance and usage of AYUSH advisories & measures in prevention of COVID-19 through “Ayush Sanjivani” mobile application was organized by CCRAS through its 23 institutes across 29 states/UTs from 19th June, 2020 to 25th June, 2020.

MSRARIED, Jaipur



Dr. K.K. Singh, AD I/c and Dr. S.K. Vedi, R.O. (Ay.) addressing the webinar “Sensitization of AYUSH Practitioners & Public for participation in Impact assessment of effectiveness, acceptance and usage of AYUSH advisories & measures in prevention of COVID-19 through AYUSH Sanjivani mobile application” through video conferencing on 21st June, 2020

1. Institute organized a webinar for Sensitization of AYUSH Practitioners & Public for participation in Impact assessment of effectiveness, acceptance and usage of AYUSH advisories & measures in prevention of COVID-19 through AYUSH Sanjivani mobile application through video conferencing on 21st June, 2020. A presentation in bilingual displayed & presented on AYUSH Sanjivani App by Dr. K.K. Singh, Assistant Director Incharge; Dr. S.K. Vedi, R.O. (Ay.) and Sh. Sanwar Mal Yadav, O.A. to disseminate the brief information about AYUSH Sanjivani Mobile Application. Dr. Monika Kumari, R.O. (Ay.) and Dr. Suhas A. Chaudhary, R.O. (Ay.) participated in the webinar.
2. Dr. K.K. Singh, Assistant Director Incharge participated in review meeting under the chairmanship of Director General, CCRAS to discuss various issues related to Technical and Administration etc. held on 08th May, 2020 through video conferencing.
3. Dr. Monika Kumari, R.O. (Ay.) participated in ‘Late Prof. P.J. Deshapande Memorial International webinar – *Sushrut Diwas*’ organized by IMS BHU, Varanasi on 11th June, 2020.
4. Dr. Monika Kumari, R.O. (Ay.) participated in International Webinar ‘AYUR-VAKTA-2020’ with a theme ‘Impact of AYUSH Medicine system in current and post pandemic scenario’ on 13th June, 2020 at L.N. Ayurved College and Hospital, Bhopal; Arogya Bharat Prant and Vishwa Ayurveda Parishad.
5. Dr. Monika Kumari, R.O. (Ay.) participated in National Webinar on “COVID-19 and General Health” organized by Vishwa Ayurveda Parishad, Maharashtra on 19th June, 2020.
6. Dr. Monika Kumari, R.O. (Ay.) participated in National Webinar on ‘Emerging Trends in Ayurveda and Alternative Medicine for Corona Mitigation’ organized by Dept. of Pharmacy, Jagannath University NCR, Haryana on 22nd June, 2020.

7. Dr. Monika Kumari, R.O. (Ay.) attended Webinar series on *Jiye To Jiye Kaise Corona Ke Sath Bhi Aur Bad Bhi*; Concept of Infectious diseases in Ayurveda; Practical Application of *Karyakarana Siddhant* and Leveraging Inline Tools for Successful Clinical Practice in Post-COVID era organized by Mandasaur Institute of Ayurveda Education and Research, Mandasaur held from 23rd to 26th June, 2020.
8. Dr. Monika Kumari, R.O. (Ay.) was participated as delegate in webinar, '*Swabhavoparamavad*' organized by Dept. of Basic principles, University College of Ayurved, DSRRAU, Jodhpur, Rajasthan on 25th June, 2020.
9. Dr. Monika Kumari, R.O. (Ay.) participated as delegate in National Webinar series on '*Darshan Shastra and Ayurveda*' organized by Deptt. of Samhita and Siddhanta, PDEA's College of Ayurveda and Research Centre Nigdi, Pune on 7th June, 2020; 14th June, 2020; 21st June, 2020 and 28th June, 2020.

NARIP, Cheruthuruthy

The Institute organized a National webinar on 'Ayush Sanjivani App' and 'AYUSH Health Care against COVID-19' on 23rd June, 2020.

NIIMH, Hyderabad

- Dr. P.V.V. Prasad, A.D. I/c participated in Review Meeting organized by Council under Chairmanship of DG, CCRAS, through video conferencing on 08th May, 2020 and discussed Administrative and Technical issues.
- Institute organized a webinar w.r.t. Ministry of AYUSH Initiatives for empowering AYUSH fraternity for disseminating information about NAMASTE Portal, A-HMIS, and AYUSH Sanjivani App among AYUSH Medical Practitioners and Researchers on 28th May, 2020 and 29th May, 2020.
- A webinar on 'Sensitization of AYUSH Practitioners and Public for participation in Impact assessment of effectiveness acceptance and usage of AYUSH advisories and measures in prevention of COVID-19 through AYUSH Sanjivani mobile application' successfully conducted on 22nd June, 2020.
- For statistical support and other technical support for AYUSH Sanjivani App based studies and other population based studies/clinical studies of CCRAS Headquarters, Dr. T. Saketh Ram, R.O (Ay.) and Dr. Arunabh Tripathi, S.O., NIIMH, Hyderabad initiated designated works and attended concerned MoAYUSH review meetings on 22nd June, 2020; 24th June, 2020 and 29th June, 2020.
- Dr. T. Saketh Ram, R.O (Ay.) participated as speaker w.r.t. 'Ayurveda Immunity boosting guidelines, AYUSH Sanjivani App' in the webinar "Preventive measures for CoVID-19" organized by Telangana Social Welfare residential Degree College for Women, Mahendra hills, at Ankushapur, Hyderabad on 19th June, 2020.



Dr. P.V.V. Prasad, A.D. I/c along with institute officials briefing Sh. D. Suddheer Reddy, MLA, LB Nagar Constituency to encourage about 'AYUSH Sanjivani App' amongst the public on 5th June, 2020.



View of encouraging the use of AYUSH Sanjivani Application amongst the public by Dr. P.V.V. Prasad, A.D. I/c along with institute officials on 5th June, 2020.

- Dr. P.V.V. Prasad, A.D. I/c and institute officials briefed Sh. D. Suddheer Reddy, MLA, LB Nagar Constituency to encourage about 'AYUSH Sanjivani App' amongst the public on 5th June, 2020.

CSMRADDI, Chennai

- Dr. G. Kusuma, RO (Ay.) participated as delegate in the National Webinar Series on 'Applied Aspect of *Anukta Dravya* – Today & Tomorrow' organized by Department of Dravyaguna, Shri. B.M. Kankanawadi Ayurved Mahavidyalaya Post Graduate Studies, Hospital & Medical Research Centre, Belagavi, Karnataka on 27th May, 2020.
- Dr. R. Arunadevi, RO (P'cology) attended webinar on 'Fundamentals of Toxicology' by Dr. Wallace Hayes organized by Toxgurukul foundation on 13th June, 2020.
- Dr. R. Arunadevi, RO (P'cology) attended webinar on 'Animal Models: Challenges and Future' by Dr. A. Sankaranarayana, President, Vivo Bio-Tech Ltd., Hyderabad on 27th June 2020.
- Dr. R. Ilavarasan, AD In-charge participated in Doctoral Committee meeting through Video Conference for the candidate Ms. Venkata Satya Madhu Latha A. on 29th June, 2020 registered under Dr. E. Susithra, Assistant Professor, VELS University, Chennai.

Guest Lectures, Radio/TV Talks and Interviews

NIIMH, Hyderabad

Dr. P.V.V. Prasad, Assistant Director In-charge, delivered a radio talk in All India Radio (AIR), Hyderabad for dissemination and propagation of 'AYUSH Sanjivani App' on 27th May, 2020.

Hindi Workshops and Trainings

MSRARIED, Jaipur



Dr. S.K. Vedi, RO (Ay.) delivering lecture on the topic “कार्यालयीय कार्य में राजभाषा के प्रयोग को प्रोत्साहित करने के सरल उपाय” during the Quarterly Hindi workshop on 24th June, 2020.

The institute celebrated quarterly Hindi workshop on 24th June, 2020. Dr. S.K. Vedi, Research Officer (Ay.) delivered a lecture on the topic “कार्यालयीय कार्य में राजभाषा के प्रयोग को प्रोत्साहित करने के सरल उपाय”.

NIIMH, Hyderabad



Dr. P.V.V. Prasad, AD Incharge addressing the officers and staff on the occasion of one day Hindi Karyashala at NIIMH, Hyderabad on 29th June, 2020

Quarterly Hindi Karyashala was organized in the Institute on 29th June, 2020 in which Dr. Ashfaque Ahmad, R.O. (Unani) presented a paper on the topic “संघ की राजभाषा” and trained the staff.

RARIND, Mandi



View of Hindi Karyashala organized on 16th June, 2020 at RARIND, Mandi

The institute organized Hindi Karyashala on 16th June, 2020. A sensitization lecture was delivered by Institute In-charge about the use of AYUSH Sanjivani application and AYUSH advisories and measures.

RAIFR, Pune

One Day Hindi Workshop organized as a webinar in the institute on 27th June, 2020. The workshop was chaired by Dr. Goli Penchal Prasad, Assistant Director I/c. The lecture was delivered by Dr. Rakesh Kumar, Assistant Director In-charge, Official Language, Hindi Teaching Scheme, Pune.

International Day of Yoga

The theme of this year International Day of Yoga 2020 was ‘*Ghar Ghar me Yog*’ which signifies the importance of staying at home and practice Yoga with family while observing social distancing. On this occasion, all the peripheral institutes of CCRAS participated in this event at home and with their families. Some of the thorough reports are:

RARIND, Mandi



Institute Staff performing *Yogasanas* on the occasion of IDY-2020 at home with family

International Yoga Day was celebrated in the institute on 21st June, 2020. All staff members participated in the event by performing Yoga at Home with family.

MSRARIED, Jaipur

On the occasion of International Yoga Day, the institute staff performed ‘Yoga at Home with family’ on 21st June, 2020 as per the Common Yoga Protocol.

World Environment Day

RARILSD, Thiruvananthapuram



Plantation of Medicinal Plants during Environment Day at RARILSD, Thiruvananthapuram

Dr. D. Sudhakar, AD In-Charge and staff celebrated Environment Day by planting various Medicinal Plants in the institute Campus.

RARI, Itanagar



Plantation of Medicinal Plants on the occasion of World Environment Day at RARI, Itanagar



The institute celebrated 'World Environment Day' by plantation of Saplings of Ashoka at institute campus.

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