



Central Council for Research in Ayurvedic Sciences

NEWSLETTER

October – December 2024 | Vol. VI | Issue IV | www.ccras.nic.in



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PROGRAMMES OF GLOBAL / NATIONAL IMPORTANCE

AYUSH MINISTER INAUGURATES NEWLY RENOVATED OPD BLOCK AT CCRAS-CARI BHUBANESWAR



Prof. (Vaidya) Rabinarayan Acharya, DG CCRAS, briefing Shri Prataprao Jadhav, Hon'ble Minister of State (I/C), Ministry of Ayush, on the institute's achievements, ongoing research, and future plans.

On 4th December 2024, Shri Prataprao Jadhav, Minister of State (Independent Charge), Ministry of Ayush, visited the CCRAS - Central Ayurveda Research Institute (CARI) in Bhubaneswar. During his visit, the Hon'ble Minister inaugurated the newly renovated OPD block, marking a significant milestone in enhancing healthcare delivery and patient care at the institute. Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, briefed the Minister on the institute's remarkable achievements, ongoing research initiatives, and future plans to advance Ayurveda research and healthcare services.

CCRAS JOINS INTERNATIONAL TRADITIONAL MEDICINE EVENTS IN MALAYSIA WITH MOAYUSH DELEGATION



A sneak-peak of the MoAyush delegation at the 10th INTRACOM in Malaysia

An 11-member delegation from the Ministry of Ayush, led by Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, participated in two significant international events held in Malaysia. The delegation included five representatives from the Central Council for Research in Ayurvedic Sciences (CCRAS): Prof. (Vaidya) Rabinarayan Acharya, Director General; Dr T. Saketh Ram, Research Officer (Ay.); Dr Vinod Kumar Lavaniya, Research Officer (Ay.); Dr Rakesh Narayanan V., Research Officer (Ay.); and Mr Naman Goyal, OSD (Ayush Grid).

From November 25–26, 2024, the team attended a Technical Meeting at the National Institute of Health, Shah Alam, Selangor. This meeting focused on finalizing the ICD-11 TM-2 Module release version, alongside preparing a Minimum Data Set and establishing reporting protocols. Subsequently, from November 27–28, 2024, the delegation participated in the 10th International Conference on Traditional and Complementary Medicine (INTRACOM). This conference brought together experts from across the globe to exchange knowledge and insights on integrating traditional and complementary medicine into healthcare systems.

THE HERBARIUMS OF CCRAS ACHIEVE GLOBAL RECOGNITION

Sl. No.	Name of the Institution	Herbarium Acronym	Year of Registration
1.	CCRAS-Central Ayurveda Research Institute (CARI) Bengaluru.	RRCBI	2008 (updated in September 2024.)
2.	CCRAS-Regional Ayurveda Research Institute (RARI) Rankhet.	RKT	April 2009
3.	CCRAS-Central Ayurveda Research Institute (CARI) Jhansi.	JHS	2010 (updated in February 2016.)
4.	CCRAS-Regional Ayurveda Research Institute (RARI) Ranagar.	ARRI	November 2010
5.	CCRAS-Central Ayurveda Research Institute (CARI) Buxarhali.	NEHAR	January 2021
6.	CCRAS-Regional Ayurveda Research Institute (RARI) Gangtok.	RARI	January 2022
7.	CCRAS-Regional Ayurveda Research Institute (RARI) Pune.	JNAMPOH	March 2023
8.	Regional Ayurveda Research Centre (RARC) Dimapur.	CMP	August 2023
9.	Regional Ayurveda Research Institute (RARI) Mandi.	RARIM	July 2024
10.	Regional Ayurveda Research Institute (RARI) Jammu.	RJH	August 2024
11.	Central Ayurveda Research Institute (CARI) Kolkata.	CARI	November 2024
12.	Captain Srinivasa Murthy Central Ayurveda Research Institute, Chennai.	CSMI	December 2024
13.	Central Ayurveda Research Institute (CARI) Bhubaneswar.	CARIBESR	December 2024
14.	CCRAS-National Ayurveda Research Institute for Panchakama, Chennai/Chennai.	NARPH	December 2024

A glimpse of the data showcasing the Herbariums of 14 CCRAS institutes with their acronyms indexed in NYBG.

The herbariums of CCRAS-Central Ayurveda Research Institute (CARI), Bhubaneswar, and

CCRAS-Captain Srinivasa Murthy Central Ayurveda Research Institute (CSMCARI), Chennai, have been officially indexed as “CARIBBSR” and “CSMH” in the prestigious William and Lynda Steere Herbarium of the New York Botanical Garden (NYBG), the second-largest herbarium globally, with 7.8 million specimens!

With this achievement, herbariums from 14 CCRAS institutions have now received global recognition. This landmark accomplishment highlights the Ministry of Ayush’s dedication to advancing quality research in traditional medicine and Ayurveda on the global stage, while showcasing India’s rich botanical and medicinal heritage to the world.

CCRAS CELEBRATES 56TH FOUNDATION DAY WITH A GRAND SYMPOSIUM ON “RESEARCH AND INNOVATION IN AYURVEDA”



Glimpses of the event

The Central Council for Research in Ayurvedic Sciences (CCRAS), under the Ministry of Ayush, celebrated its 56th Foundation Day on December 1, 2024, with a grand symposium on “Research and Innovation in Ayurveda” at Vigyan Bhawan, New Delhi. The event brought together over 400 participants, including scientists, policymakers, academicians, researchers, and industry leaders, marking a significant milestone in the advancement of Ayurveda.

The event featured the virtual presence of Chief Guest Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, alongside Prof. (Vaidya) Rabinarayan Acharya, DG CCRAS, who delivered the welcome address. The gathering included Prof. Shrinivasa Varakhedi as Special Guest, Prof. Bhushan Patwardhan, National Research Professor-Ayush as Guest of Honor,

and other eminent personalities such as Smt. Kavita Garg, Joint Secretary MoAyush; Dr Kousthubha Upadhyaya, Advisor Ayurveda, MoAyush; Dr N. Srikanth, DDG CCRAS; and Sh. Deepak Kochhar, DDA CCRAS. Distinguished guests also included Former DGs and DDGs, Ayush Distinguished Scientist Chairs, experts from Ayush Research Councils, members of the CCRAS Governing Body, and Executive Committee.

Lifetime Achievement Awards were presented to Dr M.P.S. Arya and Dr Maya Ram Uniyal for their exemplary contributions to Ayurveda. The Best R&D Institute Awards were conferred on NARIP Cheruthuruthy, RARI Gwalior, and RARC Dimapur. Special honors were also awarded for notable contributions to COVID-19 initiatives, research advancements, and industry collaborations.



The symposium featured three in-depth technical sessions, each focusing on critical themes in the advancement of Ayurveda, followed by a panel discussion exploring opportunities for start-ups in the Ayurvedic sector. Industry leaders shared valuable insights on the future of Ayurveda in global markets, highlighting its growing potential and relevance. A short film titled 'Genesis and Achievements of CCRAS' was screened, showcasing the Council's illustrious journey

over the years. The event also witnessed the release of four CCRAS publications, namely Pakavali - Sanskrit to English Translation, Ayurvedsangrah - Uttrardh, Text-Book Biostatistics - Basics to Advances and Investigator's Brochure - Anemia Control Among Adolescent Girls Through Ayurveda Interventions in The Five Districts Under Mission Utkarsh, adding to the repository of Ayurvedic research and knowledge.

CCRAS PARTICIPATES IN THE 10TH WAC & AROGYA EXPO



Hon'ble Chief Minister of Uttarakhand, Sh. Pushkar Singh Dhami, and Hon'ble MoS (I/C), MoAyush, Shri Prataprao Jadhav, inaugurating the 10th WAC.



Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, along with the officials visiting the CCRAS stall.



Officials from CCRAS-RARI, Ranikhet, distributing IEC materials to visitors and offering free medical consultations.



Prof. (Vaidya) Rabinarayan Acharya, DG CCRAS, addressing the gathering at the 2 day workshop hosted by CCRAS-NIIMH, Hyderabad.



A sneak-peak of CCRAS officials, dignitaries and participants of the workshop.

The Central Council for Research in Ayurvedic Sciences (CCRAS), along with its peripheral institutes, actively participated in the 10th World Ayurveda Congress (WAC) and Arogya Expo held in Dehradun, Uttarakhand, from 12th to 15th December 2024. The event was inaugurated by the Hon'ble Chief Minister of Uttarakhand, Sh. Pushkar Singh Dhama, and Shri Prataprao Jadhav, Hon'ble Minister of State (Independent Charge), Ministry of Ayush. CCRAS showcased its contributions to Ayurveda through a series of events and initiatives that highlighted the integration of traditional medicine with contemporary research.

The CCRAS-Regional Ayurveda Research Institute (RARI), Ranikhet, set up an informative stall to engage visitors, distributing IEC materials, brochures, and council publications. The stall attracted significant interest from 382 visitors, who explored the research outputs and achievements of CCRAS. Additionally, RARI organized a free medical camp during the expo, providing consultations and medicines to attendees. The Ayurvedic OPD set up as part of the camp treated 207 patients, demonstrating CCRAS's commitment to promoting public health through Ayurveda.

One of the key events was a two-day workshop hosted by CCRAS-National Institute of Indian

Medical Heritage (NIIMH), Hyderabad, from 13th to 14th December 2024. The workshop, focused on implementing ICD-11 TM2 terminology for Ayurveda, Siddha, Unani, and Sowa-Rigpa systems, aimed to align these traditional medicine systems with global health standards. The workshop was inaugurated by Prof. (Vaidya) Rabinarayan Acharya, Director-General of CCRAS, who delivered the welcome address, while Dr G.P. Prasad, AD In-charge, NIIMH, offered the vote of thanks.

The workshop brought together eminent dignitaries, including Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush; Prof. Bhushan Patwardhan, National Research Professor, Ayush; and international experts from countries like Italy, Argentina, Sri Lanka, Nepal, and the USA. The workshop facilitated discussions on updating terminology, evaluating traditional literature, and formulating strategies to integrate these systems into global health classification frameworks. It saw participation from senior officers and researchers of CCRAS, including Dr G. Babu, Director of CCRAS-CARI, Kolkata, and Dr Govind Reddy, AD In-charge of CARI, Mumbai. The event also witnessed the release of a special issue of the Journal of Research in Ayurvedic Sciences (JDRAS), titled "Ayush Rasayana: Approaches & Implications."

MOU/AGREEMENTS

CCRAS-CARI KOLKATA & IIT INDORE JOIN HANDS FOR AYURVEDIC RESEARCH ON ANTIBIOTIC-RESISTANT GUT PATHOGENS

On 10th October 2024, the CCRAS-Central Ayurveda Research Institute (CARI), Kolkata, and the Indian Institute of Technology (IIT), Indore, signed a Memorandum of Understanding (MoU) to jointly undertake a research project titled "Targeting Antibiotic Resistant Gut Pathogen-Induced Acid Peptic Disease Through Selected Ayurvedic Formulations."

This two-year study, aligned with the CCRAS Research Policy, aims to develop Ayurvedic interventions to combat acid peptic disease caused by antibiotic-resistant gut pathogens. The partnership exemplifies a synergy between traditional Ayurveda and advanced biomedical research, offering innovative approaches to global health challenges.

CCRAS-CARIBENGALURUSIGNSMOUWITH NITM, BELAGAVI, FOR COLLABORATIVE RESEARCH ON TRIPHALA

A Memorandum of Understanding (MoU) was signed on 30th October 2024 between the CCRAS-Central Ayurveda Research Institute (CARI), Bengaluru, and the National Institute of Traditional Medicine (NITM), Belagavi. The collaboration focuses on a research project titled "Evaluation of Triphala as an Add-on Intervention for Sustained Weight Loss in Overweight and Obesity: A Randomized Placebo-Controlled Clinical Trial."

The study, guided by the CCRAS Research Policy, will span three years, aiming to explore the efficacy of Triphala as a complementary intervention for weight management. This partnership underscores the integration of traditional Ayurvedic remedies with modern clinical research for holistic health solutions.



CCRAS-NIIMH, PATNA, SIGNS MOU WITH PGAC, PATNA, FOR DIGITIZATION OF RARE MANUSCRIPTS



On 26th November 2024, the CCRAS-National Institute of Indian Medical Heritage (NIIMH), Hyderabad, and Patna Government Ayurvedic College signed a Memorandum of Understanding (MoU) to undertake the digitization of rare books and manuscripts. This initiative aims to preserve and make accessible valuable Ayurvedic literature, fostering the integration of traditional knowledge with modern technology.

CCRAS-RARI AND BRIC-RGCB THIRUVANANTHAPURAM COLLABORATE ON PIONEERING GENETICS STUDY OF PRAKRITI



On 13th December 2024, CCRAS-Regional Ayurveda Research (RARI),

Thiruvananthapuram, and BRIC-Rajiv Gandhi Centre for Biotechnology (RGCB), Thiruvananthapuram, signed an MoU to study the genetics and epigenetic basis of Prakriti and its inheritance patterns. The agreement was signed by Prof. Chandrabhas Narayana, Director of BRIC-RGCB, and Dr V. Subhose, AD In-Charge of CCRAS-RARI, with principal investigators Dr Moinak Banerjee and Dr Sree Deepthi G.N., along with co-investigators Dr Sinimol and Dr Praveen Balakrishnan, in attendance. This collaboration bridges Ayurveda and genomic science, paving the way for innovative research.

CCRAS-RARI, LUCKNOW, SIGNS MOU WITH BHU, VARANASI, FOR RESEARCH ON TAILA BINDU PARIKSHA



On December 20, 2024, an MoU was signed between CCRAS-RARI, Lucknow, and Banaras Hindu University (BHU), Varanasi, for the research project titled “Standardization, Scientific Validation, and Automation of Taila Bindu Pariksha – An Ancient Prognostic Tool.” The signing ceremony took place in the presence of BHU Dean Dr P.K. Goswami; Prof. Dr A.C. Kar (Diagnosis & Pathology, BHU); Dr Sanjay Kumar Singh, Assistant Director-in-Charge, RARI Lucknow; Dr Alok Kumar Srivastava, RO (Ay.); and Dr Kamble Pallavi Namdev, RO (Ay.), RARI Lucknow. This collaboration aims to bridge traditional wisdom with modern scientific methods, advancing the application of Ayurveda in prognosis and diagnostics.

HUMAN RESOURCES DEVELOPMENT (HRD) ACTIVITIES

CCRAS ORGANIZES A SERIES OF TRAINING WORKSHOPS ON ANAEMIA CONTROL AMONG ADOLESCENT GIRLS



Participants at Dhaulpur, Rajasthan.

In October 2024, the Central Council for Research in Ayurvedic Sciences (CCRAS) organized a series of training workshops across India as part of the “Anaemia Control among Adolescent Girls through Ayurveda Interventions” initiative under Mission Utkarsh. These workshops were conducted in Dhaulpur, Rajasthan (7th-8th October), CCRAS-CARI in Guwahati (22nd October), CCRAS-RARI in Nagpur (29th October) and District Collector Office in Jagdalpur, Bastar District, Chhattisgarh (25th-26th November). This important initiative is a collaborative endeavour between the Ministry of Ayush and the Ministry of Women & Child Development, aimed at combating anaemia in five targeted districts through Ayurveda-based interventions.



Participants at CCRAS-CARI in Guwahati.

The workshops provided essential orientation to field staff on the data collection tools, devices, and methodologies necessary for the initiative’s success. CCRAS resource persons presented a comprehensive overview of the project’s goals, intervention strategies, and expected outcomes, ensuring the staff’s clear understanding of their roles in the implementation process. Additionally, the CCRAS IT team conducted in-depth training sessions on the use of a dedicated Android app at the Anganwadi Centers. This digital tool is designed to assist field staff in gathering real-time data, monitoring health indicators, and streamlining reporting, thereby enhancing the effectiveness and efficiency of the project.

NATIONAL SEMINAR ON “APPLICATION OF KSHARA KARMA IN ANORECTAL DISEASES” HELD AT CCRAS-RARI MANDI



Session in Progress



Participants in Seminar



The CCRAS-Regional Ayurveda Research Institute (RARI), Pandoh, Mandi, hosted a two-day national seminar on 9th and 10th October 2024. The event was inaugurated with insightful remarks by Prof. Rabinarayan Acharya, Director General, CCRAS. The seminar brought together eminent experts in Ayurveda, including Prof. P. Hemantha, HOD, Shalya Tantra, NIA Jaipur; Vaidya Ravishankar Parvaje from Mangalore and Prof. Sachin Gupta from Patanjali Ayurveda College.

The distinguished speakers presented their evidence-based research on the Application of Kshara Karma in Anorectal Diseases. The seminar featured engaging academic sessions, including practical demonstrations on 16 patients, showcasing the clinical efficacy of Kshara Karma in managing anorectal conditions. A total of 57 delegates, comprising registered Ayurveda practitioners, postgraduate students from Himachal Pradesh, and participants from other states, attended the seminar.

CCRAS-RARC DIMAPUR HOSTS TRAINING PROGRAM ON PRAKRITI ASSESSMENT



A glimpse of the training session.

The CCRAS-Regional Ayurveda Research Centre (RARC), Dimapur, organized a one-day training program on the CCRAS Standardized Prakriti Assessment Scale and the AYUR Prakriti Web Portal on 19th October 2024. This initiative aimed to enhance participants' understanding of Prakriti assessment and its practical application in Ayurveda. The

program saw active participation from 19 medical officers under the Nagaland State Government, representing various districts, thereby broadening the program's outreach and impact. This training reflects CCRAS's ongoing efforts to promote standardized practices and the integration of Ayurveda in healthcare systems.

CCRAS-RARI VIJAYAWADA ORGANIZES TRAINING PROGRAMME ON BASIC LIFE SUPPORT (BLS)



Session in Progress

Participants in Seminar

On 24th October 2024, CCRAS-RARI, Vijayawada, in collaboration with Aayush NRI

LEPL Healthcare Pvt Ltd, organized a Basic Life Support (BLS) training session. Led by Dr J.

S. Tarun Chowdhary, the programme included lectures and hands-on CPR training. Dr B. Venkateswarlu, AD In-charge, emphasized the importance of emergency preparedness,

while Dr A.J.V. Sai Prasad highlighted the value of timely intervention. A total of 50 officials participated, enhancing their skills in handling critical situations effectively.

CCRAS ORGANIZES PRAYATNA - SCIENTIFIC WRITING WORKSHOP FOR AYURVEDA SCHOLARS



Inaugural Session



Session in Progress

The Central Council for Research in Ayurvedic Sciences (CCRAS) has initiated the “PRAYATNA - Scientific Writing Workshop for Ayurveda Research Scholars,” aimed at final-year PG, PhD, and Post-Doctoral scholars aspiring to publish their research findings in peer-reviewed journals. The inaugural workshop was held in collaboration with Shri BMK KLE

Ayurveda College, Belagavi, from October 23 to 25, 2024, following an expression of interest from the institution. During the workshop, 14 students received hands-on guidance in drafting research manuscripts based on their thesis work, fostering a deeper understanding of scientific writing and publication protocols.

CCRAS CONDUCTS TRAINING PROGRAM FOR HEALTH SCREENING AND AYURVEDA MANAGEMENT AT EMR SCHOOLS



Session in progress



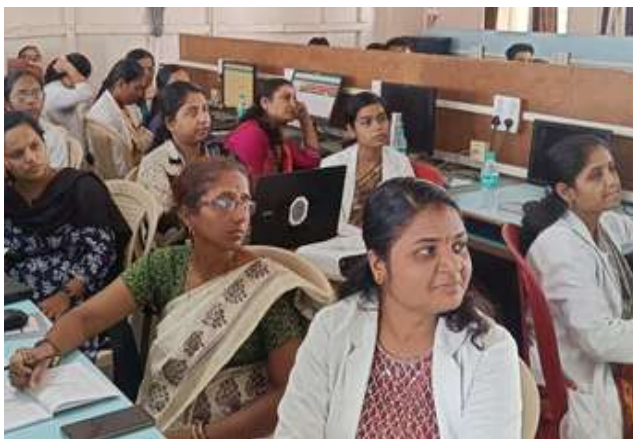
CCRAS conducted a 2-day Training program for Investigators and Project Personnel on “General health screening with a special focus on selected disease conditions (Tuberculosis, Anemia, Sickle cell Disease & Malnutrition)

and Ayurveda management of Anaemia & Malnutrition in students of Ekalavya Model Residential Schools (EMRS)”. This event was organized in collaboration with ICMR- National Institute of Research in Tribal Health, Jabalpur,



on 24th and 25th October 2024 at CCRAS-RARI, Nagpur. The training covered essential modules on health screening techniques, data collection, and Ayurveda management strategies, with 60 officials participating to ensure effective implementation across EMRS locations.

CCRAS-NIIMH HYDERABAD ORGANIZES TRAINING ON CCRAS AYUR PRAKRITI ASSESSMENT WEB PORTAL AT GAMC, KARNATAKA



A glimpse of the participants during the training program.

The CCRAS-National Institute of Indian Medical Heritage (NIIMH), Hyderabad, facilitated a two-day training program on the CCRAS Ayur Prakriti Assessment Web Portal for the faculty of Grameen Ayurvedic Medical College, Bagalkot, Karnataka, from 24th to 25th October 2024. The program, coordinated by Dr Lalita Sharma, Research Officer (Ayurveda), CCRAS Headquarters, New Delhi, and Dr T. Saketh Ram, RO (Ay.), CCRAS-NIIMH, Hyderabad, aimed to familiarize participants with the standardized Prakriti Assessment tool and its web-based application. Dr Chris Antony, RO (Ay.), CCRAS-NIIMH, provided hands-on training during the sessions.

On the first day, the Standardized Prakriti Assessment Tool was introduced to 35 participants, followed by a live demonstration of the web portal. The second day featured practical, hands-on training, allowing participants to assess their own Prakriti using the portal.

8TH BATCH OF CERTIFICATE COURSE ON MARMA CHIKITSA CONCLUDES AT CCRAS-NARIP CHERUTHURUTHY



A glimpse of the event

The 8th batch of the Certificate Course on Marma Chikitsa concluded at NARIP, Cheruthuruthy, on November 18, 2024. Dr Sudhakar D, Director of the Institute, inaugurated the event, with felicitations from Dr Sudesh N. Gaidhani, AD (Pharmacology); Dr V.C. Deep, AD (Ay.); and Dr N. Thamizh Selvam, AD (Biochemistry). A total of 20 participants from various parts of the country successfully completed the intensive training program, gaining in-depth knowledge and practical skills in this specialized Ayurvedic therapy.

CCRAS-CARI JHANSI HOSTS TWO-DAY NATIONAL SEMINAR ON "AYURVEDIC DRUG DEVELOPMENT - BHESHAJ 2024"



Unveiling the statue of Acharya Pt. Raghunath Vinayak Dhulekar in the institute's campus



Participants in the Seminar

On the occasion of its Golden Jubilee, the Central Ayurveda Research Institute (CARI), Jhansi, under the aegis of CCRAS, organized a two-day national seminar on “Ayurvedic Drug Development - Bheshaj 2024” from 21st to 22nd November 2024. The event was marked by the unveiling of a statue of Acharya Pt. Raghunath Vinayak Dhulekar within the institute’s campus, commemorating his contributions to Ayurveda, in the presence of esteemed dignitaries. The seminar featured four insightful technical sessions, each led by prominent experts who shared their knowledge and advancements in Ayurvedic drug development. A total of 200 officials participated in the event, making it a grand success and a significant milestone in the institute’s journey.

NATIONAL SEMINAR ON VASTI, ‘NIROOHAM 2024’ HIGHLIGHTS THERAPEUTIC ADVANCES IN NEUROLOGICAL CARE



Inauguration Session



Participants in the Seminar

The CCRAS-National Ayurveda Research Institute for Panchakarma (NARIP), Cheruthuruthy, organized a one-day National Seminar on Vasti, ‘Nirooham 2024’ on 25th November 2024. The event was presided over by Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, New Delhi, and attended by Dr N. Srikanth, Deputy Director General, CCRAS, as the guest of honour. The sessions focused on the therapeutic potential of Vasti (medicated enema), particularly in addressing neurological disorders such as multiple sclerosis and Parkinson’s disease. Scholars from across India actively participated in poster and paper competitions, presenting innovative research and applications of Vasti. A total of 150 delegates, including practitioners, researchers, and students of Ayurveda, attended the seminar, which fostered knowledge sharing and discussions on advancing Ayurvedic approaches to neurological care.

CCRAS-CSMCARI CHENNAI CONDUCTS 6-DAY CME TRAINING PROGRAMME UNDER AYURGYAN SCHEME



Session in Progress



Participants of CME

A 6-day Continuing Medical Education (CME) training programme was organized at CCRAS-CSMCARI, Chennai, from 25th to 30th November 2024, sponsored by the Ministry of Ayush, Government of India, under the AYURGYAN Scheme. The programme focused on “Current Trends in R&D, Modern Scientific Advances, and Technology for Scientific Understanding and Promotion of Ayush Systems.” Aimed at bridging traditional Ayurvedic practices with modern scientific advancements, the training sought to enhance the clinical and research capabilities of Ayush professionals. A total of 26 participants, including teachers and scientists from Ayurveda, Siddha, Unani, and Homeopathy disciplines, attended the CME, gaining valuable insights into integrating traditional wisdom with cutting-edge science.

CCRAS-CARI NEW DELHI HOSTS TWO-DAY CME ON “A CLINICAL APPROACH TO JOINT DISORDERS”



Participants of CME

The CCRAS-Central Ayurveda Research Institute (CARI), New Delhi, organized a two-day Continuing Medical Education (CME) programme on “A Clinical Approach to Joint Disorders” for registered Ayurveda practitioners on 29th and 30th November 2024. The inaugural session was graced by the presence of Vaidya Jayant Deo Pujari, Chairman NCISM; Prof. B.L. Mehra, Member MARB; Dr D.K. Mishra, former Director, CARI New Delhi; Dr Vandana Siroha, Director RAV; and Dr Bharti, Director CARI, New Delhi. The CME featured six engaging lecture sessions by subject experts covering various aspects of joint disorder management. Additionally, Panchakarma procedures were demonstrated, followed by a detailed case discussion. The event witnessed participation from 45 practitioners, who gained valuable clinical insights and practical skills to enhance their practice.

CCRAS-MSRARI JAIPUR ORGANIZES PHARMACOVIGILANCE AWARENESS WORKSHOP



Session in Progress





A glimpse of the event

The CCRAS-MS Regional Ayurveda Research Institute (MSRARI), Jaipur, organized an Awareness Workshop on ‘Pharmacovigilance of Ayurvedic Medicines among Registered Ayurveda Practitioners’ on 28th December 2024 at the Science Park Auditorium, Shastri Nagar, Jaipur. The event was graced by Prof. Rajesh Kumar Sharma, Special Officer to the Deputy Chief Minister (Ayush), as the Chief Guest. Distinguished speakers included Prof. Anupam (National Institute of Ayurveda), Dr Mahesh Kumar Sharma (Deputy Director, Ayurveda, Jaipur-A), Dr P.L. Meena (Deputy Director, Ayurveda, Jaipur-B), and Dr B.S. Sharma (RO (Ay.) and Nodal Officer, CCRAS, New Delhi), who shared valuable insights on the importance of pharmacovigilance in Ayurveda. Expert sessions were conducted by Prof. Sudipta Rath (Head, Dravyaguna Department, NIA, Jaipur), Dr Monika Kumari, and Dr Kishor Gawli (Research Officers, Ayurveda).

DR G.P. PRASAD PARTICIPATES AS RESOURCE PERSON IN INTERNATIONAL SEMINAR ON AYURVEDIC DRUG STANDARDIZATION



A glimpse of the session in progress

Dr G.P. Prasad, A.D. In-charge, CCRAS-National Institute of Indian Medical Heritage (NIIMH), Hyderabad, participated as a resource person in a three-day international seminar titled “AUSHADH MANAKAM: Ayurvedic Drug Standardization – Challenges & Solutions.” The seminar, held from 5th to 7th December 2024, was organized by the P.G. Departments of Rasa Shastra & Bhaishajya Kalpana and Dravyaguna Vigyan at P.G.I.A., Jodhpur, in collaboration with the Ministry of AYUSH, Government of India; Lakshmi Co. Pvt. Ltd., Japan; and Cultivator Natural Products Pvt. Ltd.

During the event, Dr Prasad delivered a keynote address on “Ayurvedic Concern on the Safety of Drugs with a Special Focus on Their Effect on the Dosha and Safety of Diets Following the Concept of Food as Both Cause and Remedy to Ajirna.”

DIRECTOR, CCRAS-CARI KOLKATA ATTENDS STATE-LEVEL WORKSHOP ON ASHWAGANDHA



A session in progress

Dr G. Babu, Director of CCRAS-CARI, Kolkata, graced the one-day state-level workshop titled “National Campaign on Ashwagandha – A Health Promoter in West Bengal” as the Chief Guest on November 6, 2024. The event was organized by the Regional-cum-Facilitation Centre (RCFC), Eastern Region, National Medicinal Plants Board (NMPB), Ministry of AYUSH, Government of India, in collaboration with Jadavpur University, Kolkata.



PROJECTS AT A GLANCE

Intra-Mural Clinical Research (IMR):

Throughout the quarter, significant strides were made in research initiatives at CCRAS. Under Intra Mural Research (IMR), 6 Clinical Research projects, 1 Drug Standardization project, 12 Pharmacology Research projects, 4 Literary Research projects, and 01 other projects were initiated.

Additionally, ongoing projects include 32 in Clinical Research, 40 in Drug Standardization, 32 in Medicinal Plant Research, 20 in Pharmacology Research, 16 in Literary Research, 01 in Fundamental Research, 13 in Pharmaceutical Research, 8 in Microbiology and 03 other research projects.

Furthermore, the period witnessed the successful completion of 2 Clinical Research, 8 Medicinal Plant Research, 6 Literary Research, and 4 Pharmaceutical Research

projects, underscoring the council's dedication to delivering impactful outcomes.

Collaborative Research:

In the realm of collaborative research, 02 Clinical Research projects and 12 Pharmacology Research projects were initiated.

Additionally, ongoing projects include 26 in Clinical Research, 03 in Drug Standardization, 10 in Medicinal Plant Research, 25 in Pharmacology Research, 03 in Literary Research, 01 in Fundamental Research, and 03 in Pharmaceutical Research.

Furthermore, during quarter 04 projects in Clinical Research was completed, underscoring the council's dedication to delivering impactful outcomes.

RESEARCH UPDATES

Publications

During the quarter, the Central Council for Research in Ayurvedic Sciences (CCRAS) published a total of eleven noteworthy publications showcasing its dedication to advancing Ayurvedic knowledge and research. The publications are as follows:

- Journal of Research in Ayurvedic Sciences (JRAS) - Volume 8, Issue 3, May-June 2024
- अयुर्वेदसंग्रह (हिन्दी अनुवाद सहित) – उत्तरार्ध
- Journal of Drug Research in Ayurvedic Sciences (JDRAS) - Volume 9, Suppl 1, October 2024, Special Issue - Ayush Ahara Part I
- Journal of Research in Ayurvedic Sciences (JRAS) - Volume 8, Issue 4, July-August 2024
- Journal of Research in Ayurvedic Sciences (JRAS) - Volume 8, Supplement 2, Special Issue - Life Profiles of Luminaries in the field of Ayurveda - Part II
- Pakavali - Sanskrit to English Translation
- Text-Book Biostatistics - Basics to Advances

- Investigator's Brochure - Anemia Control Among Adolescent Girls Through Ayurveda Interventions in The Five Districts Under Mission Utkarsh
- Journal of Drug Research in Ayurvedic Sciences (JDRAS) - Volume 9, Issue 4, July-August 2024
- Journal of Indian Medical Heritage (JIMH) July-September 2023, Vol-2, Issue-3_ NIIMH Publication
- Journal of Drug Research in Ayurvedic Sciences (JDRAS) - Volume 9, Suppl 2, December 2024, Special Issue - Ayush Rasayana: Approaches & Implication

Journal Articles

Throughout the quarter, a total of 32 journal articles were published, showcasing the ongoing research and scholarly contributions of CCRAS and its wide networks of institutes nationwide. These articles cover a wide range of topics, reflecting the diverse interests and expertise of our researchers.

WELFARE OF SPECIAL TARGET GROUPS

(RESEARCH-ORIENTED PUBLIC HEALTH CARE SERVICES)

The Council continues to prioritize and enhance healthcare services for marginalized communities through a range of impactful initiatives. With a focus on providing medical assistance and health check-up camps to underserved populations, including tribal communities, scheduled castes, women, and children, CCRAS is actively working towards promoting equitable access to healthcare across the nation.

Here's a glimpse of the initiatives undertaken:

Tribal Sub Plan

- **Tribal Health Care Research Programme under Tribal Sub Plan (TSP):** Implemented through 14 CCRAS institutes in 14 states, the THCRP aims to address the healthcare needs of tribal populations. In the last quarter, over 52,560 tribal individuals were reached, with medical aid extended to more than 22,955 patients, including documentation of traditional health practices. Additionally, 29,034 investigations, 407 awareness lectures, and 164 awareness camps were conducted to promote health and disease prevention. The quarter also witnessed the documentation of 46 folklore claims.
- **Health Screening and Ayurveda Management for Students of EMRS:** During the quarter, general health screening focusing on Tuberculosis, Anemia, Sickle Cell Disease, and Malnutrition, along with Ayurveda-based management of Anemia and Malnutrition, was conducted in 57 Ekalavya Model Residential Schools (EMRS) across 14 states. Implemented by 16 CCRAS institutes in collaboration with ICMR-NIRT, Jabalpur, the program benefited over 4,347 students with health services and 10,538 students through 84 awareness lectures. Activities included Sickle Cell Disease awareness, Yoga demonstrations, and IEC material distribution to support students' well-being.

Development Plan for Scheduled Castes

- **Ayurveda Mobile Health Care Programme (AMHCP) under the Schedule Caste Sub Plan (SCSP):** Operating through 15 CCRAS institutes in 14 states, the AMHCP focuses on serving scheduled caste populations. A total of 22,930 individuals were surveyed, including 18,443 individuals from the scheduled caste population during the quarter. Medical aid was provided to over 22,676 patients, including 18,031 from the scheduled caste community. Additionally, 637 awareness lectures were delivered to promote health and disease prevention.
- **Women and Child Health Care (WCH) Programme under SCSP:** Executed through 10 CCRAS institutes in 10 states, the WCH Programme targets the healthcare needs of women and children from scheduled castes communities. During the quarter, over 24,640 individuals were surveyed, with medical assistance offered to nearly 23,708 patients. Furthermore, 472 awareness lectures were organized to educate communities about health and disease prevention.

Development of North East Regions

- **Ayurvedic Health Centres under North East Plan:** Established under the North East Plan, these Ayurvedic Health centres, operated by four CCRAS institutes across 19 centres in 4 states, provide traditional Ayurvedic treatments through Outpatient Departments (OPDs) and promote health awareness by distributing IEC materials to the public, focusing on health and hygiene education. During the quarter, over 22,959 patients benefited from these healthcare services, underscoring the importance of such initiatives in addressing community health needs and promoting proactive well-being in the region.

Here are glimpses of some of the activities.



Survey team of CCRAS-CARI, Bengaluru, conducting Medical & Health checkup Camp under the THCRP-TSP.



Disease-specific focus camp on Screening of Diabetes mellitus at J.P. Nagara- Rajeshwari slum by the Survey team of CCRAS-CARI, Bengaluru.



A survey team of CCRAS-ALRARI, Chennai, providing free medical consultation under the AMHCP-SCSP.



A survey team from CCRAS-ALRARI, Chennai, conducting an awareness session to promote health and disease prevention under the THCRP-TSP initiative.



A survey team of CCRAS-NARIP, Cheruthuruthy, providing free medical consultation under the AMHCP-SCSP.





A survey team from CCRAS-NARIP, Cheruthuruthy, conducting general health screenings focusing on tuberculosis, anemia, sickle cell disease, and malnutrition.



A survey team of CCRAS-RARI, Patna, providing free medical consultation under the WCH-SCSP.



A survey team of CCRAS-RARI, Jammu, providing free medical consultation during Community Health Check camp organized under the THCRP-TSP.

HEALTH OUTREACH ACTIVITIES

INFORMATION EDUCATION & COMMUNICATION (IEC)

Throughout the quarter, the Central Council for Research in Ayurvedic Sciences (CCRAS) actively engaged in various events nationwide, including Arogya Melas, Health Camps, Exhibitions, Health Awareness Camps, and Survey studies. These occasions served as platforms to showcase the Council's publications and activities through display stalls while distributing brochures and other Information, Education, and

Communication (IEC) materials to visitors for wider dissemination. Moreover, medical check-up camps were organized to provide free consultations and dispense medicines, underscoring CCRAS's ongoing dedication to promoting Ayurveda and ensuring its accessibility to all. Over the quarter, CCRAS participated in more than six exhibitions/Mela/camps, with a combined footfall of over 4047 visitors.

Here are glimpses of some of the activities.



Visitors at the CCRAS-CARI Patiala exhibition stall and Health checkup camp during 'Ayurveda Parv,' organized by the All India Ayurveda Congress (AIAC) at Govt. ITI College, Amritsar, Punjab, from October 18th to 20th, 2024.



Visitors visiting the CCRAS-CARI New Delhi stall at the AROHA-2024 conference held at the AIIA campus from October 17th to 19th, 2024.



Glimpses of the visitors at CCRAS-CARI, New Delhi, Health checkup and Prakriti Assessment camp at the 43rd India International Trade Fair exhibition from 14th to 27th November, 2024 at Bharat Mandapam, Pragati Maidan, New Delhi.



Visit of Shri Prataprao Jadhav, the Union Minister of State (I/C), Ministry of Ayush, and Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, to CCRAS-CARI, New Delhi, stall at the 43rd India International Trade Fair exhibition from 14th to 27th November, 2024 at Bharat Mandapam, Pragati Maidan, New Delhi.



A view of the stall of CCRAS-RARI, Ahmedabad, during the expo focused on Ayush Ahara and millets at CISF Unit Line, Ramdev Nagar, Ahmedabad.



Visitors at the CCRAS-RARI, Ranikhet, exhibition stall and Health checkup camp during the 'State Arogya Fair 2024,' organized at Mon, Nagaland, from December 13th to 15th, 2024.



Visit of Shri Prataprao Jadhav, the Union Minister of State (I/C), Ministry of Ayush, and DG CCRAS, Prof. (Vaidya) Rabinarayan Acharya, to CCRAS-CARI, Bhubaneswar, stall at the 'Ayurveda Parv' exhibition from 4th to 6th December, 2024 at Gopabandhu Ayurveda Mahavidyalaya, Puri, Odisha.

STAFF NEWS

Retirements



CCRAS-RARI, Mandi, honors Dr Rajesh Sannd, AD In-Charge, on the occasion of his retirement, celebrating his invaluable contributions on 31st October, 2024.



Dr R. Govind Reddy, AD Incharge, CCRAS-RRAPCARI, Mumbai, honoring Smt. Sunita E. Kadam, Hindi Assistant & Translator, on the occasion of her retirement on 31st October, 2024.



Dr D. Sudhakar, Assistant Director (Ay.), CCRAS-NARIP, Cheruthuruthy, retired on 31st December, 2024.



Mrs. Jhalia Basfore, Safaiwala, CCRAS-CARI, Guwahati retired on 31st Dec, 2024.

Obituary

Sh. Jogesh Boruah, MTS (Safaiwala), CCRAS-RARI, Itanagar, has expired on 17th December, 2024.

RTI/PUBLIC GRIEVANCES

Throughout the quarter, CCRAS received a total of 56 applications under the Right to Information (RTI) Act. Among these, 16 applications were referred to other Public Authorities (PAs) under Section 6(3), while our team successfully disposed of 56 applications, including 20 appeals.

CCRAS IN MEDIA

During the quarter, the Central Council for Research in Ayurvedic Sciences (CCRAS) has been actively featured across various media platforms, including newspapers, television, radio, and popular social media platforms. These channels have served as effective avenues for showcasing CCRAS's impactful initiatives and ground-breaking research, reaching diverse audiences and raising awareness about the importance of Ayurveda in modern healthcare.

Here are glimpses of some of the activities.



Dr N. Srikanth, DDG CCRAS, highlights the activities and achievements of CCRAS-CARI, Mumbai, during the institute's 38th Foundation Day celebration, broadcasted on DD Sahyadri.



Dr Bharti, Director CARI, New Delhi, during the Press Conference, sharing 100 days achievement of Ministry of Ayush to the media.



Newspaper clipping showing CCRAS-NIIMH, Hyderabad, activities.



CCRAS-NIIMH, Hyderabad, media coverage, broadcasted on DD Telangana



Officials from CCRAS-RARI, Lucknow, during the Press Conference, sharing 100 days achievement of Ministry of Ayush to the media.



Officials from CCRAS-CARI, Bengaluru, during the Press Conference, sharing 100 days achievement of Ministry of Ayush to the media



Dr Sulochana Bhat, Head, CCRAS-CARI, Bengaluru, briefing the media during the CoE in Ayurveda for Diabetes and Metabolic Disorders inauguration at the Indian Institute of Science (IISc), Bengaluru.



Officials from CCRAS-RARC, Dimapur, in collaboration with the State Ayush Department of Nagaland, sharing 100 days achievement of Ministry of Ayush to the media



The survey team from Women and Child Health Care (WCH) under SCSP sensitizing the general public, featured on DD Bihar



HEALTHCARE SERVICES/ PATIENT CARE

The Central Council for Research in Ayurvedic Sciences (CCRAS) continues to provide research-oriented healthcare services through Out-Patient Departments (OPDs) across 26 peripheral institutes and co-located units. Among these, 14 major institutes offer In-Patient Departments (IPDs) facilities, ensuring comprehensive healthcare services. Additionally, specialized clinics for Geriatric healthcare are available at all 26 peripheral institutes and centres.

During the quarter, a significant number of patients, totalling 1,71,946, benefited from the services provided by these OPDs, including General OPDs, Geriatric OPDs, and special clinics. Notably, out of the 26 Institutes and Centres, 14 major institutes catered to patients requiring inpatient care, with a total of 1,180 patients admitted to IPD facilities during the reporting period.

OTHER ACTIVITIES

DG CCRAS, ATTENDS MATHANAM-2024 AS GUEST OF HONOUR



Session in Progress

Prof. (Vaidya) Rabinarayan Acharya, DG CCRAS, graces the inaugural session as Guest of Honour at the three-day National Conference on 'Modern and Traditional Approaches in Pharmacotherapeutics in Neuroscience and mental health (MATHANAM-2024)' at NIMHANS, Bengaluru, on 4th October, 2024. During the session, Prof. Acharya delivered

an insightful lecture, where he highlighted the significance of integrating traditional medicine with modern pharmacotherapeutics in neuroscience.

DG CCRAS, DELIVERS KEYNOTE ADDRESS AT ITRA'S 4TH FOUNDATION DAY CELEBRATION



Session in Progress

Prof. Rabinarayan Acharya, DG, CCRAS, attended the 4th Foundation Day celebration at the Institute of Teaching and Research in Ayurveda, Jamnagar, on 15th October 2024 as a Guest Speaker. He delivered an engaging talk as a Keynote Speaker on "Futuristic Avenues in Ayurveda: Expanding the Horizons through Research," offering valuable insights into advancing Ayurveda through research.

DG CCRAS DELIVERS TALK AT 'समाकलन 2024' SYMPOSIUM



Session in Progress

Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, attended the Symposium 'समाकलन 2024' as a keynote speaker at ACTREC-TMC, Kharghar, Navi Mumbai, on 17th October, 2024. The event was organized by the AYUSH Centre of Excellence, Advanced Centre for Treatment, Research, and Education in Cancer

(ACTREC-TMC) in collaboration with CCRAS-CARI, Mumbai. Addressing the gathering, Prof. Acharya delivered an insightful talk on 'Integrating AYUSH & Mainstream Medicine for Holistic Universal Health,' highlighting the potential for a unified healthcare approach.

DG CCRAS ATTENDS INTERNATIONAL CONFERENCE ON FERTILITY – 'VIJNANA-SARANI 2024' IN KERALA



Glimpses of the session

On November 5, 2024, Prof. (Vaidya) Rabinarayan Acharya, Director General of CCRAS, attended the International Conference on Fertility – 'VIJNANA-SARANI 2024' as Chief Guest at Ahalia Ayurveda Medical College & Hospital, Palakkad, Kerala. He delivered an inspiring keynote and participated in the release of the 'Illustrated Textbook of Agada Tantra Evam Vidhi Vaidyaka', a valuable addition to Ayurvedic literature. Prof. Acharya also led a medicinal plant plantation drive and visited the Heritage Village, reinforcing CCRAS's commitment to traditional knowledge and sustainable practices.

CCRAS HIGHLIGHTS RESEARCH CONTRIBUTIONS AT AIIA PG ORIENTATION PROGRAM



Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, addressing newly admitted PG scholars during the orientation program at AIIA, Sarita Vihar

On 13th November 2024, Prof. (Vaidya) Rabinarayan Acharya, Director General of CCRAS, delivered an insightful session on "Research Initiatives: CCRAS Contributions" during the PG Orientation Program for newly admitted postgraduate scholars at the All-India Institute of Ayurveda (AIIA), Sarita Vihar. During his address, Prof. Acharya shed light on the council's pioneering efforts in advancing Ayurvedic research, emphasizing its contributions to evidence-based studies, clinical trials, and collaborative projects aimed at integrating Ayurveda into contemporary healthcare systems. He also elaborated on CCRAS's initiatives to promote young researchers and scholars in the field, fostering a culture of innovation and excellence in Ayurvedic studies.

DG, CCRAS, GRACES NATIONAL SEMINAR ON LIFESTYLE DISORDERS AS CHIEF GUEST

On 13th November 2024, Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, virtually attended the inaugural function of the National Seminar titled "From Doshas to Wellness – Lifestyle Disorders" as the Chief Guest. The event was organized at the Mahaveer College of Ayurvedic Science (MCAS) premises in Rajnandgaon, Chhattisgarh.

DG, CCRAS, PARTICIPATES AS KEYNOTE SPEAKER AT CDTK-2024



Session in Progress

DG, CCRAS, Prof. (Vaidya) Rabinarayan Acharya, participated as a keynote speaker at the International Conference "Communication and Dissemination of Traditional Knowledge (CDTK-2024)" on 14th November 2024 at



Gurugram University, Haryana. Prof. Acharya delivered an insightful talk on “Bridging Traditional and Modern Medicine: Integrating Ayush for Holistic Healthcare,” highlighting the role of Ayurveda in modern healthcare systems.

DG, CCRAS, ATTENDS THE INTERNATIONAL CONFERENCE ON “BIOECONOMY FROM BIORESOURCES” AT IBSD, GANGTOK



A glimpse of the Session

DG, CCRAS, Prof. (Vaidya) Rabinarayan Acharya, graced the International Conference on “Bioeconomy from Bioresources” as Guest of Honour on November 15, 2024, at IBSD, Gangtok. The event focused on promoting the rich bioresources of the North Eastern Region (NER) for a Viksit Bharat. At the event, Prof. Acharya delivered a keynote on ‘Ayurveda and the Bioeconomy: Harnessing Traditional Knowledge for Sustainable Development’ and joined the Industry Stakeholder Conclave, emphasizing Ayurveda’s role in sustainable bioeconomic initiatives.

DG CCRAS GRACES THE VALEDICTORY FUNCTION OF AUSHADH MANKAM-2024



A glimpse of the Session.

Prof. (Vaidya) Rabinarayan Acharya, DG CCRAS, attended the valedictory function of the prestigious international conference Aushadh Mankam-2024 held at Dr Sarvepalli Radhakrishnan Rajasthan Ayurved University (SRRAU), Jodhpur, on December 7, 2024. The conference, themed “Ayurvedic Drug Standardization: Challenges & Solutions,” brought together experts, researchers, and scholars to deliberate on critical aspects of Ayurvedic drug development and standardization. Prof. Acharya’s presence and insights added immense value to the event, reinforcing CCRAS’s commitment to advancing the field of Ayurveda through research and innovation.

DG CCRAS HIGHLIGHTS THE IMPORTANCE OF PHARMACOVIGILANCE AND DRUG INTERACTION AT ‘AUSHADHEEYAM-2024’ NATIONAL SEMINAR





A glimpse of the session in progress

On 10th December 2024, Prof. (Vaidya) Rabinarayan Acharya, Director General of CCRAS, delivered an insightful talk on Pharmacovigilance and Drug Interaction at the National Seminar on Pharmacovigilance, ADR & Drug Identification ‘Aushadheeyam-2024,’ hosted by Sanskriti Ayurvedic Medical College, Mathura, Uttar Pradesh. The seminar brought together experts, students, and enthusiasts to discuss the relevance of ancient remedies in modern wellness. The event showcased how Ayurveda continues to inspire and contribute to contemporary health practices through interactive sessions and engaging discussions.

DIRECTOR GENERAL VISITS CCRAS-RARI, PUNE



A glimpse of the visit

On December 18, 2024, Prof. (Vaidya) Rabinarayan Acharya, Director General of CCRAS, visited the Regional Ayurveda Research Institute, Pune. Accompanied by the institute’s head, Dr Arun Gurav, Prof. Acharya explored the institute’s garden and reviewed its facilities. He also assessed the ongoing construction of the animal house in the Department of Pharmacology, providing valuable insights and guidance during the visit. This visit underscores CCRAS’s commitment to advancing infrastructure and research capabilities in Ayurveda.

International Co-operation (IC) Activities

- CCRAS attended the VC meeting with Colombia on Traditional Medicine regarding ongoing cooperation with Columbia in terms of Traditional Medicine and Homeopathy with Ministry of Ayush held on 23rd October 2024.
- CCRAS participated in the meeting regarding the status/activities under all international collaboration/MoUs/Agreements made with foreign institutions/ universities with the Ministry of Ayush held on 24th October 2024.
- CCRAS has organized a VC meeting to discuss domains of Collaboration and Research with Gulu University, Uganda and CCRAS held on 3rd November 2024.
- CCRAS has organized a meeting to discuss potential areas of collaboration in Traditional Medicine with Prof. Rupika Delgoda, Director, and Dr David Picking, SRF, Caribbean Centre for Research in Bioscience (CCRIB), the University of West Indies, and CCRAS held on 11th November 2024.

Vigilance Awareness Week (VAW) 2024

The Council marked Vigilance Awareness Week from October 28 to November 3, 2024, centred on the impactful theme, “Culture of Integrity for Nation’s Prosperity.” This observance took place across the Headquarters and all peripheral institutes, fostering a unified commitment to transparency and integrity. Throughout the week, a variety of engaging activities, including Essay Writing, Debate, and Quiz Competitions, encouraged meaningful dialogue and reflection among participants. Officers and staff participated with great enthusiasm, making the week a memorable and inspiring experience. Glimpses of some of the activities are:



A glimpse of DG CCRAS, Prof. (Vaidya) Rabinarayan Acharya, addressing the gathering during the inauguration of VAW 2024.



Dr Kiran Vinayak Kale, AD I/c, administering Vigilance oath to the officials and staff of CCRAS-RARI, Ahmedabad.



Officials and staff of CCRAS-ALRARI, Chennai, taking the Pledge of Integrity during VAW 2024.



Officials & staff of CCRAS-RARC, Dimapur, during the essay writing competition organized as a part of VAW 2024.



Shri Angad Prasad Yadav, DIG (GD) of the N-E Frontier Headquarters at Khating Hill, delivering a lecture on the role of vigilance in fostering a corruption-free society during the valedictory ceremony of VAW 2024 at CCRAS-RARI, Itanagar.



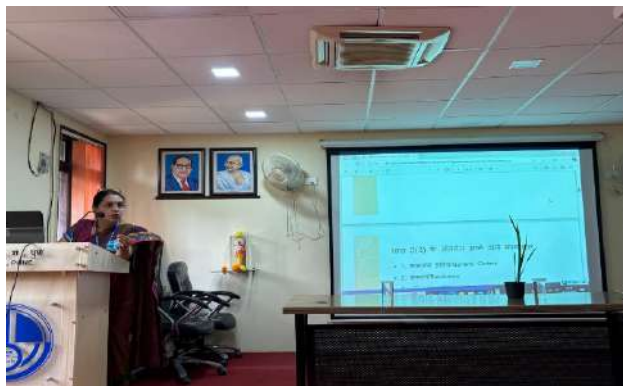
Dr D. Sudhakar, Director & Incharge of NARIP, administering Vigilance oath to the officials and staff of CCRAS-NARIP, Cheruthuruthy.

Rajbhasha Activities

The Council initiated various efforts to enforce the Official Language Policy set forth by the Official Language Department, M/o Home and External Affairs, Govt. of India. As part of this endeavour, a one-day Hindi Karyashala was organized at the CCRAS Headquarters and all peripheral Institutes of the Council nationwide. Here are glimpses of some of the activities.



Dr Vimalendu, PGT at PMSHree Kendriya Vidyalaya, Kolkata, delivering a lecture on “The Importance of Grammar in Official Hindi Writing” during the Hindi Karyashala organized at CCRAS-CARI, Kolkata.



Dr Swati Chaddha, Member Secretary, NARAKAS-2, Pune & Hindi Officer, CSIR, NCL Pune, delivering a lecture on “संसदीय राजभाषा प्रश्नावली एवं संसदीय राजभाषा समिति” during the Hindi Karyashala organized at CCRAS-RARI, Pune.



Guest speaker Shri M.K. Nagaraju, Official Language Officer and Member Secretary, NARAKAS, Vijayawada, delivering a lecture on ‘the use of Official Language Hindi in government institutions and offices’ during the Hindi Karyashala organized at CCRAS-RARI, Vijayawada.



Shri Bhagwan Das, Senior Translator, Divisional Railway Manager Office, Official Language Department Jhansi, delivering a lecture on “कार्यालय में राजभाषा हिंदी की प्रगति में आधुनिक उपकरणों का प्रयोग» at CCRAS-CARI, Jhansi.



Mrs. Sapna Avinash Kondalkar, Hindi Officer in charge, briefing the quarterly Hindi report at CCRAS-RARI, Gwalior.



Chief Guest, Dr. S. Vasanthi, Deputy Director (OL), Income Tax Department, explaining ‘the importance of communicating Official language in the workplace’ at CCRAS-CSMCARI, Chennai.



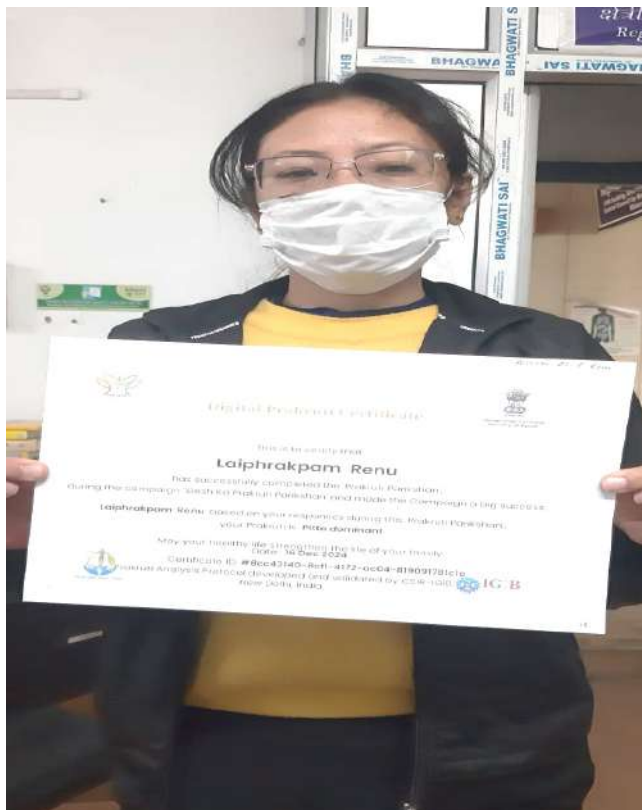
CCRAS Leads the Way in “Desh Ka Prakriti Parikshan” Abhiyan

The Ministry of Ayush’s “Desh ka Prakriti Parikshan” initiative was a ground-breaking effort to bring Ayurveda closer to the people by helping them discover their unique Prakriti (Ayurvedic body type). Under this initiative, the Central Council for Research in Ayurvedic Sciences (CCRAS), along with its 30 peripheral institutes across the nation, played a pivotal role in achieving its objectives. CCRAS meticulously planned and executed various activities to ensure the success of the campaign. Virtual training sessions were conducted for all participating institutes, leveraging video resources available on the NCISM YouTube channel. This approach ensured uniform understanding and seamless implementation of the program across all centers.

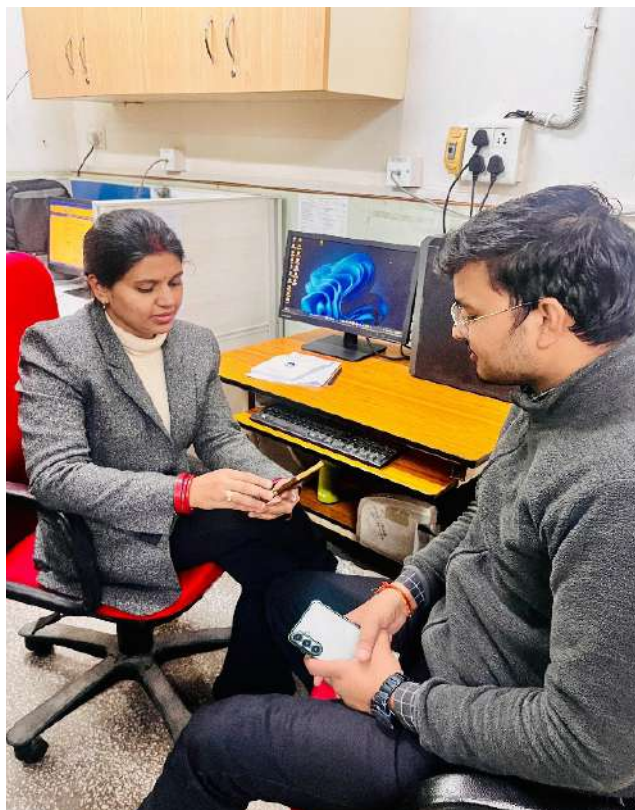
One of the key highlights of this initiative was the organization of Prakriti Parikshan camps at the OPDs of CCRAS institutes and in adjacent areas. These camps enabled thousands of individuals to assess their Prakriti, providing them with personalized insights into their body constitution. By understanding their unique health needs, participants were empowered to maintain balance through tailored Ayurvedic practices, promoting a holistic approach to well-being. The campaign exceeded expectations by assessing the Prakriti of 11,169 individuals, surpassing the initial target of 10,600 participants. This remarkable achievement underscores the growing acceptance of Ayurveda in preventive healthcare and lifestyle management.

The total number of Prakriti assessments conducted at various CCRAS institutes is depicted in the table below:

Sl No.	Name of the Institutes	Target	Total Number of Prakriti Assessments
1.	CCRAS, HQ	200	200
2.	CARI, New Delhi	600	622
3.	RRAP-CARI, Mumbai	600	535
4.	NARIP Cheruthuruthy	600	600
5.	CARI, Bhubaneswar	600	655
6.	CARI Kolkata	600	678
7.	CARI, Guwahati	600	626
8.	CARI, Bengaluru	600	597
9.	CARI, Patiala	400	423
10.	RARI, Lucknow	400	433
11.	MSRARI, Jaipur	400	416
12.	RARI, Vijayawada	400	421
13.	RARI, Gwalior	400	421
14.	RARI, Nagpur	400	461
15.	RARI, Thiruvananthapuram	400	378
16.	RARI-Patna	400	419
17.	RARI, Jammu	400	429
18.	RARI, Mandi	400	409
19.	RARI, Ahmedabad	400	419
20.	ALRARI, Chennai	200	295
21.	RARI, Ranikhet	200	201
22.	RARI, Gangtok	200	269
23.	RARI, Itanagar	200	237
24.	RARC Agartala	200	206
25.	RARI Port Blair	200	194
26.	RARIMM, Goa	100	107
27.	RARC, Dimapur, Nagaland	100	107
28.	NIIMH, Hyderabad	100	110
29.	CARI, Jhansi	100	100
30.	RARI, Pune	100	100
31.	CSMCARI Chennai	100	101
Total		10,600	11,169



An individual proudly displaying the Digital Prakriti Certificate after completing the Prakriti assessment at CCRAS-RARI, Itanagar.



Official at CCRAS Headquarters accessing the Prakriti of the employee.



CCRAS-RARI Gangtok officials accessing the Prakriti during a camp organized at the Indo-Tibetan Border Police (ITBP) base in Rumtek, Gangtok





Officials of CCRAS-NIIMH, Hyderabad, accessing the prakriti of the residents of Revenue Board Colony Gaddiannaram, Hyderabad, as a part of Desh ka Prakriti Parikshan Abhiyaan.



Officials from CCRAS-RRAPCARI, Mumbai, conducting Prakriti Assessments during a camp organized at IBS-ICFAI.



Prakriti assessment was conducted by Dr. Sumit Kumar Lata, SRF(Ay.), for the public and staff of RARI, Gangtok.

Prakriti Assessment camp at CCRAS-RARI, Jammu.



Prakriti Assessment camp at CCRAS-RARIM&MMR, Goa.



Prakriti Assessment camp at CCRAS-RARI, Pune.



Prakriti Assessment camp at CCRAS-CARI, Bhubaneswar.



Prakriti Assessment camp at CCRAS-RARI, Patna.

Celebration of 9th Ayurveda Day

CCRAS, in collaboration with its 30 peripheral institutes across India, organized a series of events to commemorate the 9th Ayurveda Day and promote awareness about the benefits of Ayurveda. The celebrations included diverse activities such as social media promotions, selfie points, patient testimonials, short video messages by eminent personalities, and public health awareness programs. Medical camps, geriatric health check-ups, prakriti parikshan camps, yoga sessions, and public lectures on women's health and workplace wellness further enriched the initiative. Engaging competitions like drawing, essay writing, rangoli, and treasure hunts, along with events such as AYUSH food festivals and "Run for Ayurveda" walkathons and bike rallies, saw enthusiastic participation under the theme "Ayurveda Innovation for Global Health." The 10-day countdown highlighted CCRAS's dedication to community engagement and awareness. The campaign concluded with Dhanvantari Vandana on 29th October 2024, seeking blessings for health and well-being. A total of 973 activities were conducted, garnering participation from 58,530 individuals and making the celebrations a grand success.

Here are glimpses of some of the activities.



Run for Ayurveda organized at CCRAS-RARI Thiruvananthapuram.



Run for Ayurveda organized at CCRAS-CARI, New Delhi.



A Walkathon organized by CCRAS-RARI, Nagpur.



Participants of Bike Rally at CCRAS-CARI, Guwahati.



Exhibited and demonstrated the importance and uses of common Medicinal Plants by CCRAS-CARI Kolkata.



Ayurveda Food Festival at CCRAS-RARI Gwalior.



Prakriti Assessment camp at CCRAS-RARI, Ahmedabad.



CCRAS-NIIMH Hyderabad officials conducting Health check-ups of senior citizens at Raghavendra Nagar Colony Senior Citizen Welfare Society, Hayat Nagar, Hyderabad.



Distribution of medicinal plants to the general public at CCRAS-CARI, Jhansi.



Students of Maratha Mandir Babasaheb Gawade School, Worli, Mumbai, showcasing their talent during the Jingle competition organized by CCRAS-CARI, Mumbai.



Short video of Dr Madhu Dikshit, Ayush Distinguished Scientist Chair - Pharmaceutical Drug Development, Ministry of Ayush, speaking on 9th Ayurveda Day broadcasted on various social media platforms by CCRAS-CARI, Bengaluru.



Honourable Governor of Bihar, Shri Rajendra Vishwanath Arlekar, speaking on 9th Ayurveda Day broadcasted on various social media platforms by CCRAS-RARI, Patna.

100-Day TB Elimination Campaign

The CCRAS institutes across the country hosted the launch of the 100 Days Intensified Campaign on TB Elimination, a national initiative aimed at combating tuberculosis across 347 high-priority districts in 33 states and union territories. The campaign, running from December 7, 2024, to March 24, 2025, focuses on mobilizing resources, raising awareness, and intensifying actions to eliminate TB. Glimpses of some of the activities are:



Dr Vijayalekshmi R, RO (Ay.), delivering a lecture highlighting preventive measures and treatment adherence to combat Tuberculosis at CCRAS-RARI, Itanagar effectively.



Dr Tamchi Roini, SRF (Ay.), delivering an informative session on tuberculosis at CCRAS-RARI, Itanagar.



Officials from CCRAS-NARIP, Cheruthuruthy, delivering sensitization lectures to the OPD patients about TB prevention, symptoms, treatment, and the supportive role of Ayurveda in managing the disease.



Officials from CCRAS-RARI, Gwalior, delivering awareness lectures to the OPD patients as a part of the 100-Day TB Elimination Campaign.

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