



## Central Council for Research in Ayurvedic Sciences

# NEWSLETTER

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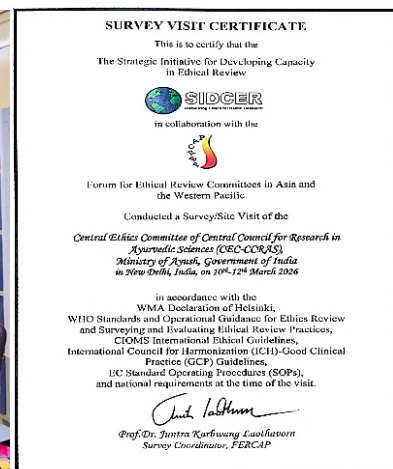
*A glimpse of CCRAS, under the Ministry of Ayush, collaborating with BRIC-THSTI, Department of Biotechnology (DBT), Ministry of Science & Technology, on integrative TB research on World TB Day (24 March 2026). Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, and Prof. G. Karthikeyan, Executive Director, BRIC-THSTI, exchanging the MoU in the esteemed presence of Shri Prataprao Jadhav, Hon'ble Minister of State (I/C), Ministry of Ayush, and Dr Jitendra Singh, Hon'ble Minister of State (I/C), Ministry of Science & Technology.*

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## Programmes of Global National Importance

# CEC-CCRAS UNDERGOES INTERNATIONAL EVALUATION BY SIDCER-FERCAP, SETTING A NEW BENCHMARK FOR ETHICAL REVIEW IN AYUSH RESEARCH



*Prof. (Vaidya) Rabinarayan Acharya, DG CCRAS, along with the team of International and National surveyors from SIDCER-FERCAP at CCRAS-Central Ayurveda Research Institute (CARI), New Delhi.*

The Central Ethics Committee (CEC) of the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Government of India, underwent an external evaluation by the internationally recognized ethics accreditation body-the Strategic Initiative for Developing Capacity in Ethical Review (SIDCER) under the aegis of the Forum for Ethical Review Committees in the Asian and Western Pacific Region (FERCAP) from 9th to 12th March 2026.

The survey team comprised two international surveyors and three Indian surveyors who conducted a comprehensive assessment of the committee's ethical review processes and operational standards. The SIDCER-FERCAP Foundation is dedicated to strengthening ethical conduct in health research through international collaboration and capacity-building. Its rigorous evaluation process benchmarks ethics committees against global, national, and local standards, promoting continuous quality improvement and enhancing the protection of human research participants.

To date, 17 Indian institutions from the field of contemporary medical sciences have undergone review by the SIDCER-FERCAP survey team. Notably, the Central Ethics Committee of CCRAS has become the first ethics committee from the AYUSH sector to undertake this prestigious evaluation.

This milestone initiative reflects CCRAS's commitment to further enhancing the quality, transparency, and accountability of its ethical review processes. The exercise is expected to elevate the standards of ethics governance within the AYUSH research ecosystem to an international level and serve as a model for other premier AYUSH institutions to emulate.

## CCRAS PARTICIPATES IN WHO GLOBAL FORUM TO STRENGTHEN INTERNATIONAL COLLABORATION



*Glimpses from the visit.*

Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, participated in the First Global Forum of WHO Collaborating Centres held from 7–9 April 2026 at Lyon, France, convened by the World Health Organization (WHO). The forum witnessed participation from over 800 delegates representing 80 countries, including WHO leadership and technical focal points. The discussions focused on strengthening global scientific and technical collaboration in alignment with the Fourteenth General Programme of Work (GPW 14) and the shared vision of Health for All.

During the sessions, key deliberations explored strategic opportunities to enhance networking among WHO Collaborating Centres. Particular emphasis was placed on fostering collaboration among centres operating under similar Terms of Reference (TOR), especially in the domain of Traditional Medicine, and strengthening joint initiatives with other WHO Collaborating Centres in this field.

## MoU/IPR/Accreditation

### TRIPARTITE MOU SIGN FOR COLLABORATIVE CLINICAL RESEARCH ON VASANTHIK VAMANA



*A glimpse of the MoU exchange.*

On 6 March 2026, CCRAS-Central Ayurveda Research Institute (CARI), New Delhi; Jawaharlal Nehru University (JNU), New Delhi; and A & U Tibbia College & Hospital, New Delhi, joined hands

for the collaborative research project titled: "Effect of Seasonal Emesis (Vasanthik Vamana) on Metabolic, Inflammatory, and Microbiome Markers in Apparently Healthy Adults – An Exploratory Randomized Controlled Study."

This collaborative initiative aims to explore the scientific basis and health impacts of Vasanthik Vamana by assessing its effects on metabolic, inflammatory, and microbiome markers in apparently healthy adults. The study reflects a shared commitment to generating evidence-based insights in Ayurveda through rigorous clinical research.

### CARI PATIALA SIGNS MOU WITH DESH BHAGAT AYURVEDIC COLLEGE FOR COLLABORATIVE RESEARCH

*A glimpse of the MoU exchange.*

On 09 March 2026, CCRAS-Central Ayurveda Research Institute (CARI), Patiala, signed an MoU with Desh Bhagat Ayurvedic College & Hospital, Gobindgarh, Punjab, for a collaborative research project titled "Impact Assessment of Ayurveda-Based Lifestyle Advocacy and Utilization of Medicinal Plants in Primary Healthcare." The MoU was formalised by Dr Sanjeev Kumar, Director, CARI, and Dr Kulbhushan, Director, along with Dr Hem Raj, Principal, representing Desh Bhagat Ayurvedic College & Hospital.



## RARI NAGPUR SIGNS MOU WITH DATTA MEGHE INSTITUTE FOR SICKLE CELL DISEASE STUDY



*A glimpse of the MoU exchange.*

On 12 March 2026, CCRAS–Regional Ayurveda Research Institute (RARI), Nagpur, entered into a Memorandum of Understanding (MoU) with the Datta Meghe Institute of Higher Education & Research, Wardha, Maharashtra, to undertake a joint research project titled “Feasibility of Introducing Comprehensive Ayurvedic Treatment in the Management of Sickle Cell

Disease: An Operational Study.” The collaboration aims to evaluate the potential of Ayurveda-based interventions to improve the management of Sickle Cell Disease through a structured operational research approach.

## MULTI-PARTITE MOU SIGN FOR NATIONWIDE STUDY ON ANAEMIA MANAGEMENT IN OLDER ADULTS

*A glimpse of the MoU exchange.*

CCRAS–Central Ayurveda Research Institute (CARI), New Delhi, signed a multi-partite MoU with leading Ayurvedic institutions, including Chaudhary Brahm Prakash Ayurved Charak Sansthan (CBPACS), New Delhi; Government Ayurved College & Hospital (GAC&H), Nagpur; Government Ayurved College & Hospital (GAC&H), Rewa; Rajiv Gandhi Government Post Graduate Ayurvedic College (RGGPGAC), Paprola; North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), Shillong; CCRAS–Central Ayurveda Research Institute (CARI), Guwahati; CCRAS–MS Regional Ayurveda Research Institute (MSRARI), Jaipur; and CCRAS–Regional Ayurveda Research Institute (RARI), Nagpur.



The MoU was formalised on the eve of CCRAS Avalokana – 2026: Review & Planning of CCRAS Nifty Activities, on 13 March 2026 at Gwalior, for the collaborative project titled “Effectiveness of Punarnavadi Maṇḍura in the Management of Anaemia in Older Adults: A Community-Based Study.” The ceremony was attended by Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS; Dr N. Srikanth, DDG, CCRAS; and representatives from all participating institutions.

This collaboration marks the launch of a nationwide initiative to generate evidence-based data on Ayurvedic approaches to the management of anaemia among older adults.

## CCRAS–RARI LUCKNOW SIGNS MULTIPARTITE MOU FOR COLLABORATIVE CLINICAL RESEARCH



*A glimpse of the MoU exchange.*

CCRAS–Regional Ayurveda Research Institute (RARI), Lucknow, signed a multipartite Memorandum of Understanding (MoU) with Rajiv Gandhi Government Post Graduate Ayurvedic College and Hospital, Paprola; All India Institute of Ayurveda (AIIA), New Delhi;

Government Ayurveda College and Hospital, Nagpur; and Shri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital, Udupi.

The MoU was formalised on 13 March 2026 at Gwalior, on the eve of “CCRAS Avalokana – 2026: Review & Planning of CCRAS Nifty Activities.” The collaboration focuses on the project titled “Exploring the Effect of Ayush Rasayana A on Functional Constipation among the Elderly: A Pre-test Post-test Clinical Trial.”

The initiative aims to generate clinical evidence on the efficacy of Ayurveda interventions in managing functional constipation among the elderly, contributing to improved geriatric care and strengthening evidence-based Ayurveda research.

## CCRAS–CARI BENGALURU SIGNS MULTIPARTITE MOU FOR MULTI-SITE CLINICAL TRIAL ON INSOMNIA

*A glimpse of the MoU exchange.*

CCRAS–Central Ayurveda Research Institute (CARI), Bengaluru, signed a multipartite Memorandum of Understanding (MoU) with J. S. Ayurveda Mahavidyalaya, Nadiad; KAHER Shri B.M.K. Ayurveda Mahavidyalaya, Belagavi; Shri Dhanwantry Ayurvedic College



and Hospital, Chandigarh; Dr. D.Y. Patil College of Ayurved and Research Centre, Pune; and VPSV Ayurveda College, Kottakkal. The MoU was formalised on 13 March 2026 at Gwalior, on the eve of “CCRAS Avalokana – 2026: Review & Planning of CCRAS Nifty Activities.”

The collaboration focuses on the project titled “Effect of Tagar (Valeriana wallichii) on Sleep Outcomes in Older Adults with Insomnia: A Multi-site Clinical Trial.” The study aims to evaluate the efficacy of the Ayurvedic herb Tagar in improving sleep quality among elderly individuals, contributing to evidence-based approaches in the management of insomnia and geriatric healthcare.

## CCRAS–RARI NAGPUR SIGNS MULTIPARTITE MOU FOR COLLABORATIVE PRIMARY HEALTHCARE RESEARCH



*Glimpses of MoU exchange.*

CCRAS–Regional Ayurveda Research Institute (RARI), Nagpur, signed a multipartite Memorandum of Understanding (MoU) with Narayan Prasad Awasthi Government Ayurveda College, Raipur; Government Ayurveda College and Hospital, Bilaspur; M.S. Ayurvedic Medical College, Gondia; Datta Meghe Institute of Medical Sciences, Hospital and Research Centre, Wanadongri; Shri Ayurveda Mahavidyalaya, Nagpur; and Bhausaheb Mulak Ayurveda College and Research Hospital, Butibori, on 14 March 2026.

The collaboration focuses on the project titled “Impact Assessment of Ayurveda-Based Lifestyle Advocacy and Utilization of Medicinal Plants in Primary Healthcare.”

## CCRAS–CARI BENGALURU COLLABORATES WITH CSIR–CFTRI FOR MILLET-BASED DIABETES RESEARCH



*A glimpse of the MoU exchange.*

On 16 March 2026, in a significant step towards promoting the evidence-based use of millets, the Central Council for Research in Ayurvedic Sciences (CCRAS)–Central Ayurveda Research Institute (CARI), Bengaluru, entered into a Memorandum of Understanding (MoU) with CSIR–Central Food Technological Research Institute (CFTRI), Mysore.

The collaboration aims to undertake a research project titled “Development of Millet-Based Dietary Supplements for Patients with Type 2 Diabetes Mellitus.” The initiative seeks to explore the therapeutic potential of millets in diabetes management by integrating Ayurvedic principles with modern nutritional science.

## CCRAS–CARI BENGALURU SIGNS TRIPARTITE MOU FOR RESEARCH ON CHILD NUTRITION



*A glimpse of the MoU exchange.*

On 16 March 2026, CCRAS–Central Ayurveda Research Institute (CARI), Bengaluru, entered into a tripartite Memorandum of Understanding (MoU) with CSIR–Central Food Technological Research Institute (CFTRI), Mysore, and JSS Ayurveda Medical College, Mysore.

The collaboration aims to undertake a research project titled “Efficacy of Ayurveda Nutritional Supplement (Ayush BL) in Children Aged 6–12 Years with Moderate Acute Malnutrition: A Cluster Randomized Clinical Trial.”

The study is expected to generate scientific evidence on the effectiveness of Ayurveda-based nutritional interventions in addressing malnutrition among children, contributing to improved public health outcomes and strengthening integrative approaches in pediatric care.

## CCRAS–RARI VIJAYAWADA PARTNERS WITH CHEMILOIDS NUTRA FOR ADVANCING AYURVEDA DRUG RESEARCH

*A glimpse of the MoU exchange.*

In a significant step towards advancing Ayurveda research, the Central Council for Research in Ayurvedic Sciences (CCRAS)–Regional Ayurveda Research Institute (RARI), Vijayawada, signed a Memorandum of Understanding (MoU) with Chemiloids Life Sciences Private Ltd., Vijayawada, on 18 March 2026.



The collaboration will focus on providing technical support and undertaking joint research in Ayurveda drug development. The partnership aims to foster innovation, strengthen quality research, and contribute to the development of scientifically validated Ayurvedic formulations.

## CCRAS–RARI GWALIOR SIGNS MOU WITH LNIPE TO PROMOTE INTEGRATIVE SPORTS MEDICINE



*A glimpse of the MoU exchange.*

CCRAS–Regional Ayurveda Research Institute (RARI), Gwalior, signed a Memorandum of Understanding (MoU) with Lakshmibai National Institute of Physical Education (LNIPE), Gwalior, on 18 March 2026. The MoU was formalised during the International Seminar on “Wellness Renaissance: Reimagining Health

Through Yoga, Ayurveda and Sport Sciences” at LNIPE, Gwalior.

The MoU was formally exchanged between Dr Brijesh Singh Sisodia, AD in charge, RARI, and Prof. Kalpana Sharma, Vice Chancellor, LNIPE, in the presence of dignitaries and seminar participants.

The collaboration aims to integrate Ayurveda and Yoga in the field of sports medicine, fostering innovative research and opening new avenues for the holistic development of athletes. This partnership is expected to contribute towards evidence-based approaches in enhancing performance, recovery, and overall well-being in sports science.

## CCRAS–CARI NEW DELHI COLLABORATES WITH SKAU KURUKSHETRA FOR PRIMARY HEALTHCARE RESEARCH

*A glimpse of the MoU exchange.*

CCRAS–Central Ayurveda Research Institute (CARI), New Delhi, entered into a collaborative partnership with the Institute for Ayurved Studies and Research, Shri Krishna AYUSH University (SKAU), Kurukshetra, under the SCSP programme on 20 March 2026.



The collaboration aims to undertake the project titled “Impact Assessment of Ayurveda-Based Lifestyle Advocacy and Utilisation of Medicinal Plants in Primary Healthcare.” The initiative seeks to evaluate the

role of Ayurveda in promoting preventive healthcare and strengthening primary healthcare systems through the use of medicinal plants. The exchange of the Memorandum of Understanding (MoU) was chaired by Hon'ble Vice Chancellor Vaidya K.S. Dhiman. The MoU was signed by Dr Ashish Mehta, Principal (SKAU); Dr Satyendra Sagwan; Dr Mohit Sharma; Dr Seema Jain, Research Officer (Ay.); and Ms Sonam Chandhok, Assistant Research Officer (Clinical Psychology), in the presence of officials from both institutions.

## CCRAS–CARI KOLKATA COLLABORATES WITH NIPER FOR ADVANCED PHARMACOKINETIC RESEARCH



*A glimpse of the MoU exchange.*

In a significant move to strengthen scientific research in Ayurveda, the Central Council for Research in Ayurvedic Sciences (CCRAS)–Central Ayurveda Research Institute (CARI), Kolkata, signed a Memorandum of Understanding (MoU) with

the National Institute of Pharmaceutical Education and Research (NIPER), Kolkata, on 20 March 2026.

The collaboration will undertake a research project titled “Pharmacokinetics, Tissue Distribution, and Excretion of Rasamanikya.” The study aims to generate scientific evidence on the absorption, distribution, and elimination of the Ayurvedic formulation, contributing to its safety and efficacy profiling. The MoU was formalized between Dr Milind N. Suryawanshi, Director, CCRAS–CARI Kolkata, and Dr Subramanian Natesan, Registrar, NIPER Kolkata, in the presence of officials from both institutions.

## CCRAS–NARIP SIGNS MULTIPARTITE MOU TO ADVANCE COLLABORATIVE RESEARCH IN AYURVEDA

*A glimpse of the MoU exchange.*

CCRAS–National Ayurveda Research Institute for Panchakarma (NARIP), Cheruthuruthy, signed a multipartite Memorandum of Understanding (MoU) with Amrita Ayurveda College, Kollam; Ahalia Ayurveda College, Palakkad;



Coimbatore Ayurveda College, Sullur; and VPSV Ayurveda College, Kottakkal on 23 March 2026.

The collaboration focuses on the project titled “Impact Assessment of Ayurveda-Based Lifestyle Advocacy and Utilization of Medicinal Plants in Primary Healthcare.” The MoU was formalized between Dr S.N. Murthy, Director, NARIP; Dr Bindu K.K., Principal, VPSV Ayurveda College; Dr P. Chandramouleeswaran, Principal, Coimbatore Ayurveda College; Dr Ramesh N.V., Principal-in-charge, Amrita School of Ayurveda; and Dr Sheba M.D., Principal, Ahalia Ayurveda Medical College, in the presence of officials from the participating institutions.

## CCRAS–ALRARI CHENNAI SIGNS MOU TO STRENGTHEN RESEARCH IN PRIMARY HEALTHCARE



*A glimpse of the MoU exchange.*

CCRAS–Dr A. Lakshmipathi Regional Ayurveda Research Institute (ALRARI), Chennai, signed a Memorandum of Understanding (MoU) with Sri Jayendra Saraswathi Ayurveda College and Hospital, Chennai, on 23 March 2026.

The collaboration aims to undertake the project titled “Impact Assessment of Ayurveda-Based Lifestyle Advocacy and Utilization of Medicinal Plants in

Primary Healthcare.” The initiative is focused on evaluating the role of Ayurveda-based lifestyle interventions and the use of medicinal plants in strengthening primary healthcare delivery.

## CCRAS–CARI GUWAHATI COLLABORATES WITH NIPER FOR PRECLINICAL RESEARCH ON CHEMOTHERAPY-INDUCED COMPLICATIONS

CCRAS–Central Ayurveda Research Institute (CARI), Guwahati, signed a Memorandum of Understanding (MoU) with the National Institute of Pharmaceutical Education and Research (NIPER), Guwahati, on 23 March 2026. The collaboration aims to undertake a research project titled “Preclinical Evaluation of Coded Drug Ayush Manas as Adjunct Therapy to Prevent Chemotherapy-Induced Neuropathy and Cognitive Impairment in Experimental Animals.” This initiative seeks to explore the potential of Ayurveda-based interventions to mitigate adverse effects of chemotherapy, contributing to integrative and supportive cancer care through evidence-based research.

## CCRAS SIGNS MOU WITH ANUVADINI FOUNDATION TO PROMOTE MULTILINGUAL ACCESS TO AYURVEDA KNOWLEDGE



*A glimpse of the MoU exchange.*

Marking a significant step towards enhancing accessibility and outreach of Ayurveda knowledge across diverse languages, the Central Council for Research in Ayurvedic Sciences (CCRAS), under the Ministry of Ayush, signed a Memorandum of Understanding (MoU) with Anuvadini Foundation (AF), AICTE, Ministry of Education on 24 March 2026.

The collaboration aims to facilitate multilingual translation of CCRAS books, documents, videos, web pages, applications, and other related content, thereby expanding the reach of authentic Ayurveda knowledge to a wider audience.

The MoU was formalized between Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, and Dr Buddha Chandrasekhar, CEO, Anuvadini Foundation, in the presence of Dr N. Srikanth, Deputy Director General, CCRAS, along with senior officials from both organisations.

## CCRAS & BRIC–THSTI COLLABORATE ON INTEGRATIVE TB RESEARCH ON WORLD TB DAY



*A glimpse of the MoU exchange.*

On the eve of World TB Day 2026 (24 March 2026), a significant Memorandum of Understanding (MoU) was signed at Vigyan Bhawan, New Delhi, between the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, and BRIC–Translational Health Science and Technology Institute (THSTI), Department of Biotechnology (DBT), Ministry of Science & Technology.

The collaboration will undertake a clinical study titled “Clinical Study on Ayurveda as an Adjunct Therapy for Tuberculosis,” marking a progressive step towards integrative healthcare by combining traditional Ayurvedic knowledge with modern biomedical research.

The MoU was exchanged between Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, and Prof. G. Karthikeyan, Executive Director, BRIC-THSTI, in the esteemed presence of Shri Prataprao Jadhav, Hon’ble Minister of State (I/C), Ministry of Ayush, and Dr Jitendra Singh, Hon’ble Minister of State (I/C), Ministry of Science & Technology. Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush; Dr Rajesh S. Gokhale, Secretary, DBT; and other senior officials were also present.

This collaboration aims to explore new research avenues by integrating Ayurveda with modern biotechnology, reinforcing a shared commitment to holistic, evidence-based approaches to the prevention and management of tuberculosis.

## CCRAS–RARI NAGPUR SIGNS MULTIPARTITE MOU FOR PRIMARY HEALTHCARE RESEARCH



*Glimpses of the MoU exchange.*

CCRAS-Regional Ayurveda Research Institute (RARI), Nagpur, signed a multipartite MoU with Mahatma Gandhi Ayurved College, Hospital, and Research Centre, Maharashtra; Datta Meghe Institute of Higher Education & Research, Wardha; and Government Ayurveda College, Nagpur on 24 March 2026.

The collaboration focuses on the project titled “Impact Assessment of Ayurveda-Based Lifestyle Advocacy and Utilisation of Medicinal Plants in Primary Healthcare.”



## CCRAS–RRAP CARI MUMBAI SIGNS MULTIPARTITE MOU FOR PRIMARY HEALTHCARE RESEARCH

CCRAS-Raja Ramdeo Anandilal Podar Central Ayurveda Research Institute (RRAP-CARI), Mumbai, signed a multipartite Memorandum of Understanding (MoU) with Dr. D.Y. Patil College of Ayurveda & Research

Centre, Pimpri, Pune; APM's Ayurved Mahavidyalaya, Sion East, Mumbai; and CSMSS Ayurved Mahavidyalaya and Rugnalaya, Chhatrapati Sambhajanagar, on 25 March 2026.

The collaboration focuses on the project titled "Impact Assessment of Ayurveda-Based Lifestyle Advocacy and Utilisation of Medicinal Plants in Primary Healthcare." This joint initiative aims to strengthen Ayurveda-based lifestyle advocacy, promote the utilisation of medicinal plants in primary healthcare, and generate evidence-based insights to support public health interventions through institutional cooperation.

## CCRAS–CARI JHANSI COLLABORATES WITH ICAR & ICMR INSTITUTES FOR INNOVATIVE WOUND HEALING RESEARCH

CCRAS–Central Ayurveda Research Institute (CARI), Jhansi, joined forces with ICAR–Central Institute for Research on Cotton Technology, Mumbai, and ICMR–National Institute for Research in Reproductive and Child Health, Mumbai, on 25 March 2026 for a collaborative research initiative.

The collaboration focuses on the project titled "Pharmaceutical Development of Textile-Based Novel Medicated Dressings (Ayush J, Ayush JM, Ayush JTM) for Wound Healing from Classical Ayurvedic Formulations."

This interdisciplinary initiative aims to integrate Ayurvedic principles with modern textile and biomedical research to develop innovative medicated dressings for wound care, contributing to evidence-based advancements in integrative healthcare and therapeutic solutions.

## CCRAS–RARI VIJAYAWADA COLLABORATES WITH LEADING INSTITUTIONS FOR PRIMARY HEALTHCARE RESEARCH

*A glimpse of the MoU exchange.*

The Central Council for Research in Ayurvedic Sciences (CCRAS)–Regional Ayurveda Research Institute (RARI), Vijayawada, joined forces with Dr N.R.S. Government Ayurveda College, Vijayawada; S.V. Ayurveda College and Hospital, Tirupati; and Dr B.R.K.R. Ayurveda College, Hyderabad on 26 March 2026 for a collaborative research initiative.



The collaboration focuses on the project titled "Impact Assessment of Ayurveda-Based Lifestyle Advocacy and Utilisation of Medicinal Plants in Primary Healthcare."

This joint initiative aims to strengthen Ayurveda-based lifestyle advocacy, promote the utilisation of medicinal plants in primary healthcare, and generate evidence-based insights to support public health interventions through institutional cooperation.

## CCRAS–RARI JAIPUR SIGNS MOU WITH RAJASTHAN AYURVED UNIVERSITY FOR PRIMARY HEALTHCARE RESEARCH

CCRAS–Regional Ayurveda Research Institute (RARI), Jaipur, signed a Memorandum of Understanding (MoU) with Dr Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur, on 28 March 2026.

The collaboration focuses on the project titled “Impact Assessment of Ayurveda-Based Lifestyle Advocacy and Utilization of Medicinal Plants in Primary Healthcare.”

This initiative aims to strengthen Ayurveda-based lifestyle advocacy, promote the utilization of medicinal plants in primary healthcare, and generate evidence-based insights to support public health interventions through institutional collaboration.

## CCRAS–CARI JHANSI PARTNERS WITH RLBCAU TO STRENGTHEN MULTIDISCIPLINARY RESEARCH



*A glimpse of the MoU exchange.*

CCRAS–Central Ayurveda Research Institute (CARI), Jhansi, signed a Memorandum of Understanding (MoU) with the Rani Lakshmi Bai Central Agricultural University (RLBCAU) on 7 April 2026. The collaboration aims to strengthen joint academic and research initiatives across diverse domains, including Agriculture, Horticulture, Forestry, Veterinary, Fisheries, and allied sciences.

# CCRAS-NIIMH HYDERABAD SIGNS MOU TO ADVANCE PRESERVATION OF AYURVEDIC MANUSCRIPTS

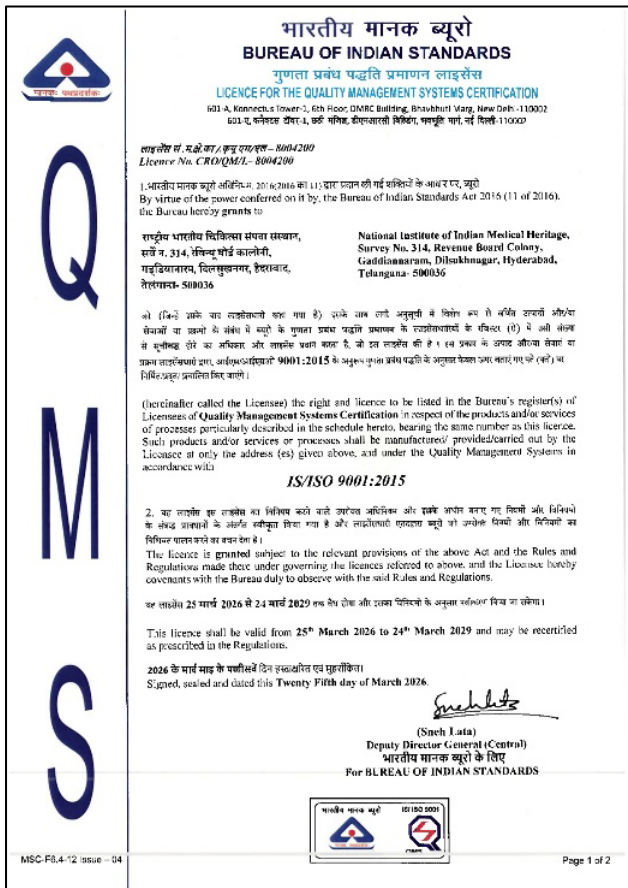


A glimpse of the MoU exchange.

CCRAS-National Institute of Indian Medical Heritage (NIIMH), Hyderabad, signed a Memorandum of Understanding (MoU) with HKDET's Rajarajeshwari Ayurvedic Medical College & Hospital, Humnabad, Karnataka, on April 16 2026. This collaboration marks a significant step towards the transcription, preservation, and protection of ancient Ayurvedic manuscripts. The initiative aims to safeguard valuable traditional

knowledge, promote systematic documentation, and support research in the field of Indian medical heritage through institutional cooperation.

# CCRAS ACHIEVES KEY MILESTONES IN QUALITY HEALTHCARE AND LABORATORY ACCREDITATION



A snapshot of the BIS accreditation certificate of CCRAS-NIIMH, Hyderabad.

The Council continues to achieve significant milestones in delivering quality healthcare services. During this period, the four CCRAS institutes, including the National Institute of Indian Medical Heritage (NIIMH), Hyderabad; Regional Ayurveda Research Centre (RARC), Dimapur; Regional Ayurveda Research Institute, Vijayawada and the Central Ayurveda Research Institute, Guwahati, successfully obtained the prestigious IS/ISO 9001:2015 Quality Management System (QMS) Certification from the Bureau of Indian Standards (BIS).

In another notable achievement, the Clinical Laboratory at the CCRAS-Central Ayurveda Research Institute (CARI), Bengaluru, was awarded ISO 15189:2022 accreditation in Biochemistry and Haematology, becoming the first CCRAS institute to receive this distinction.

These accomplishments mark a significant step towards strengthening quality assurance, enhancing institutional efficiency, and standardising management and laboratory practices across CCRAS institutes, reinforcing the Council’s commitment to excellence in healthcare and research.

## Human Resource Development (HRD) Activities

### NIIMH HYDERABAD CONDUCTS INVESTIGATORS TRAINING WORKSHOP ON PUBLIC HEALTH RESEARCH AND GCP



*A group photo of the event.*

CCRAS–National Institute of Indian Medical Heritage (NIIMH), Hyderabad, organised a three-day Investigators Training Workshop on “Research-Oriented Public Healthcare Programmes, Good Clinical Practices (GCP), and Ethical Guidelines” from 5–7 March 2026 at Hyderabad.

The programme was graced by Dr Perugu Srikanth Babu, Director, Ayush Telangana, as Chief Guest, along with Dr N. Srikanth, Deputy Director General, CCRAS, Dr G. P. Prasad, Assistant Director In-charge, NIIMH, and officials from CCRAS Headquarters and its peripheral institutes.

The workshop brought together over 150 scientists and faculty members from 31 states, focusing on strengthening research methodologies in Ayurvedic public health programmes. Specialised sessions addressed protocols for Sickle Cell Disease, Iron Deficiency Anaemia, and Ayurveda-based lifestyle interventions, along with training on data documentation and community engagement.

The training equipped investigators with essential skills in data management and quality assurance, contributing to more effective and evidence-based public healthcare delivery.

## CCRAS HOSTS “AVALOKANA – 2026” REVIEW & PLANNING MEETING IN GWALIOR



*Glimpses from the event.*

CCRAS organized a two-day meeting, CCRAS AVALOKANA – 2026: Review & Planning of CCRAS Nifty Activities, from March 13-14, 2026, at Gwalior. The event was inaugurated by Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS; in the presence of Dr N. Srikanth, Deputy Director General, CCRAS; Shri Deepak Kocchar, Deputy Director Administration, CCRAS; and other senior officials from CCRAS headquarters and its 30 peripheral institutes. Day 2 commenced under the esteemed presence of Dr A. Raghu, Advisor (Ayurveda), Ministry of Ayush, sparking motivation among 30-unit heads of CCRAS. Their inspiring presence laid groundwork for fruitful review and planning discussions.

Over the course of two days, the meeting facilitated comprehensive discussions on various activities undertaken by the Council, spanning research and administrative domains. Program heads presented

reports on completed and ongoing projects, along with future plans for 2026-27. The meeting facilitated in-depth discussions on CCRAS Calendar of Activities, CSR Fund Generation, and Action Points from Avalokana & Manthan 2025.

Key highlights included the felicitation of CCRAS institutes accredited with NABH/NABL certifications, release of CCRAS publications, launch of a brochure inviting articles for the special issue on “Holistic & Scientific Approaches to Gut Health Management” (JDRAS), and exchange of significant MoUs with leading Ayurveda institutions for collaborative research. The event marked a significant step toward strengthening coordinated planning, quality standards, and the future direction of Ayurveda research.

## CCRAS PARTICIPATES IN POST-BUDGET WEBINAR ALIGNED WITH VISION OF VIKSIT BHARAT



*A glimpse of the participation.*

On 9 March 2026, CCRAS, along with its 30 peripheral institutes across the nation, actively participated in the Post-Budget Webinar addressed by the Hon'ble Prime Minister, Shri Narendra Modi. The session highlighted the Union Budget's strong emphasis on strengthening healthcare infrastructure, promoting innovation, enhancing skill development, and advancing the vision of a *Viksit Bharat* under the

theme “Sabka Saath, Sabka Vikas.”

A total of 370 participants, including the Director General, CCRAS, Directors/Institute In-charges, and officers/officials, attended the webinar. The participation, alongside representatives from the Ministry of Ayush and other ministries, reflected CCRAS's commitment to aligning its research and institutional efforts with national priorities in Ayurveda and holistic healthcare.

## CCRAS-CARI, BENGALURU, CONDUCTS INVESTIGATORS TRAINING PROGRAMME ON STANDARDIZED PRAKRITI & SWASTHYA ASSESSMENT



*A glimpse of the event.*

CCRAS-Central Ayurveda Research Institute (CARI), Bengaluru, organised an *Investigators Training Programme on CCRAS Standardized Prakriti and Swasthya Assessment Scale* on 28 March 2026.

The programme brought together esteemed Ayurveda faculty members from various colleges

across Karnataka and focused on providing hands-on training in standardized assessment techniques for *Prakriti* and *Swasthya*, as developed by CCRAS. The initiative aims to strengthen uniformity and scientific rigor in Ayurvedic assessments by integrating traditional knowledge with modern research methodologies.

The training was conducted under the project titled “A Cross-Sectional Survey to Study the Distribution Pattern of Different Prakriti Types Across India – A Multicentric Study.” This nationwide study seeks to generate robust data on *Prakriti* distribution, contributing to evidence-based advancement of Ayurveda research.

## CCRAS CONDUCTS SCIENTIFIC WRITING WORKSHOP UNDER PRAYATNA SCHEME



*Glimpses from the event.*

A three-day workshop on scientific writing with hands-on training was conducted from 7 to 9 April 2026 at A&U Tibbia College and Hospital, Delhi, under the PRAYATNA Scheme—a flagship initiative of the CCRAS aimed at promoting scientific writing skills among research graduates.

The workshop was organised in collaboration with A&U Tibbia College and Hospital, Delhi, and followed a structured three-step mentoring approach. The CCRAS team, led by Dr Sakshi Sharma, RO (Ay.), along with Dr Arunabh Tripathy, Statistical Officer; Dr Pallavi Mundada, RO (Ay.); and Dr Anagha Ranade, RO (Ay.), guided participants through two rounds of virtual mentoring, culminating in an intensive in-person workshop with hands-on training. A total of 15 postgraduate scholars from various departments actively participated in the programme.

# CCRAS HOSTS “SAMVARDHANA 2026” ADMINISTRATIVE TRAINING PROGRAMME



*Glimpses from the event.*

CCRAS organised the “Samvardhana 2026 – Administrative Training Programme” from 23-24 April 2026 at CCRAS-NARIP, Cheruthuruthy. The programme was held in the esteemed presence of Dr A. Raghu, Advisor, Ministry of Ayush; Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS; Dr N. Srikanth, DDG, CCRAS; Dr Deepak Kochhar, Deputy Director (Administration), CCRAS; and Dr S. N. Murthy, Director, NARIP.

The programme brings together administrative staff from CCRAS institutes across the country to enhance efficiency, strengthen institutional functioning, and promote best practices in governance and financial management.

Various administrative topics were covered during the training by the experts from CCRAS Headquarters, New Delhi, and the Ministry of Ayush. Notably, “Samvardhana” is a flagship initiative of CCRAS, launched in 2024 to enhance the administrative efficiency of its personnel. This edition marked the third successful training programme under the Samvardhana series, benefiting over 100 participants.

## *Paper presentation in Training programs/Seminar & Conferences/Workshops/Webinar by scientists*

<b>Name of the Author(s)</b>	<b>Title of Paper presented</b>	<b>Name of the conference/seminar/webinar/workshop</b>	<b>Name of organizer and venue</b>	<b>Date of Participation</b>
<b>Dr Arvind Kumar, RARI, Itanagar</b>	Understanding Ashtaharavidhivishesh ayatana: Bridging Classical Theory and Modern Nutrition Science	AyuFolk-2026	NEIAFMR, Pasighat, AP	13-14 March 2026
<b>Dr Srikanth Ala, RO (Pharmacology)</b>	Effect of Brahmi drakshyadi Kashayam (BDK) on Chronic Restraint Stress (CRS) induced neurobehavioral alterations in experimental Rats (Poster)	ToNPR 2026	CSIR-Indian Institute of Chemical Technology, Hyderabad	5-6 March 2026
<b>Dr Sudesh N. Gaidhani, AD (Pharmacology)</b>	'Pre-Clinical Studies of Ayurvedic Drugs' (Quality, Safety & Regulatory Perspectives)	Pharmavision-2026	Department of Pharmacology, ITRA, Jamnagar	9 to 10 March 2026
<b>Dr N. Thamizh Selvam, A.D. (Biochemistry)</b>	AYUSH Research – Current Scenario and Future Perspective	International online FDP program on 'Fostering Innovation through Collaboration: Empowering Academia, Research and Industry Partnership'	St. Peter's Institute of Higher Education & Research, Chennai, Tamil Nadu.	12 March 2026
<b>Dr Devi R Nair</b>	Importance of Panchakarma in treatment	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthuruthy	2 March 2026
<b>Dr Aswathi Mohan P</b>	Plant, animal and mineral origin drugs and compound formulations used in therapeutics	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthuruthy	3 March 2026
<b>Dr Parvathy G Nair</b>	RasadiPanchaka-Concept of Guna	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthuruthy	4 March 2026
<b>Dr Chris Antony</b>	DoshaDathu Mala-revision	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthuruthy	5 March 2026

<b>Dr Binitha P</b>	Deepana&Pachana Karma	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	6 March 2026
<b>Dr Rohit K S</b>	AbhyantharaSnehana Karma	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	7 March 2026
<b>Dr Krishna Kumar V</b>	Snehapana	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	9 March 2026
<b>Dr Pratap Shankar</b>	Swedana procedures	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	9 March 2026
<b>Dr Aswani P S</b>	Awareness about automated instruments used in Panchakarma therapy	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	12 March 2026
<b>Dr Indu P P</b>	Anagneya Sweda	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	13 March 2026
<b>Dr Devi R Nair</b>	Vamana Karma	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	18 March 2026
<b>Dr Karthika A P</b>	Thalapothichil&Shirole pa	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	19 March 2026
<b>Dr Sariga K S</b>	Familiarisation of Common Virechanayogas	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	23.03.2026
<b>Dr Parvathy G Nair</b>	DharaneeyaAdharaneeya Vegas	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	24 March 2026
<b>Dr Karthika A P</b>	Vasthi-Asthapana&Anuvasana	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	25 March 2026
<b>Dr Aswathi Mohan P</b>	Nasya Karma	Panchakarma Technician Course-2025-2026 Batch	NARIP, Cheruthur uthy	28 March 2026
<b>Dr K. Prameela Devi, RO (Ay.)</b>	Demonstration of Swasthya Assessment Portal	Investigators' Training Programme on CCRAS Standardized Prakriti and Swasthya Assessment Scale for the project "A Cross-sectional Survey to study the distribution pattern of different prakriti types across India- A multi centric Study"	ALRARI, Chennai	29 March 2026
<b>Dr P. Srinivas, RO (Ay)</b>	Prakriti Training Programme Protocol presentation	Investigators' Training Programme on CCRAS Standardized Prakriti and Swasthya Assessment Scale for the project "A Cross-sectional Survey to study the distribution pattern of different prakriti types	ALRARI, Chennai	29 March 2026

		across India- A multi centric Study”		
<b>Dr S. Asha, RO (Ay.)</b>	Demonstration of Prakriti Assessment Portal	Investigators’ Training Programme on CCRAS Standardized Prakriti and Swasthya Assessment Scale for the project “A Cross-sectional Survey to study the distribution pattern of different prakriti types across India- A multi-centric Study”	ALRARI, Chennai	29 March 2026

## Projects at a Glance

### Intra-Mural Clinical Research (IMR):

Throughout the period, significant strides were made in CCRAS's research initiatives. Under Intra Mural Research (IMR), six new Clinical Research projects, 5 new Medicinal Plant Research projects, 3 Pharmacology research projects and 1 Literary research project were initiated.

Additionally, ongoing projects include 26 in Clinical Research, 20 in Drug Standardization, 38 in Medicinal Plant Research, 15 in Pharmacology Research, 16 in Literary Research, 1 in Fundamental Research, 8 in Pharmaceutical Research, and 5 in Microbiology Research projects.

Furthermore, the period witnessed the successful completion of six projects in Drug Standardization, four projects in Medicinal Plant Research, and two projects in Pharmacology Research. Also, three projects in Clinical Research, two in Literary Research, four in Pharmaceutical Research, and seven in Public Health Research were successfully concluded, underscoring the Council’s dedication to delivering impactful outcomes.

### Collaborative Research:

In the realm of collaborative research, three new Pharmaceutical Research projects were initiated.

Additionally, ongoing projects include 20 in Clinical Research, three in Drug Standardization, 8 in Medicinal Plant Research, 33 in Pharmacology Research, three in Literary Research, 7 in Fundamental Research, 4 in Pharmaceutical Research and 3 in Public Health Research.

Furthermore, the period saw the successful completion of one Pharmacology Research project. Also, three projects in Clinical Research, one in Drug Standardization, one in Pharmaceutical Research, and one in Public Health Research were successfully concluded, underscoring the council's dedication to delivering impactful outcomes.

## Research Updates

**Publications:** During this period, the Central Council for Research in Ayurvedic Sciences (CCRAS) published a total of 12 notable publications, showcasing its commitment to advancing Ayurvedic knowledge and research. The publications are as follows:

- Journal of Research in Ayurvedic Sciences (JRAS), January-February 2026, Vol-10, Issue-1
- Journal of Drug Research in Ayurvedic Sciences (JDRAS), January-February 2026, Vol-11, Issue-1
- Historical and Etymological Analysis of Homoeopathic Terminologies (CCRAS-NIIMH, Hyderabad)
- Descriptive Catalogue of 105 Unani Medical Manuscripts (Preserved in National Institute of Indian Medical Heritage, Hyderabad, India) (CCRAS-NIIMH, Hyderabad)
- Kitab al-Anasir & Kitab al-Mizaj – English Translation (CCRAS-NIIMH, Hyderabad)
- Qarabadin Masumi (A Persian Manuscript on Unani Pharmacopoeia) – English Translation (CCRAS-NIIMH, Hyderabad)
- Journal of Research in Ayurvedic Sciences (JRAS), April 2026, Vol-10 Supplement-1, Special Issue (“Integration of Modern Scientific Advances and Technological Developments in Ayurveda”) A joint initiative of CCRAS & NCISM (Online Issue)
- Journal of Research in Ayurvedic Sciences (JRAS), April 2026, Vol-10 Supplement-1, Special Issue (“Integration of Modern Scientific Advances and Technological Developments in Ayurveda”) A joint initiative of CCRAS & NCISM
- Journal of Research in Ayurvedic Sciences (JRAS), March-April 2026, Vol-10, Issue-2 (Online Issue)
- Journal of Drug Research in Ayurvedic Sciences (JDRAS), March-April 2026, Vol-11, Issue-2 (Online Issue)
- CCRAS Bulletin Jan-Mar 2026, Volume III Issue-I
- CCRAS Newsletter Jan-Feb 2026, Volume VIII Issue-I

**Journal Articles:** Throughout the period, a total of 23 journal articles were published, showcasing the ongoing research and scholarly contributions of CCRAS and its vast networks of institutes nationwide. These articles encompass a broad 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 15 CCRAS institutes across 15 states, the THCRP addresses the healthcare needs of tribal populations. During the period, under the two studies: 'Documentation of Ethno-Dietary Practices Indigenous to India' and 'Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India', 74 field visits were conducted. Researchers visited various religious sites and Vedic universities, conducting 278 in-depth interviews and 30 focus group discussions. Additionally, 15 awareness lectures were delivered, and incidental healthcare services were provided to 914 beneficiaries. These efforts aim to promote health, hygiene, and Ayurveda-based lifestyle practices among tribal communities.
- **Health Screening and Ayurveda Management for Students of EMRS:** During the period, general health screening focusing on Tuberculosis, Anemia, Sickle Cell Disease, and Malnutrition, along with Ayurveda-based management of Anemia and Malnutrition, was continued in 57 Eklavya Model Residential Schools (EMRS) across 14 states. Implemented by 16 CCRAS institutes in collaboration with ICMR-NIRTH, Jabalpur, the program benefited over 2,235 students with the incidental support and 4,328 students through 81 awareness lectures. Activities also include distributing IEC materials to support students' well-being.

### Development Plan for Scheduled Castes

- **Ayurveda Mobile Health Care Programme (AMHCP) under the Schedule Caste Sub Plan (SCSP):** Implemented through 15 CCRAS institutes across 14 states, the AMHCP aims to serve Scheduled Caste communities. During the period, under the two studies: 'Documentation of Ethno-Dietary Practices Indigenous to India' and 'Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India', 20 field visits were conducted. Teams visited various religious sites and Vedic universities, and conducted 6 in-depth interviews. Additionally, one awareness lecture was held, and incidental healthcare services were provided to 492 beneficiaries. These efforts aim to promote health, hygiene, and Ayurveda-based lifestyle practices among marginalized communities.

- 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 caste communities. During the period, under the two studies: 'Documentation of Ethno-Dietary Practices Indigenous to India' and 'Documentation of plants, metals, minerals, animal products and other materials used in various indigenous religious practices and rituals across India', 28 field visits were conducted. Teams visited various religious sites and Vedic universities, conducted 95 in-depth interviews and 14 focus group discussions. Additionally, four awareness lectures were delivered, and incidental healthcare services were provided to 1,005 beneficiaries. The initiative also promotes awareness of health, hygiene, and Ayurveda-based lifestyle practices.

## 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 period, over 6,834 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.



*An Anemia screening medical camp was organised by CCRAS-NARIP, Cheruthuruthy, Ashadeepam Special School, Koonathara, Palakkad, Kerala, on 12 March 2026.*

## Health Outreach Activities

Throughout the period, the Central Council for Research in Ayurvedic Sciences (CCRAS) actively engaged in various events nationwide, including 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 broader 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.

Here are glimpses of some of the activities.



The CCRAS-RARI, Jammu, medical team is offering free consultations and medicines during a free medical camp organized at IGNOU University in Jammu. The camp was graced by the presence of the Chief Guest, Shri Sham Lal Sharma, Member of the Legislative Assembly of Jammu and Kashmir.



The CCRAS-CARI, Bhubaneswar, medical team is offering free consultations and medicines during a free medical camp organized at Centurion University on the occasion of World Health Day, promoting holistic healthcare and wellness.



The CCRAS-RARI, Ranikhet, medical team is offering free consultations and medicines during a free medical camp organized at Gram Sabha Faldwadi, Ranikhet.



The CCRAS–RARC, Dimapur, medical team is offering free consultations and medicines during a free medical camp organized at Bengnabill, Khatkhati.



The CCRAS–RARI, Ranikhet, medical team is offering free consultations and medicines during a free medical camp organized at Andhara Icchapur Village, Gop, Odisha.

## Staff News

### Retirements/Farewell



Dr Om Prakash, Assistant Director (Ay.) and institute-in-charge at CCRAS-RARI, Ranikhet, retired on 31 March 2026, upon attaining superannuation, after a distinguished career dedicated to advancing Ayurveda. Officers and staff bid a heartfelt farewell.



*Dr S.K. Giri, RO (Ay.), CCRAS-CARI, Bengaluru, retired on 31 March 2026.*



*CCRAS-NARIP, Cheruthuruthy, bid a warm farewell to Sh. K. Sivan, MTS (Labourer), upon his retirement on 31 March 2026.*



*Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, along with Officers and officials of CCRAS Headquarters, New Delhi, bid a heartfelt farewell to Sh. P.K. Singh, Assistant, and Sh. Dalip Kumar, UDC, retired on 30 April 2026.*



*Sh. S.C. Pandey, Laboratory Assistant (Pharmacology), at CCRAS-CARI, Kolkata, bid farewell to his esteemed service upon his retirement on April 30, 2026, marking the end of a dedicated career.*

## RTI/Public Grievances

During the reporting period, the Central Council for Research in Ayurvedic Sciences (CCRAS) received a total of 78 RTI applications, which included 35 applications forwarded by the Ministry of Ayush and other sources and seven First & Second appeals.

In accordance with Section 6(3) of the RTI Act, 2005, of the total applications, 19 applications were duly transferred to the concerned Public Authorities for appropriate action. The CCRAS team ensured timely and efficient handling of all requests, successfully processing and disposing of all 78 RTI applications and appeals within the stipulated timeframes.

## CCRAS in Media

During this period, the Central Council for Research in Ayurvedic Sciences (CCRAS) has been prominently featured across various media platforms, including newspapers, television, radio, and popular social media. 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.**



*A glimpse of a significant MoU signing ceremony between CCRAS and BRIC-THSTI for Integrative TB research on World TB Day, broadcast on the PB Shabd channel of Prasar Bharti.*

COVER STORY

Prof. (Dr) Rabinarayan Acharya  
Director, CCRAS

## Gearing Up for 200/2030: R&D Outlook

The Union Budget 2026/27 has sent an unambiguous signal. The Ministry of Ayush has received a record allocation of ₹4,408.93 crore – a four-fold increase since the ministry was formed in 2014. Within that envelope, the Central Council for Research in Ayurvedic Sciences (CCRAS), the country's apex body for Ayurvedic research, has been allocated ₹524 crore (Budget estimate 2026/27). These are not mere numbers. They represent a national commitment to building the evidence base, the quality infrastructure, and the scientific partnerships that will carry Ayurveda onto the world stage.

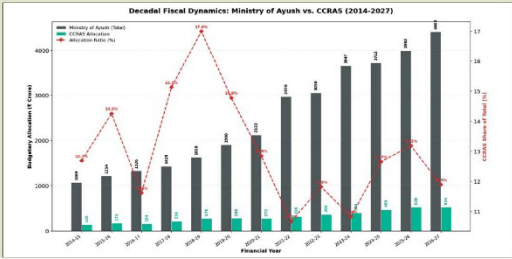
The chart below tells a story of sustained and accelerating commitment. When the Ministry of Ayush was carved out as a separate ministry in November 2014, its first budget stood at ₹1069 crore. Twelve years on, that figure has quadrupled. More significantly, the growth has not been linear – recent years show a sharp upward inflection, reflecting a government that sees Ayurveda not as a welfare item but as a knowledge-based economic sector with serious export potential. For CCRAS, the journey mirrors that of the parent ministry. Starting from ₹135.56 crore, the Council's budget has grown nearly four-fold to ₹524 crore, enabling it to move from basic documentation to rigorous, multi-site, internationally peer-reviewed research.

The demand for natural, holistic healthcare has never been higher. According to data published by the India Brand Equity Foundation (IBEF) and Ministry of Ayush assessments, the Indian Ayush market grew from just USD 2.85 billion in 2014 to USD 43.3 billion by 2020 – an extraordinary 15-fold increase in one decade. Exports of Ayurvedic and herbal products have also more than doubled, crossing USD 2 billion annually. As per IBEF, 'The Indian Ayush market is projected to reach USD 200 billion by 2030, reflecting an exponential growth of almost five times over just six years'.

This target aligns perfectly with the World Health Organization's (WHO) 2025–2034 Global Traditional Medicine Strategy, which has shifted its focus from 'Traditional Medicine' (TM) to the broader concept of 'Traditional, Complementary and Integrative Medicine' (TCIM). The strategy recognises that



Prof. (Dr) Rabinarayan Acharya



A snapshot of the article published in Ayur World Magazine (March–April 2026 issue) highlights the growing momentum in AYUSH, with a record allocation of ₹4,408.93 crore in the Union Budget 2026–27, including ₹524 crore for CCRAS, driving evidence-based research and global collaborations.

## Valedictory Function of CCPT 47th Ba Cheruthuruthy Panchakarma Ins

**Cheruthuruthy:** The Valedictory Function of the 47th Batch of the Certificate Course in Panchakarma Therapy (CCPT) was held on 28th February 2026 at 2:30 PM in the Administrative Conference Hall of the National Ayurveda Research Institute for Panchakarma (NARIP), Cheruthuruthy. Around 30 students participated in the 47th batch, of whom 15 were from outside Kerala, representing various states across India, including the North-Eastern region. The wide national representation reflected the academic recognition and relevance of the programme. During the training period, nearly 20 distinguished external faculty, each specialized in their respective areas of expertise in Panchakarma, along with the Research Officers of NARIP from various streams of Ayurveda, conducted the academic and clinical sessions. The course offered comprehensive theoretical instruction along with structured hands-on clinical training.

Among the distinguished external guest faculty were Dr. Vinodkumar M.V., Dr. Mukesh, and Dr. Subin Vaidyamadam from Kottakkal Ayurveda College; Dr. Sree Kumar, Dr. Remya, and Dr. Anil Kumar from Tripunithura, Ernakulam; Dr. Ajayan Sadanandan, Dr. Syamakrishnan, and Dr. Arjun from Trivandrum; Dr. Remya, Dr. Rahul, Dr. Netra Das, and Dr. Ramya A. from Thrissur; Dr. Vishnu from Kollam; Dr. Saifudheen and Dr. Mousmi from Calicut; and

Dr. Hakeem and Dr. Madhu from Kannur. The function began with the welcome address delivered by Dr. Sariga K.S., Research Officer (Ayurveda).



The Institute Director, Dr. S.N. Murthy, presided over the function and delivered the presidential address, emphasizing the importance of structured Panchakarma training and clinical excellence. Dr. V.C. Deep, Assistant Director (Ayurveda), served as the Course Coordinator and addressed the gathering.

Newspapers highlight the activities of CCRAS–NARIP, Cheruthuruthy.

## Successful launch of 'Karmayogi Sadhana Week 2026'

**Nagpur 7 April:** Under the Government of India's capacity-building initiative "Mission Karmayogi," the 'Karmayogi Sadhana Week 2026' is being observed nationwide from 02 April to 10 April 2026 through the iGOT Karmayogi portal, with the objective of enhancing the competency and technological proficiency of government employees.

In this connection, the Regional Ayurveda Research Institute, Nagpur (under the Central Council for Research in Ayurvedic Sciences, Ministry of Ayush, Government of India) formally launched the Sadhana Week on 02 April 2026. On this occasion, under the guidance of the Officer-in-Charge, Dr. Savita Sharma, all officers and staff members were briefed in detail about the program and were encouraged and directed to complete the prescribed training courses available on the iGOT Karmayogi portal.

During this intensive training campaign, all officers and staff actively



participated in various learning modules.

Notably, the modules focusing on Artificial Intelligence (AI) and emerging technologies were successfully completed, and all officers and employees of the institute earned the "AI-Daksh Badge," reflecting their commitment to continuous learning and technological upskilling.

This initiative is expected to significantly enhance the efficiency of employees and facilitate the transition from a rule-based approach to a role-based work culture, ultimately enabling improved delivery of citizen-centric services.

The institute remains committed to continuing such capacity-building initiatives in the future.

The newspaper highlights the activities of CCRAS-RARI, Nagpur.

WORLD LIVER DAY 2026: BUILDING A STRONG LIVER THROUGH SOLID HABITS

By Dr. Harbans Singh, Director, Research Institute for Ayurvedic Education and Health Management, Jammu. Liver is considered the most important organ of the human body...

Dr. Harbans Singh, Director, Research Institute for Ayurvedic Education and Health Management, Jammu, is seen in a video recording...



Dr. Harbans Singh, Director, Research Institute for Ayurvedic Education and Health Management, Jammu, is seen in a video recording...

Free Medical Check-up Camp Organized at IGNOU University on the Occasion of Dr. B.R. Ambedkar Jayanti and Poshan Pakhwa 2026 by RARI Jammu

By NALROSHNI JAMMU. A free medical check-up camp was successfully organized at IGNOU University, Jammu & Kashmir...

Dr. B.R. Ambedkar Jayanti and Poshan Pakhwa 2026 by RARI Jammu



Such initiatives serve as an important step toward bridging the gap between traditional healthcare knowledge and community health services...

Newspapers highlight the activities of CCRAS-RARI, Jammu.

लैंगिक उत्पीड़न महिलाओं के गरिमा के अधिकार का हनन : डॉ. संजय सिंह

लखनऊ। क्षेत्रीय आयुर्वेद अनुसंधान संस्थान ने शुक्रेवार को 'पॉश अधिनियम-2013' और कार्यक्रम पर 'गरिमा के अधिकार' विषय पर जागरूकता कार्यशाला का आयोजन किया।



कार्यस्थल पर 'गरिमा के अधिकार' पर जागरूकता कार्यशाला आयोजित

अंबेडकर यूनिवर्सिटी में 'लिंग के सामाजिक निर्माण' के परिप्रेष्य में लैंगिक संवेदनशीलता पर चर्चा की। उन्होंने पॉश अधिनियम-2013 के अंतर्गत आने वाले कृत्यों और सरकारी एवं गैर-सरकारी संस्थानों में आई.सी.सी. के गठन एवं उसकी

भूमिका के बारे में जानकारी दी। डॉ. चौधरी ने सभी कर्मचारियों को अपने कार्यस्थल पर सजग, संवेदनशील और उत्तरदायी रहने के लिए प्रेरित किया। उन्होंने यह भी बताया कि उत्पीड़न की स्थिति में किसी भी प्रकार की शिकायत निर्भीक होकर दर्ज कराई जा सकती है। उपस्थित अधिकारी और कर्मचारियों के विभिन्न प्रश्नों का वक्ताने संतोषजनक उत्तर दिया। कार्यक्रम का संचालन और समन्वयन डॉ. अंजलि बी. प्रसाद, अनुसंधान अधिकारी (आयुर्वेद) द्वारा किया गया। इस कार्यशाला ने संस्थान में सुरक्षित और समान कार्यस्थल के प्रति जागरूकता बढ़ाने में महत्वपूर्ण भूमिका निभाई।

Newspapers highlight the activities of CCRAS-RARI, Lucknow

STATE NAGALAND POST, DIMAPUR TUESDAY, APRIL 28, 2026

Awareness & screening on TB Mukht Bharat Abhiyan



Dimapur: As part of the 100-day campaign under the TB Mukht Bharat Abhiyan relaunched on March 24, 2026, an awareness and screening programme was organized at the Regional Ayurveda Research Centre (RARC) Conference Hall, Dimapur. The initiative was spearheaded by the Ministry of Health and Family Welfare in collaboration with states and stakeholders, with RARC functioning under the Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH, and the State District TB Control Programme, Nagaland.

Newspapers highlight the activities of CCRAS-RARC, Dimapur

Healthcare Beneficiary/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 period, a significant number of patients, totalling 74,659, benefited from the services provided by various OPDs, including General OPDs, Geriatric OPDs, and special clinics. Notably, in the In-Patient Departments, 865 patients were admitted, and 798 patients were discharged after receiving treatment. These figures underscore CCRAS's ongoing efforts to integrate Ayurvedic research with public healthcare delivery, ensuring accessible and holistic services for all age groups.

# Other Activities



*Prof. (Vaidya) Rabinarayan Acharya, DG CCRAS, graced RASAMIMAMSA-2026 — the National Conference on Quality, Safety & Efficacy of Rasaushadhi — held on 6–7 March 2026 at the Institute of Teaching and Research in Ayurveda, Jamnagar. He delivered an invited talk on CCRAS contributions to safety studies of Rasaushadhis, was the Guest of Honour at the inaugural session, chaired a scientific session, and participated in the alumni meet, engaging with scholars and experts.*



*Dr N. Srikanth, DDG, CCRAS, graced the inaugural session of the National Seminar “NETRAM-2026” on “Advancement in Ayurvedic Management of Ophthalmic Disorders – Transition from Traditional Time-Tested Practices to Evidence-Based Protocol,” organized by Pt. Khushilal Sharma Government (Autonomous) Ayurveda College & Institute, Bhopal, on 12 March 2026.*



*Dr N. Srikanth, DDG, CCRAS, graced the Valedictory function of ‘AtmaPrabha-Bheshajam 2026’, a workshop on ‘Aushadhi Nirman’ on 15 March 2026 at the Integrated Cancer Treatment and Research Centre at Wagholi, Pune.*



*Dr Milind Suryawanshi, Director, CCRAS-CARI, Kolkata, graced the training program on “Intervention, Cultivation and Formulation Development of Medicinal Plants” as the Guest of Honour, on 16 March 2026, at Ramakrishna Mission Vivekananda Centenary College, Rahara, West Bengal.*



DG, CCRAS, attended the valedictory session of the National Conference-cum-Workshop on “Shatavari: Revitalising India’s Ayurvedic Heritage (Farming, Formulation & Future Markets)” as Chief Guest on 17 March 2026 at Shivaji College.



DG, CCRAS, participated in deliberations on developing a training module on Pharmacovigilance for Traditional Medicine for the WHO South-East Asia Region during a WHO Working Group Meeting held on 20 March 2026 at ITRA, Jamnagar (hybrid mode). The meeting, organized by WHO-CC ITRA in collaboration with WHO-SEARO, New Delhi, saw participation of 34 experts, including representatives from Bhutan, Nepal, Sri Lanka, and Thailand, along with pharmacovigilance coordinators and experts in traditional and integrative medicine.



DG, CCRAS, participated in discussions on framing a Technical Document for Clinical Research Methodology in Traditional Medicine during the WHO-CC Working Group Meeting held on 21 March 2026 at ITRA, Jamnagar, in collaboration with WHO-SEARO, New Delhi. The meeting witnessed participation of 20 experts, including representatives from GTMC, WHO-SEARO, delegates from Bhutan, Nepal, Sri Lanka, and Thailand, along with representatives from CCRUM, CCRS, ICMR, and experts of AYUSH systems.



Dr Sudha Kumari K G, R.O (Ay.), CCRAS-FARIM&MMR, Goa, delivered a lecture as a Guest Speaker during the one-day seminar titled “Manascharya – AYUSH & Mental Health” on 23 March 2026. Organized by National AYUSH Mission, AYUSH Cell, Directorate of Health Services, in collaboration with the Department of Kayachikitsa, AIIA, Goa.



*DG, CCRAS, graced the 3rd Foundation Day Celebration of Odisha University of Health Sciences (OUHS), Bhubaneswar, as the Chief Speaker on 30 March 2026.*



*Dr N. Srikanth, DDG, CCRAS, participated in the '4th Global Conference on Natural Products & AYUSH System of Medicine' at PGIMER, Chandigarh, as Guest of Honour. He delivered an insightful talk titled "Evidence-Based Translational Approaches in Ayush & TCIM: An Appraisal of CCRAS R&D Initiatives."*

*DG, CCRAS, participated as a guest in the inaugural session of the Scientific Programme on "Patient Safety and Medication Error" held at the India International Centre (IIC), New Delhi, on 3 April 2026. He shared his views on patient safety concerns in integrative healthcare.*



*DG, CCRAS, attended the valedictory function of the 4th Global Conference on Natural Products & AYUSH System of Medicine at PGIMER, Chandigarh, as Chief Guest on 12 April 2026. He highlighted recent initiatives of the Ministry of Ayush, emphasizing the importance of collaborative research in the AYUSH sector.*



*DG, CCRAS, graced the two-day Chintan Shivir 2026 (16–17 April 2026) organized by the Ministry of Ayush at Chanakypuri, New Delhi. The event marked the culmination of extensive deliberations and collaborative discussions aimed at strengthening the Ayush sector. The Shivir was attended by Shri Prataprao Jadhav, Hon'ble Minister of State (IC) for Ayush, Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, along with dignitaries, experts, and participants from Ayush, reflecting a shared commitment to advancing the Ayush ecosystem.*



*DG, CCRAS, graced the THE WEEK AYUSH Conclave held on 18 April 2026 at New Delhi, and participated in the panel discussion on "The Future of Ayush," focusing on strengthening research, innovation, and evidence-based integrative healthcare. The conclave was inaugurated by Shri Prataprao Jadhav, Hon'ble Minister of State (IC) for Ayush, in the presence of Smt. Alarmelmangai D., Joint Secretary, Ministry of Ayush. The panel featured eminent experts, including Dr Padma Gurmet, Director, NISR, Leh; Dr Kashinath Samagandi, Director, MDNIY; Dr N. Zaheer Ahmed, DG, CCRUM; Dr N. J. Muthukumar, DG,*

CCRS; and Dr Subhash Kaushik, DG, CCRH, highlighting a collective commitment to advancing the Ayush research ecosystem in India and globally.



Dr N. Srikanth, DDG, CCRAS, attended the 4th meeting of the Ayush Division Council (AYDC), which was convened at the BIS on 28th April 2026, under the chairmanship of Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, Government of India.



Dr N. Srikanth, DDG, CCRAS, participated in the Governing Board Meeting of the National Innovation Foundation (NIF), Gandhinagar, hosted at the Institute of Teaching & Research in Ayurveda (ITRA), Jamnagar, on 28 April 2026.

## Visitorial



BAMS students and faculty of Ahalia Ayurveda Medical College, Palakkad, visited CCRAS-NARIP, Cheruthuruthy, on 13 March 2026 as part of their academic study tour. The visit provided an opportunity to familiarise students with ongoing research activities, clinical services, and institutional facilities.



Prof. Chhaju Ram Yadav, Head of the PG Department of Kriyasharira and Dean (PhD) at the NIA, Jaipur, visited CCRAS-RARI, Itanagar. He reviewed the Institute's ongoing activities, clinical services, and infrastructure, including the OPD, Laboratory, Dispensary, Pharmacovigilance Centre, and the Survey of Medicinal Plants Unit.



*A team from IIIM-CSIR, Jammu, visited CCRAS-RARI, Jammu, to inspect the Herbal Garden as a part of the Flower Show competition on 14 March 2026.*



*A BIS audit team visited CCRAS-RARC, Dimapur, to conduct a two-day Stage-II BIS audit on 19th and 20th March 2026 as part of the Quality Management System (QMS) accreditation process.*

*Dr N. Srikanth, DDG, CCRAS, visited the CCRAS-RARI, Pune, on 17 March 2026. During the visit, Dr Arun Gurav, Head of the Institute, briefed them on the progress of the Laboratory Animal facility and Lower Garden reconstruction.*



*Dr N. Srikanth, DDG, CCRAS, visited CCRAS-RARI, Vijayawada, on 30 March 2026. He held detailed technical discussions with officials, focusing on ongoing research activities, future strategies, and strengthening the quality of scientific work at the institute. He also inaugurated the Ksharsutra Unit at the institute.*



*Mr Satyajit Paul, DDG, Ministry of Ayush, visited the CCRAS-CARI, Bengaluru, on 6 April 2026. He reviewed the institute's activities and initiatives, appreciated the services being rendered, and emphasized further strengthening of public service delivery alongside research activities. Dr Mahendra Kumar Pal, Deputy Advisor, Ministry of Ayush, was also present during the visit.*



*A BIS audit team, including Sh. Sudhir Bishnoi, Senior BIS Auditor, visited CCRAS-RARI, Lucknow, on 8 April 2026 to review the institute's key departments.*



*Prof. Sanjeev Sharma, Vice Chancellor, NIA, Jaipur, visited CCRAS-NIIMH, Hyderabad, on 19 April 2026. He held discussions with officers and staff to strengthen research, documentation, education, and collaboration in traditional medicine.*



*Smt. Sulochana Das, Mayor and Smt. Manjulata Kanhar, Deputy Mayor of the Bhubaneswar Municipal Corporation (BMC), visited CCRAS-CARI, Bhubaneswar, on 20 April 2026. They appreciated the institute's recent developments, facilities, and services, and assured support for front- and backyard development and improved lighting, as well as for the upgradation of the health care facility.*



*Dr Ram Rao Patil, DDG (Ayush Vertical), DGHS, Ministry of Health and Family Welfare, conducted an official visit to the Ayurveda Department at VMMC & Safdarjung Hospital on 21 April 2026 to comprehensively assess and review the existing facilities, integrated Research work and projects, and service delivery standards.*

*Dr Ramarao D. Patil, DDG (Ayush Vertical), DGHS, Ministry of Health & Family Welfare, visited the Department of Integrated Medicine at LHMC under CCRAS-CARI, New Delhi, on 24 April 2026. Dr Patil reviewed key aspects, including patient registration, OPD services, biomedical waste management, Panchakarma SOPs, and integrative healthcare records. He appreciated the high standards of cleanliness, efficient space utilisation, systematic documentation, and patient feedback mechanisms.*



*Dr Anup Thakar, Professor & HoD (Panchakarma), ITRA, Jamnagar, visited CCRAS-RARI, Ranikhet, on 24 April 2026. He reviewed ongoing research and institutional activities, appreciated the work, and offered valuable suggestions for strengthening future research.*

*Dr Ramarao D. Patil, DDG (Ayush Vertical), DGHS, Ministry of Health & Family Welfare, visited the Dept. of Integrated Medicine, Dr Ram Manohar Lohia Hospital under CCRAS-CARI, New Delhi on 28 April 2026. Dr Patil reviewed the various facilities and appreciated documentation & integrative practices.*

## Honors/Awards Received



CCRAS-RARI, Jammu, Honoured with Third Prize in the Herbal Garden Category at the Flower Show organised by CSIR-IIIM Jammu, on 15 March 2026.



Researchers from CCRAS secured the Second Prize (Herbal Category) at the Dr P. D. Sethi National HPTLC Awards 2025, conferred by Anchrom Enterprises (I) Pvt. Ltd in Mumbai on 07 April 2026. The award recognises their research on standardization of Jwarahara Kwatha Chooranam using HPTLC. The award-winning paper, published in Scientific Reports 15(1) DOI: 10.1038/s41598-025-18566-x, details the simultaneous quantification of five bioactive markers.



*CCRAS-CARI, Kolkata, was awarded the First Prize by Nagar Rajbhasha Karyanvayan Samiti-2, Kolkata, for excellent implementation of Rajbhasha Hindi on 17 April 2026. The five institute officials were also awarded for their participation in various Hindi competitions.*

## 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, and the government of India. As part of this endeavour, a one-day Hindi Karyashala organized at the CCRAS Headquarters office and at all the peripheral Institutes of the Council across the country with the active participation of all officers and staff.

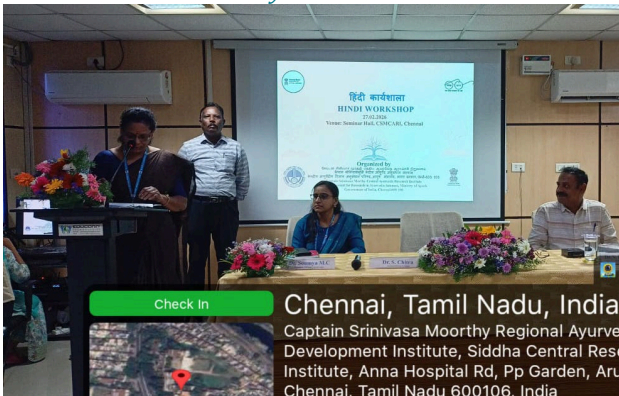
Here are glimpses of some of the activities.



*A glimpse of the Hindi workshop organised at CCRAS- NIIMH, Hyderabad.*



*Chief Guest Dr Priyanka Arya, delivering a lecture during the one-day Hindi Karyashala organized at CCRAS-RARI, Jammu.*



*A session in progress during the one-day Hindi Karyashala organised at CCRAS-CSMCARI, Chennai.*



*A session in progress during the one-day Hindi Karyashala organised at CCRAS-RARI, Itanagar.*



*Chief Guest Mrs Vinita Kukreti, Senior Translation Officer (Hindi), ESIC, Goa, delivering a lecture during the one-day Hindi Karyashala organised at CCRAS-RARIM&MMR, Goa.*



*A session in progress during the one-day Hindi Karyashala organised at CCRAS-RARC, Dimapur.*



Chief Guest Smt. V.S. Rajasree, Official Language Assistant, ICAR-Central Tuber Crops Research Institute, Sreekaryam, Thiruvananthapuram, delivering a lecture during the one-day Hindi Karyashala organized at CCRAS-RARI, Thiruvananthapuram.



Chief Guest Shri Rajendra Indwar, Deputy Secretary (Official Language), Andaman & Nicobar Administration, delivering a lecture during the one-day Hindi Karyashala organized at CCRAS-RARI, Sri Vijaya Puram.

## CCRAS Celebrates 8th Poshan Pakhwada with Nationwide Outreach Activities

CCRAS, along with its peripheral institutes across the country, actively participated in the 8th edition of Poshan Pakhwada from 9 to 23 April 2026. The nationwide campaign, launched by the Ministry of Women and Child Development, focused on the theme “Maximizing Brain Development in the First Six Years of Life,” highlighting the importance of proper nutrition, early childhood care, and reduced screen time to support holistic physical and mental growth.

During the two-week-long initiative, CCRAS institutes organised awareness lectures in Outpatient Departments (OPDs) and conducted various outreach activities. Informational materials on Ayurveda-based nutrition and general dietary practices were widely distributed to the public. The campaign witnessed enthusiastic participation across institutes, reflecting CCRAS’s commitment to promoting preventive healthcare and strengthening community awareness through Ayurveda.

**Here are glimpses of some of the activities.**



Officers from CCRAS-RARI, Vijayawada, distributed brain development and nutritional kits to Anganwadi students at Rajeev Nagar, Anganwadi Kendra, to promote healthy growth and cognitive development. They also conducted awareness sessions for

Anganwadi workers and teachers on nutrition and child development, emphasizing the importance of a balanced diet and early childhood care.



Officer at CCRAS-CARI, New Delhi, delivering an awareness lecture to visiting patients, focusing on reducing screen exposure & promoting simple activities for healthy brain development in early childhood.



Cheruthuruthi, Kerala, India  
 072g+c6c, Sh22, Cheruthuruthi, Kerala 679531  
 Officer at CCRAS-NARIP, Cheruthuruthy, delivering an awareness lecture to visiting patients, focusing on 'Importance of breastfeeding and Complementary feeding'. An overview of 'Maximizing Brain Development in the First Six Years of Life' was explained.



An officer from CCRAS-CARI, Bhubaneswar, delivering an awareness lecture to visiting patients on the "Importance of Nutrition During Pregnancy."



An officer from CCRAS-RRAPCARI, Mumbai, delivering an awareness lecture to visiting patients on reducing screen exposure and promoting simple activities for healthy brain development in early childhood.



As part of Poshan Pakhwada 2026, an awareness lecture was delivered by an officer of CCRAS-ALRARI, Chennai, at Perumbakkam in Chengalpattu District, Tamil Nadu.



Officers from CCRAS-NIIMH, Hyderabad, distributed nutritional kits to children at Gaddiannaram Anganwadi Kendra and conducted an awareness session on "Reducing Screen Exposure and Promoting Simple Activities for Healthy Brain Development in Early Childhood."



Officers from CCRAS-CARI, Bengaluru, conducted an awareness session on "Promoting Early Stimulation, Breastfeeding, and Proper Nutrition" for visitors and OPD patients.



An officer from CCRAS-CARI, Patiala, is delivering an awareness session on 'Mother & Child Nutrition' to the OPD patients and visitors.

## Women's Day Celebration

CCRAS, along with its institutes, celebrated International Women's Day 2026 across the nation under the theme "Rights. Justice. Action for All Women and Girls." Various activities were organised to inspire the dynamic Nari Shakti and highlight the strength, resilience, and leadership of women in advancing science, innovation, and public health. Women officers and staff came together to mark the occasion with enthusiasm and zeal.

Here are glimpses of some of the activities.



Glimpses of IWD 2026 celebrations at CCRAS, Headquarters, New Delhi.



*IWD 2026 celebration at CCRAS-RARI, Nagpur.*



*CCRAS-CARI, Kolkata, celebrated the occasion with the active participation of women officials & staff.*

*Women officials & staff at CCRAS-CARI, New Delhi, are celebrating the occasion with great enthusiasm.*



*CCRAS-RARC, Dimapur, organised a programme to commemorate International Women's Day at the centre.*



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**CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES**

Ministry of Ayush, Government of India

No. 61-65, Institutional Area, Opp. 'D' Block, Janakpuri, New Delhi - 110058