

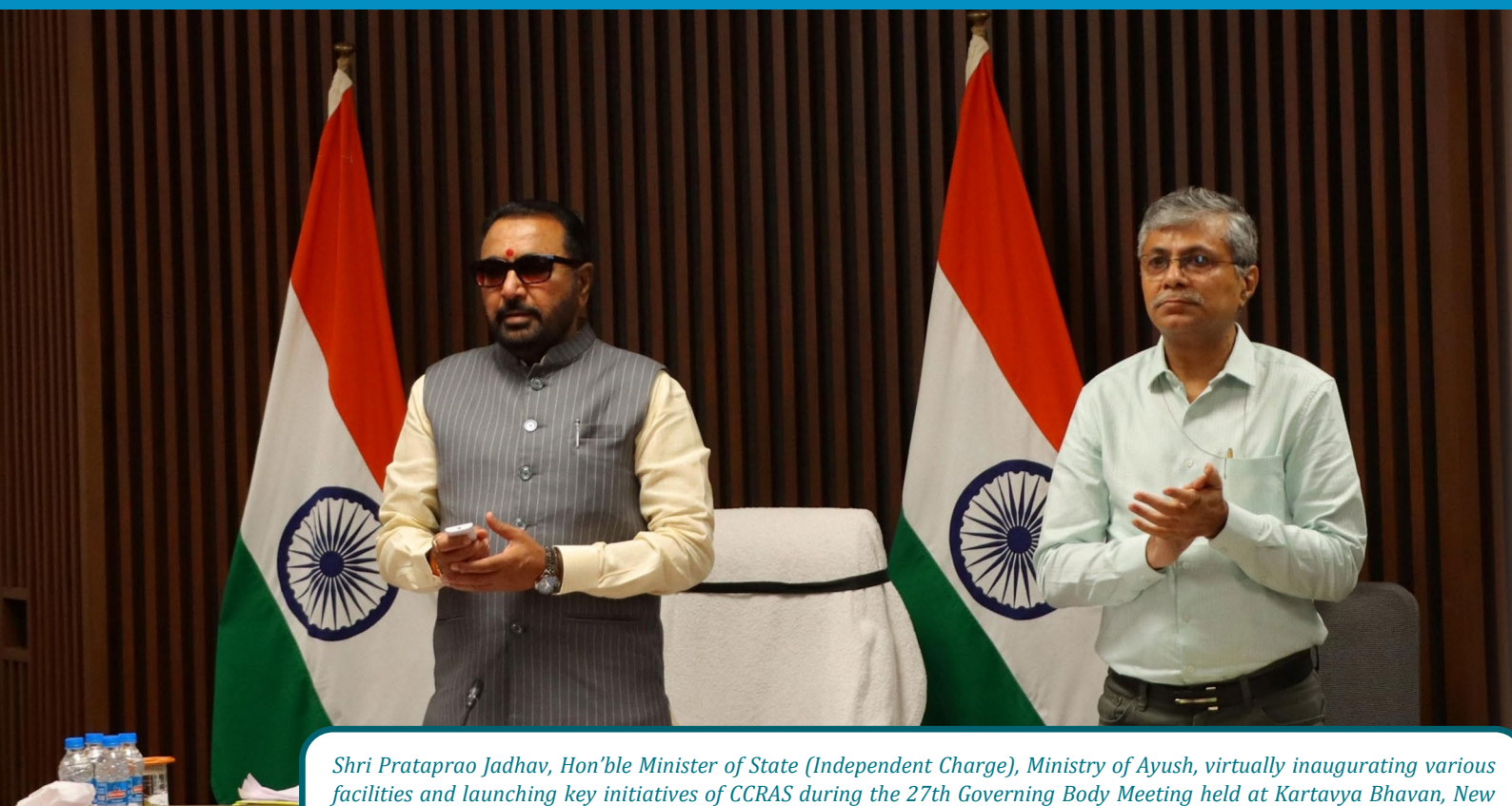


Central Council for Research in Ayurvedic Sciences

NEWSLETTER

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Shri Prataprao Jadhav, Hon'ble Minister of State (Independent Charge), Ministry of Ayush, virtually inaugurating various facilities and launching key initiatives of CCRAS during the 27th Governing Body Meeting held at Kartavya Bhavan, New Delhi, on 6 August 2026. The event was attended by Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush; Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS and Member Secretary, Governing Body; members of the Governing Body; and senior officials from the Ministry of Ayush and CCRAS.

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Programmes of Global National Importance

CCRAS PARTICIPATES IN BRICS MEETING ON TRADITIONAL, COMPLEMENTARY AND INTEGRATIVE MEDICINE

Under India's BRICS Chairship 2026, the Ministry of Ayush convened the BRICS Meeting on Traditional, Complementary and Integrative Medicine (TCIM) from 21–24 July 2026 in Chandigarh as part of the BRICS Health Track coordinated by the Ministry of Health & Family Welfare. Chaired by Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, the meeting brought together representatives from BRICS Member States to strengthen cooperation in research, education, governance, capacity building, and the exchange of best practices in TCIM.



Glimpses from the meeting.

Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, participated in the meeting and addressed the BRICS Side Event on “Capacity Building, Education & Human Resource Development in TCIM” on 21 July 2026. Speaking on “Strengthening Research Capacity, Evidence Generation & Scientific Collaboration in TCIM,” he highlighted the importance of collaborative research, scientific evidence generation, and institutional partnerships to advance traditional medicine globally.

The session was attended by the Secretary, Ministry of Ayush; senior government officials; experts, including Dr Rajesh Ranjan, Deputy Director General, ICCR, and Prof. Sanjeev Sharma, Vice Chancellor,

National Institute of Ayurveda; and delegates from 21 countries. Deliberations focused on enhancing research collaboration, capacity building, and academic partnerships among BRICS Member States.

CCRAS–AYUSHYA PROJECT LAUNCH IN ODISHA TO STRENGTHEN AYURVEDA-BASED PRIMARY HEALTHCARE

A nationwide collaborative public health research project, CCRAS–AYUSHYA, titled “Impact Assessment of Ayurveda-Based Lifestyle Advocacy & Household Utilisation of Medicinal Plants in Primary Health Care,” was initiated at Sri Sri College of Ayurveda, Cuttack, Odisha, on 1 August 2026.



(Left) Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, addressing the gathering. (Right) DG, CCRAS, is distributing medicinal plant saplings and Swasthya Rakshya Kits among participants, encouraging the adoption of Ayurveda-based health practices at the household level.

The inaugural ceremony was graced by Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, along with the Vice Chancellor of Sri Sri University, Dean, investigators, public representatives, beneficiaries, faculty members, students, and villagers of Naraj, Cuttack. Addressing the gathering, Prof. Acharya highlighted the importance of Ayurveda-based preventive healthcare and community participation in promoting healthy lifestyles. He also distributed medicinal plant saplings and Swasthya Rakshya Kits among participants, encouraging the adoption of Ayurveda-based health practices at the household level.

The project was implemented under the guidance of CCRAS–Central Ayurveda Research Institute (CARI), Bhubaneswar, the nodal centre for Odisha. Officers from CARI, Bhubaneswar, participated in the programme and provided technical guidance for the effective implementation of the project.

This landmark initiative under the aegis of CCRAS brings together 37 Ayurveda colleges and 30 CCRAS peripheral institutes across the country to assess and promote Ayurveda-based lifestyle practices and the household utilisation of medicinal plants for strengthening primary health care at the community level.

27TH GB MEETING OF CCRAS CHARTS ROADMAP FOR AYURVEDA'S NEXT PHASE OF GROWTH

The 27th Governing Body (GB) Meeting of the Central Council for Research in Ayurvedic Sciences (CCRAS) was held on 6 August 2026 at Kartavya Bhavan, New Delhi, under the chairmanship of Shri Prataprao

Jadhav, Hon'ble Minister of State (Independent Charge), Ministry of Ayush. The meeting was attended by Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, Governing Body members, and senior officials from the Ministry of Ayush and CCRAS. Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS & Member Secretary, Governing Body, presented a comprehensive overview of the Council's achievements during the past year, highlighting progress in Ayurveda research, innovation, infrastructure, digital transformation, and public outreach.



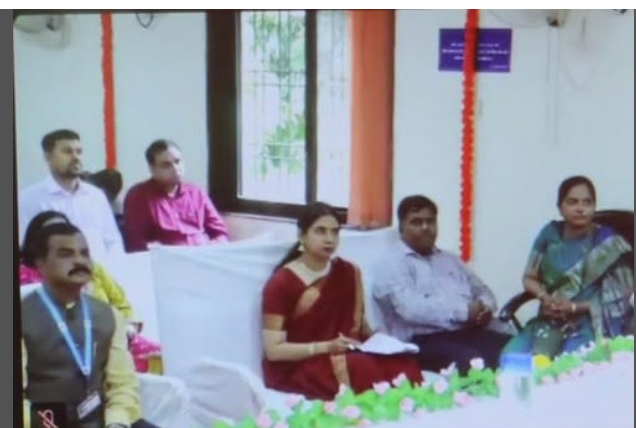
Glimpses from the 27th Governing Body Meeting of CCRAS, held on 6 August 2026 at Kartavya Bhavan, New Delhi, under the chairmanship of Shri Prataprao Jadhav, Hon'ble Minister of State (Independent Charge), Ministry of Ayush, in the presence of Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, members of the Governing Body, and senior officials from the Ministry of Ayush and CCRAS.



Shri Prataprao Jadhav, Hon'ble Minister of State (Independent Charge), Ministry of Ayush, virtually inaugurating various facilities at CCRAS institutions and launching CCRAS initiatives.



Officials and staff during the inauguration of the Guest House and Residential Building at CCRAS-RARI, Ranikhet.



Officials and staff during the inauguration of the newly developed Animal House and Research Laboratory, at CCRAS-RARI, Pune.

Addressing the meeting, Shri Prataprao Jadhav emphasized that the next phase of Ayurveda's growth must be driven by technology, entrepreneurship, and stronger market linkages. Reiterating Prime Minister Shri Narendra Modi's vision of "Heal by Ayurveda, Heal in India, and Make in India," he called for positioning Ayurveda as a global healthcare solution through scientific excellence, standardization, innovation, and evidence-based research.

During the meeting, the Hon'ble Minister virtually inaugurated the vertical extension of the Research Laboratory & Animal House Building at CCRAS-RARI, Pune, and the Guest House & Residential Building at CCRAS-RARI, Ranikhet. He also performed the Bhoomi Poojan for the new 50-bedded hospital building at CCRAS-RARI, Nagpur. The occasion also witnessed the launch of CCRAS-PARAMPARA, the 'AyurShodh' CCRAS National Research Recognition Portals — PRAKASA, NAVONMESA, and PRABODH 3MT, along with the Ayurdict Android application, reinforcing the Council's commitment to digital innovation, research excellence, and the global advancement of Ayurveda.

CCRAS–CARI NEW DELHI LAUNCHES NEW EXTENSION OPD FACILITY AT ROHINI

The CCRAS-Central Ayurveda Research Institute (CARI), New Delhi, under the Ministry of Ayush, inaugurated an Extension Outpatient Department (OPD) facility at FC-5, Block-A, Sector-28, Rohini, New Delhi, on 11 August 2026. The new facility aims to expand access to quality, evidence-based Ayurvedic healthcare services for the residents of Rohini and adjoining areas.

Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, inaugurated the facility in the presence of Dr N. Srikanth, Deputy Director General; Shri Deepak Kochhar, Deputy Director (Administration); Dr Pratap Makhija, Director (Institute), from CCRAS Headquarters; Dr Hemanta Panigrahi, Institute In-charge, CARI; and Shri M. Shivkumar Reddy, Superintending Engineer, CPWD, along with officers and officials from CCRAS Headquarters and CARI, New Delhi, and members of the general public.

Addressing the gathering, he reiterated CCRAS's commitment to expanding the reach of evidence-based Ayurveda and making quality Ayurvedic healthcare services more accessible to the community through institutional and outreach initiatives.

The Extension OPD will provide accessible Ayurvedic outpatient services to residents of Rohini and surrounding areas, bringing evidence-based Ayurveda closer to the community. The initiative aligns with the Ministry of Ayush's efforts to strengthen the Ayush healthcare ecosystem and expand institutional

healthcare infrastructure, while supporting accessible and community-oriented delivery of quality Ayurvedic services.



Glimpses of the inauguration of the CCRAS-CARI, New Delhi, Extension Outpatient Department (OPD) facility at Rohini, New Delhi.

FOUNDATION STONE LAID FOR DEVELOPMENT OF C-BLOCK AT CCRAS-CARI JHANSI

Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, laid the foundation stone for the Development of C-Block at CCRAS-Central Ayurveda Research Institute (CARI), Jhansi, on 19 August 2026. The proposed development will augment the Institute's infrastructure and strengthen its research, pharmaceutical manufacturing, scientific and academic activities.

The occasion was attended by Dr. A. Arunachalam, Director, ICAR-CAFRI, Jhansi; Dr. Ravindra Singh, Assistant Director In-charge, CARI; Dr. A. K. Meena, Assistant Director (Chemistry), CCRAS Headquarters; and officials from CPWD and CARI. During his visit, Prof. Acharya reviewed the ongoing development activities, available facilities and future infrastructure requirements, besides taking stock of research and other activities at the Institute.

A review meeting on HRDR, GIS and GACD was also held to assess progress and deliberate on the future course of action. As a gesture symbolising environmental conservation and India's rich traditions, Prof. Acharya, along with the Director, ICAR-CAFRI, planted a 'Kalpavriksha' sapling at the Institute.



Glimpses from the event.

MoU/IPR/Accreditation

CCRAS–NIIMH HYDERABAD COLLABORATES WITH DR B.R.K.R. GOVERNMENT AYURVEDIC COLLEGE ON MEDICINAL PLANT DIVERSITY



Dr G. P. Prasad, AD In-Charge, CCRAS-NIIMH, Hyderabad, exchanging the MoU with Dr Johar P. K., Principal, Dr B. R. K. R. Government Ayurvedic College, Hyderabad, in the presence of officials from both institutions.

CCRAS–National Institute of Indian Medical Heritage (NIIMH), Hyderabad, signed a Memorandum of Understanding (MoU) with Dr B.R.K.R. Government Ayurvedic College, Erragadda, Hyderabad, on 14 July 2026 to undertake a collaborative research project

titled “Inventory of Phyto-diversity of Medicinal Importance Used in Ayurveda of Dr B.R.K.R. Government Ayurvedic College, Hyderabad.”

The MoU was formalised between Dr G.P. Prasad, Assistant Director In-charge, NIIMH, Hyderabad, and Dr Johar P.K., Principal, Dr B.R.K.R. Government Ayurvedic College, in the presence of officials from both institutions. The collaboration aims to systematically document medicinal plant diversity, strengthen evidence-based research in Ayurveda, and contribute to the conservation of India’s rich medicinal flora.

CCRAS–CARI BHUBANESWAR SIGNS MOU WITH TRIDENT UNIVERSITY TO ADVANCE AYURVEDA–BIOTECHNOLOGY RESEARCH

A glimpse of the MoU exchange in the gracious presence of Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, along with officials from CCRAS, CCRAS-CARI and TSBS, Trident University, Bhubaneswar.

CCRAS–Central Ayurveda Research Institute (CARI), Bhubaneswar, signed a Memorandum of Understanding (MoU) with the Trident School of Biotech Sciences (TSBS), Trident University, Bhubaneswar, on 3 August 2026 to promote collaborative research and academic activities in the fields of Ayurveda and Biotechnology.



The MoU was signed in the presence of Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS; Dr N. Srikanth, Deputy Director General, CCRAS; Prof. (Dr.) M. M. Rao, Director, CARI, Bhubaneswar; Prof. Kalpana Dash, Principal, TSBS, Trident University; and Dr Sarada Ota, Assistant Director (Ayurveda), CARI, Bhubaneswar.

The collaboration aims to foster interdisciplinary research, strengthen academic cooperation, and develop evidence-based solutions by bringing together the complementary strengths of Ayurveda and Biotechnology. The partnership marks an important step towards advancing innovation and scientific research in the Ayush sector.

CCRAS–RARI VIJAYAWADA SIGNS MOU WITH DR N.R.S. GOVERNMENT AYURVEDIC COLLEGE FOR MEDICINAL PLANT DOCUMENTATION



A glimpse of the MoU exchange.

CCRAS–Regional Ayurveda Research Institute (RARI), Vijayawada, signed a Memorandum of Understanding (MoU) with Dr N.R.S. Government Ayurvedic College, Vijayawada, on 4 August 2026 for the collaborative research project titled “Inventory of Phytodiversity of Medicinal Value in the Campus of Dr N.R.S. Government Ayurvedic College, Vijayawada.”

The collaboration aims to systematically document and inventory the medicinal plant diversity within the college campus. The project will support the identification and conservation of medicinal flora while strengthening academic and research collaboration between the two institutions.

The initiative will also contribute to the scientific documentation and sustainable management of medicinal plant resources, further strengthening evidence-based research and conservation efforts in Ayurveda.

BIG BOOST FOR AYURVEDA: CCRAS AND BIS JOIN HANDS TO SET GLOBAL QUALITY STANDARDS



Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, and Shri Sanjay Pant, Deputy Director General (Standardisation-II), BIS, exchanging the MoU in the presence of officials from both organisations.

In a landmark initiative to strengthen the scientific credibility, quality assurance, and global acceptance of Ayurveda, the Central Council for Research in Ayurvedic Sciences (CCRAS) under the Ministry of Ayush, Government of India and the Bureau of Indian Standards (BIS) signed a Memorandum of Understanding (MoU) on 7 August 2026 at CCRAS Headquarters, New Delhi.

The collaboration will promote quality standards, conformity assessment, scientific research, and capacity building for the Ayush sector, marking a significant step towards developing globally benchmarked standards for Ayurveda. The partnership aims to facilitate the availability of safer, scientifically validated, and internationally accepted Ayurvedic products, practices, and research.

The MoU was signed by Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, and Shri Sanjay Pant, Deputy Director General (Standardisation-II), BIS, in the gracious presence of Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, who joined virtually. Also present were Ms Shrishti Dixit, Scientist 'E' & Head, Ayush Department, BIS; Vaidya Jayant Deopujari, Chairperson, Ayurveda Sectional Committee, BIS; Dr N. Srikanth, Deputy Director General, CCRAS; Dr Raghavendra Naik, Research Officer, Ayush Department, BIS, along with senior scientists and officials from both organisations.

CCRAS–NIIMH AND SEMIRI JOIN HANDS TO DIGITISE RARE MEDICAL MANUSCRIPTS

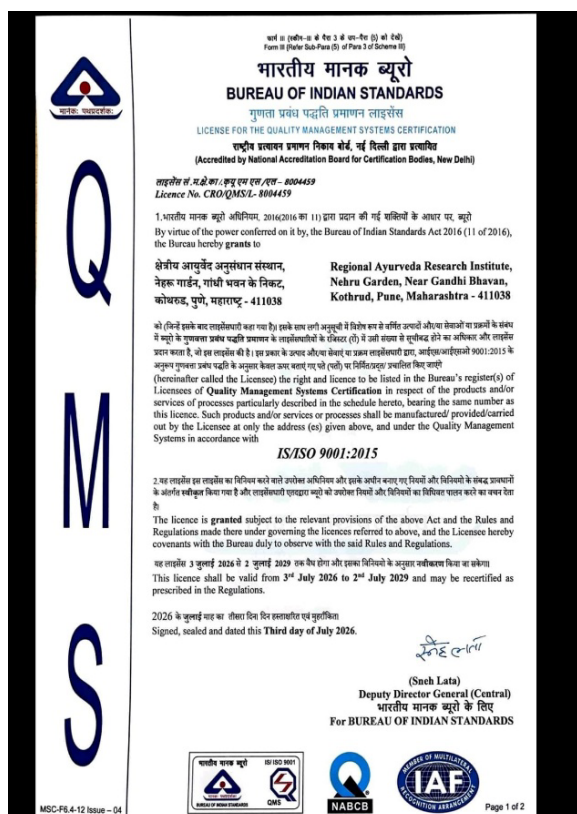
In a significant step towards safeguarding India's rich medical heritage, CCRAS–National Institute of Indian Medical Heritage (NIIMH), Hyderabad, and Sevadhi Museum & Indological Research Institute (SEMIRI), Kumaranalloor, Kerala, signed a Memorandum of Understanding (MoU) on 14 August 2026 for the systematic digitisation and preparation of a descriptive catalogue of SEMIRI's medical manuscript collection.



(Left) A glimpse of the MoU exchange ceremony. (Right) A specialised expert team from CCRAS–NIIMH is conducting systematic on-site digitisation of the manuscripts as part of the CDCAMR project.

The MoU was signed by Dr G. P. Prasad, Assistant Director (In-charge), CCRAS–NIIMH, and Dr C. S. Unni, President, SEMIRI, in the presence of Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS; Dr S. Rajendu, Curator, SEMIRI; officials from both organisations; and representatives of the Kumaranalloor Ooranma Devaswom. Managed by the Kumaranalloor Ooranma Devaswom, SEMIRI houses a vast collection of more than 30,000 manuscripts, including valuable temple records, making it an important repository of India's documentary and intellectual heritage.

CCRAS STRENGTHENS QUALITY STANDARDS ACROSS RESEARCH NETWORK



A glimpse of the IS/ISO 9001:2015 Quality Management System (QMS) Certification from the Bureau of Indian Standards (BIS) secured by CCRAS–RARI, Pune.

The Council continues to achieve significant milestones in standardisation and accreditation across its network of research institutes, reinforcing quality, compliance and the delivery of high-quality healthcare services. During the period, CCRAS–Central Ayurveda Research Institute (CARI), Bhubaneswar, secured NABL–M(EL)T accreditation, while CCRAS–Regional Ayurveda Research Institute (RARI), Pune and CCRAS–Regional Ayurveda Research Institute (RARI), Itanagar, obtained the prestigious IS/ISO 9001:2015 Quality Management System (QMS) Certification from the Bureau of Indian Standards (BIS).

These achievements reflect CCRAS's continued commitment to maintaining rigorous scientific and quality standards, strengthening patient safety, and promoting high-quality research and healthcare practices across its 30 peripheral institutes nationwide.

Human Resource Development (HRD) Activities

CCRAS HOLDS 5TH EXECUTIVE COMMITTEE MEETING; LAUNCHES THREE MAJOR RESEARCH INITIATIVES



Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, along with dignitaries, inaugurating the Expression of Interest for CCRAS PRAYATNA 2026-27 during the 5th Executive Committee (EC) Meeting held on 3 July 2026 at CCRAS Headquarters, New Delhi.

The Central Council for Research in Ayurvedic Sciences (CCRAS) convened its 5th Executive Committee (EC) Meeting under the chairmanship of Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, on 3 July 2026 at the CCRAS Headquarters, New Delhi.

The meeting was attended by Shri Hoveyda Abbas, AS&FA; Shri Satyajit Paul, Senior Statistical Advisor; and Dr A. Raghu, Advisor (Ay.), from the Ministry of Ayush; Vaidya Jayant Deopujari, Former Chairman, NCISM; Prof. (Dr.) Sanjeev Sharma, Vice Chancellor, National Institute of Ayurveda; Prof. Rabinarayan Acharya, DG; Dr N. Srikanth, DDG; and Sh. Deepak Kochhar, DDA, from CCRAS, along with other Executive Committee members.

Addressing the Committee, the Secretary, Ministry of Ayush, commended CCRAS for its significant achievements, including securing 21 NABH and NABL accreditations, establishing the Ayush Diksha platform, expanding international research collaborations, and successfully conducting a large-scale anaemia study among adolescent girls. The Director General of CCRAS welcomed the newly reconstituted Executive Committee and presented the Council's major accomplishments and future agenda.

The meeting also witnessed the launch of three key initiatives: the Research Methodology textbook under the *Ayurved Prabodhini Granthamala* series, the Expression of Interest for CCRAS PRAYATNA 2026-27, and the CCRAS Digital Ecosystem Dashboard, an integrated platform showcasing the Council's digital

resources. The Executive Committee reviewed key institutional matters and deliberated on strategic measures to further strengthen Ayurveda research, innovation, and evidence-based healthcare.

CCRAS–CARI JHANSI ORGANISES ORIENTATION TRAINING ON MEDICAL CERTIFICATION OF CAUSE OF DEATH



A session in progress.

CCRAS–Central Ayurveda Research Institute (CARI), Jhansi, organised a hybrid orientation training programme on Medical Certification of Cause of Death (MCCD) on 7 July 2026. The programme was attended by Prof. Makhanlal, Principal, Bundelkhand Government Ayurvedic College & Hospital, Jhansi, along with faculty members and officers of the institute.

The sessions covered the significance of MCCD, accurate completion of death certificates, common documentation errors, and case-based discussions. Emphasis was also placed on the importance of reliable mortality data for evidence-based public health planning. The initiative marked an important step towards strengthening the quality of death certification and improving mortality statistics.

CCRAS STRENGTHENS CONSERVATION AND SUSTAINABLE UTILISATION OF GUGGULU AT HERBAL FARM IN AJMER



(Left) Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, with Officials from CCRAS, NMPB and NIA, along with experts in forestry, horticulture, civil engineering and medicinal plant sciences, during an Expert Committee meeting. (Right) DG, CCRAS, planting a Guggulu sapling, marking the beginning of the first phase of a plan to plant around 1,400 Guggulu saplings.

To strengthen the conservation and sustainable utilisation of Guggulu (*Commiphora wightii*), CCRAS–M.S. Regional Ayurveda Research Institute (MS-RARI), Jaipur, undertook a comprehensive review and development exercise at the Guggulu Herbal Farm, Mangaliawas, Ajmer, Rajasthan, on 11–12 July 2026.

Under the chairmanship of Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, an Expert Committee comprising specialists from CCRAS, National Medicinal Plants Board (NMPB), National Institute of Ayurveda (NIA), and experts in forestry, horticulture, civil engineering, and medicinal plant sciences prepared a roadmap for the farm's development. Key recommendations included sustainable propagation, nursery development, GIS mapping and geo-tagging, water resource management, solar energy integration, scientific monitoring, and strengthened research on Guggulu cultivation and conservation.

As part of the initiative, a Guggulu plantation drive was undertaken during the site inspection, initiating the first phase of the development plan to plant around 1,400 Guggulu saplings. The initiative reaffirms CCRAS's commitment to conserving medicinal plant resources and advancing evidence-based Ayurveda research.

MINISTRY OF AYUSH ORGANISES EDITORIAL WORKSHOP ON WHO'S ICHI FRAMEWORK AT CCRAS HEADQUARTERS



Glimpses from the workshop.

The Ministry of Ayush, Government of India, organised a five-day Editorial Workshop to Develop the Content Model and Refine the High-Level Structure of the Alpha Draft of the International Classification of Health Interventions (ICHI) Framework of the World Health Organisation (WHO) from 13–17 July 2026 at CCRAS Headquarters, New Delhi. The workshop brought together experts from the Ministry of Ayush, WHO and the Ayurveda, Siddha and Unani (ASU) systems to advance the development of the classification framework.

The workshop was attended by Vaidya Rajesh Kotecha, Secretary, and Dr Kavita Jain, Joint Secretary, Ministry of Ayush; Dr Robert Jakob, Team Leader, Data Standards and Informatics; Nenad Friedrich Ivan Kostanjsek, Technical Officer, Data Standards and Informatics; and Dr Stephane Espinosa, Consultant, WHO; Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS; Dr N. Zaheer Ahmed, Director General, CCRUM; Prof. Dr N. J. Muthukumar, Director General, CCRS; Dr Geeta Krishnan, Unit Head, GTMC, Jamnagar; Dr N. Srikanth, DDG, CCRAS; and Dr Goli Panchala Prasad, AD I/c, CCRAS–NIIMH, Hyderabad, along with members of the Ayurveda Editorial Team participating in physical and virtual modes.

The technical sessions focused on the Standard Operating Procedures (SoPs) for preparing the ICHI-TM (ASU) pre-alpha draft and identifying and enlisting common procedures. The deliberations marked an important step towards integrating Ayurveda, Siddha and Unani interventions into the WHO's global health intervention classification framework, strengthening their representation in the global digital health ecosystem and supporting the broader goal of Universal Health Coverage (UHC).

CCRAS–RARI VIJAYAWADA ORGANISES AWARENESS PROGRAMME ON POSH ACT



Session in progress.

CCRAS–Regional Ayurveda Research Institute (RARI), Vijayawada, under the Ministry of Ayush, organised an awareness programme on the Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013 (POSH Act) on 14 July 2026.

The programme was graced by Dr Rayapati Shailaja, Chairperson, Andhra Pradesh Women's Commission, who highlighted the importance of creating safe and harassment-free workplaces and encouraged women to exercise their rights under the POSH Act. The technical session was conducted by Mrs R. Suez, Advisor, Andhra Pradesh Women's Commission, who explained key provisions of the Act, the role of the Internal Committee, complaint redressal procedures, employer responsibilities, and employee rights through practical examples and case studies.

An interactive question-and-answer session provided participants with an opportunity to clarify their queries and to enhance their understanding of the Act, reinforcing the commitment to a safe, respectful, and inclusive workplace.

CCRAS–CARI NEW DELHI ORGANISES CME ON PREVENTIVE CARDIOLOGY

The CCRAS–Central Ayurveda Research Institute (CARI), New Delhi, organised a specialised Continuing Medical Education (CME) programme on Preventive Cardiology on 20 July 2026.

The technical sessions featured presentations by Ms Sonam Chandhok, Assistant Research Officer (Clinical Psychology), and Dr Sakshi Sharma, Research Officer (Ayurveda), focusing on stress management and lifestyle protocols. The sessions highlighted the integration of traditional Ayurvedic wisdom with modern scientific approaches in promoting cardiovascular health and prevention.



Session in progress.

The CME was attended by doctors from CARI, New Delhi, and its peripheral units, providing a platform for knowledge exchange and strengthening professional capacity in preventive cardiology.

CCRAS ORGANISES THREE-DAY WORKSHOP ON AYURVEDA RESEARCH METHODOLOGY AND STATISTICS

The Central Council for Research in Ayurvedic Sciences (CCRAS), in collaboration with LN Ayurved College, LNCT University, Bhopal, organised a three-day Workshop on *Ayurveda Research Methodology and Statistics (ARMS)* from 23–25 July 2026. The workshop aimed to strengthen the research capabilities of faculty members, postgraduate scholars, PhD researchers, and Ayurveda practitioners through contemporary tools and methodologies for conducting high-quality, evidence-based research.



Glimpses from the workshop.

Expert-led sessions and interactive discussions provided participants with insights into Ayurveda research methodology, biostatistics, research design, data analysis, scientific writing, research ethics, and evidence-based healthcare. The technical sessions featured experts, including Dr Rakesh Kumar Rana, Dr Arunabh Tripathi, and Dr Anagha Ranade from CCRAS, along with Dr Atul Juneja and Dr Richa Singhal from ICMR, among other eminent resource persons.

The valedictory session was graced by Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, who emphasised the importance of maintaining high standards of scientific research to further strengthen the evidence base of Ayurveda. The workshop reaffirmed CCRAS's commitment to research excellence, academic innovation, and capacity building, fostering a skilled generation of researchers dedicated to advancing evidence-based Ayurveda.

CCRAS–CARI BHUBANESWAR ORGANISES NATIONAL SEMINAR ON WORLD HEPATITIS DAY



Prof. M.M. Rao, Director, CCRAS-CARI, Bhubaneswar, during the inauguration.



Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, addressing the gathering through VC.

CCRAS–Central Ayurveda Research Institute (CARI), Bhubaneswar, organised a National Seminar on *World Hepatitis Day* in hybrid mode on 28 July 2026, bringing together experts from Ayurveda and modern medicine to promote awareness about liver health and Hepatitis prevention.

The seminar was graced by Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS; Dr N. Srikanth, Deputy Director General, CCRAS; Dr Pawan Kumar Godatwar, Technical Officer for Traditional Medicine, WHO South-East Asia Regional Office (SEARO), New Delhi; Prof. (Dr.) M.M. Rao, Director, CARI, Bhubaneswar; and Dr Sarada Ota, Assistant Director (Ayurveda), CARI. Expert sessions were delivered by Prof. Manas Kumar Panigrahi, AIIMS Bhubaneswar; Prof. Girish Kumar Pati, SUM Hospital, Bhubaneswar; Prof. Brahmananda Mohapatra, Former Principal, Government Ayurvedic College, Balangir; and experts from CARI.

The seminar focused on prevention, early diagnosis, and management of Hepatitis, with deliberations covering its epidemiology, modern diagnostic approaches, preventive strategies, and the role of Ayurveda in promoting liver health and holistic disease management. A total of 232 officials participated in the programme, contributing to meaningful knowledge exchange and strengthening awareness on Hepatitis prevention and care.

CCRAS–CARI BHUBANESWAR ORGANISES TRAINING PROGRAMME UNDER SAMYOGA INITIATIVE

A sneak peek at the event participants.

CCRAS–Central Ayurveda Research Institute (CARI), Bhubaneswar, organised a three-day training programme from 3–5 August 2026 under the SAMYOGA Initiative, a collaborative national



programme aimed at strengthening the potential of Yoga interventions and preventive healthcare among patients visiting Ayurveda research hospitals.

The programme was inaugurated by Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, in the presence of Dr N. Srikanth, Deputy Director General, CCRAS; Dr Achintya Mitra, Programme Officer, CCRAS; and Dr M. M. Rao, Director, and Dr Sarada Ota, Assistant Director, CARI, Bhubaneswar.

Addressing the participants, Prof. Acharya highlighted the significance of the SAMYOGA Initiative in advancing evidence-based integrative healthcare by fostering synergy between Ayurveda and Yoga. He emphasised the importance of capacity building and interdisciplinary collaboration in strengthening holistic patient care.

The training programme focused on equipping healthcare professionals with the knowledge and practical skills required to integrate Yoga interventions into Ayurveda-based patient care, thereby strengthening preventive and promotive healthcare services.

CCRAS-NIIMH HYDERABAD PROMOTES AYURVEDA AWARENESS AMONG CISF PERSONNEL AT BDL, BHANUR



Session in progress.

The CCRAS–National Institute of Indian Medical Heritage (NIIMH), Hyderabad, organised an Ayurveda Public Awareness Programme and Lecture at the CISF BDL, Bhanur Unit, on 25 August 2026, in alignment with the guidelines of the CCRAS, Ministry of Ayush.

Dr G. P. Prasad, Assistant Director-in-Charge, NIIMH, delivered a lecture on Dincharya, Ritucharya, Sattvic nutrition, health preservation and disease prevention. An interactive session was also

held, during which Dr Prasad and Dr Santosh Mane, Research Officer (Ayurveda), addressed health-related queries from CISF personnel.

IEC materials and pamphlets on Ayurveda and home remedies were distributed, and medicinal plants were gifted to the CISF unit to promote herbal awareness and environmental conservation. The programme was conducted under the guidance of Shri C. Sriram Tejaswi, Deputy Commandant, CISF Unit, BDL Bhanur, with active participation of CISF personnel.

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), three new Clinical Research projects, three new Pharmacology Research projects, one Pharmaceutical Research project, one Microbiology Research project and four Public Health Research projects were initiated.

Additionally, ongoing projects include 26 in Clinical Research, 17 in Drug Standardization, 43 in Medicinal Plant Research, 18 in Pharmacology Research, 14 in Literary Research, one in Fundamental Research, six in Pharmaceutical Research, and seven in Microbiology Research.

Furthermore, the period witnessed the successful completion of one project in Clinical Research, two in Drug Standardisation, one in Pharmacology Research, and two in Literary Research. Also, three projects in Clinical Research and one in Fundamental Research were successfully concluded, underscoring the Council's dedication to delivering impactful outcomes.

Collaborative Research:

In the realm of collaborative research, four new Clinical Research projects, one new Drug Standardization project, one new Pharmacology Research project, and two new Public Health Research projects were initiated.

Additionally, ongoing projects include 20 in Clinical Research, four in Drug Standardization, 10 in Medicinal Plant Research, 35 in Pharmacology Research, three in Literary Research, seven in Fundamental Research, seven in Pharmaceutical Research and three in Public Health Research.

Furthermore, the period witnessed the successful completion of two projects in Clinical Research, one in Pharmacology Research, and one in Literary Research. Also, three Clinical Research projects 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 eight notable publications, showcasing its commitment to advancing Ayurvedic knowledge and research. The publications are as follows:

- Journal of Drug Research in Ayurvedic Sciences (JDRAS), May-June 2026, Vol-11 Issue-3
- Journal of Research in Ayurvedic Sciences (JRAS), May-June 2026, Vol-10 Issue-3
- Journal of Indian Medical Heritage (JIMH) - April-June 2026, Vol. 5 Issue 2 (Online Issue)
- A Textbook of Research Methodology (As Per New NCISM Syllabus)
- CCRAS Bulletin, April -June 2026, Vol - III Issue – 2
- CCRAS Newsletter, May-June 2026, Vol. VIII Issue III
- Journal of Drug Research in Ayurvedic Sciences (JDRAS), May-June 2026, Vol-11 Issue-4 (Online Issue)
- Journal of Research in Ayurvedic Sciences (JRAS), May-June 2026, Vol-10 Issue-4 (Online Issue)

Journal Articles: Throughout the period, 30 journal articles were published, showcasing ongoing research and scholarly contributions by CCRAS and its nationwide network of institutes. 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 to promote 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, 415 tours were conducted, 311 awareness lectures were delivered, and incidental healthcare services were provided to 14,041 beneficiaries. These efforts aim to promote health, hygiene, and Ayurveda-based lifestyle practices among tribal communities.

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, 503 tours were conducted, 486 awareness lectures were delivered, benefiting 904 beneficiaries, and incidental healthcare services were provided to 17,316 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, 354 tours were conducted, 256 awareness lectures were delivered, and incidental healthcare services were provided to 12,305 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 15,425 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.



A WCH-SCSP survey team from CCRAS-RARI, Patna, conducted an anaemia screening and awareness programme at Bharti Middle School, Lohia Nagar, Patna, under the IMR-Anaemia Project. The programme included anaemia screening, health consultations, and an awareness session on "Prevention, Treatment and Management of Anaemia." The session highlighted the importance of a balanced diet, iron-rich foods, regular health check-ups, and preventive measures to reduce the risk of anaemia.



An AMHCP-SCSP survey team from CCRAS-CARI, Bengaluru, conducted free medical camps at Kudlu, Anekal-Cluster 1, and Malavalli, Mandya in Bengaluru, Karnataka.



A THCRP-TSP survey team from CCRAS-RARI, Nagpur, in association with Bhausaheb Mulak Ayurved College & Research Hospital, Butibori, conducted a free medical camp at Zilla Parishad School, Satgaon, Butibori, under the CCRAS AYUSHYA Project, "Impact Assessment of Ayurveda-Based Lifestyle Advocacy and Utilisation of Medicinal Plants in Primary Healthcare."

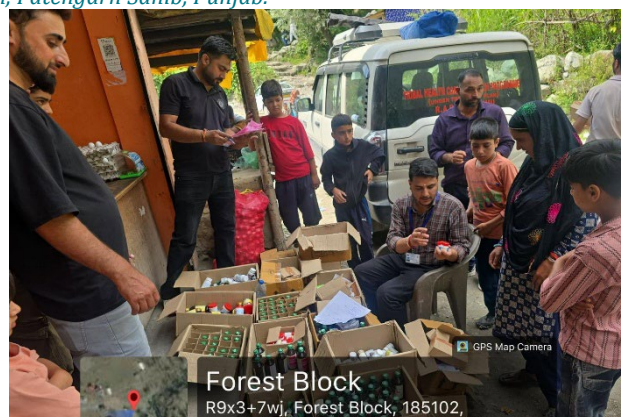
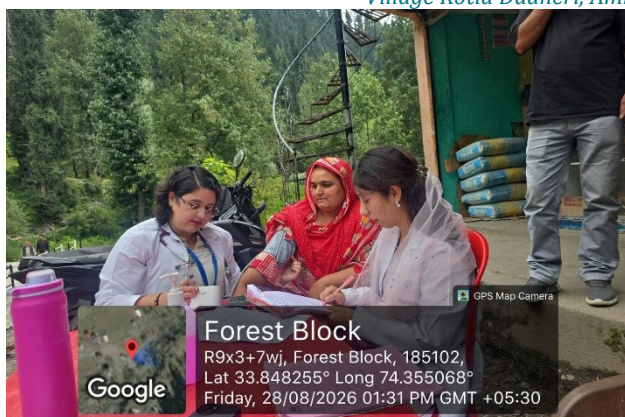


A THCRP-TSP survey team from CCRAS-RARI, Nagpur, conducted a free medical camp at Amravati, Maharashtra.



(Left) A WCH-SCSP survey team from CCRAS-CARI, Patiala, conducted an awareness session on "Gynaecological Disorders" at Village Khanpur, Fatehgarh Sahib, Punjab. (Right) An AMHCP-SCSP survey team from CCRAS-CARI, Patiala, conducted

awareness sessions on 'Importance of Aahar-Vihaar in Metabolic Disorders' and 'Importance of Dincharya in Varsha Ritu' at Village Kotla Dadheri, Amlah, Fatehgarh Sahib, Punjab.



A THCRP-TSP survey team of the CCRAS-RARI, Jammu, conducted a Healthcare-Seeking Behaviour Survey along with a Free Medical Camp at Village Sultanpathri, Block Mandi, District Poonch.

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.



CCRAS showcased its research initiatives at 'Saushrutam 2026', the International Seminar on Shalya Tantra, inaugurated by the Hon'ble President of India, Smt. Droupadi Murmu, and organised by AIIA from 15–17 July 2026. The CCRAS exhibition stall featured the Council's publications and Ayurveda-based IEC materials, attracting enthusiastic participation from delegates and

visitors. **Hon'ble MoS (IC), Ministry of Ayush, Shri Prataprao Jadhav; Secretary, Ministry of Ayush, Vaidya Rajesh Kotecha;** the Director, AIIA; and other eminent dignitaries visited the stall and appreciated CCRAS's efforts in advancing Ayurveda through research, innovation, and public outreach. More than 300 people visited the stall.



CCRAS-RARI, Ahmedabad, participated in the exhibition Samridh Gujarat Expo held at L G Ground, Ahmedabad, from 7th to 9th July 2026. The institute displayed CCRAS publications & Ayurveda-based IEC materials, while offering free health consultations and expert counselling through the CCRAS-SAS initiative, promoting Ayurvedic Wellness & integrative healthcare. **Hon'ble MP Sh. Dinesh Makwana, Ahmedabad West,** along with several distinguished dignitaries, visited the CCRAS stall. The expo also witnessed enthusiastic participation from students & general public.



CCRAS-CARI, Guwahati, extended healthcare support in flood-affected areas of Sivasagar, Assam, through a dedicated medical & research team from 16-30 July 2026. The team conducted a Health-Seeking Behaviour Survey, followed by free health camps that provide essential medical consultations & healthcare services to affected communities.



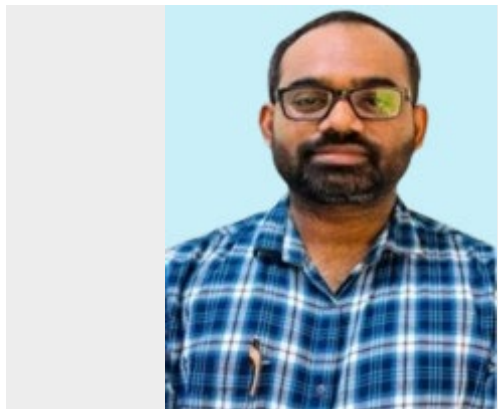
CCRAS-NARIP, Cheruthuruthy, in association with Alivu Santhwanam Charitable Trust, Cherupulassery, organised a Health Camp benefiting more than 80 patients. An awareness lecture on “Ayurveda for a Healthy Life” was also conducted during the camp. Free medicines and IEC (Information, Education and Communication) materials were distributed to beneficiaries,



CCRAS-RARC, Dimapur, conducted a free medical camp as part of its Health Outreach Activities at Borlengri Primary School on 13 August 2026. Free medicines and IEC (Information, Education and Communication) materials were distributed to beneficiaries, along with free blood tests.

Staff News

Retirements/Farewell



Dr Chandra Shekher Sharma, Research Assistant (Chem.), CCRAS-RARI, Gwalior, bid farewell to the organisation following his resignation on 30 July 2026.



Dr K. Prameela Devi, RO (Ay.), CCRAS-ALRARI, Chennai, bid farewell to the organisation upon her superannuation on 31 August 2026, following dedicated service to Ayurveda and CCRAS.



Mrs Urmila Maity, MTS, CCRAS Headquarters, retired on 31 August 2026 upon attaining superannuation after dedicated service. Sh. Deepak Kochhar, Deputy Director (Admin.), along with officials & staff, bid her a warm farewell and extended best wishes for a happy & fulfilling retired life.



Sh. Mohit Jain, UDC, CCRAS Headquarters, New Delhi (centre), bid farewell to the organisation upon his resignation on 14 August 2026.



Officers and staff of CCRAS-RRAP CARI, Mumbai, bid a heartfelt farewell to Sh. Prakash N. Nijai, Assistant (left), on his voluntary retirement, and Sh. Dilip B. Devrukhkar, MTS (Ward Boy) (right), on his retirement on 31 July 2026.

Obituary



With profound sorrow, CCRAS mourns the passing of Sh. Brijesh Kumar Rai, UDC, CCRAS-RARI, Lucknow, passed away on 18 August 2026. His dedicated service and contributions to the organisation will be remembered with respect and gratitude. CCRAS extends its heartfelt condolences to his bereaved family, colleagues, and loved ones. May his soul rest in peace.

RTI/Public Grievances

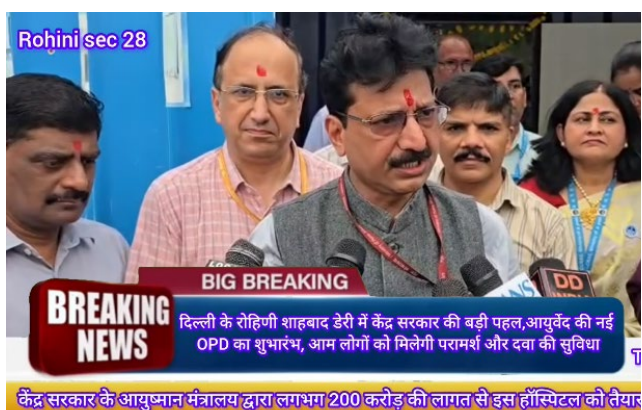
During the reporting period, the Central Council for Research in Ayurvedic Sciences (CCRAS) received a total of 91 RTI applications, including 36 forwarded by the Ministry of Ayush and other sources, and 11 First appeals.

In accordance with Section 6(3) of the RTI Act, 2005, a total of 13 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 91 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.



Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, on the occasion of the inauguration of the new Extension Outpatient Department (OPD) facility of CCRAS-CARI, Punjabi Bagh, briefed the media on how it will expand access to quality, evidence-based Ayurvedic healthcare services for residents of Rohini and adjoining areas.



Dr Savita Sharma, AD (Ay.), CCRAS-RARI, Nagpur, sharing expert insights on "Do Not Trust Every Health Reel on Social Media; Remedies in Incorrect Proportions Can Cause Harm" during an exclusive interview with Dainik Bhaskar Hindi.



Dr Ashok Kumar Sinha, RO (Ay.), CCRAS-RARI, Patna, sharing insights on CCRAS's health outreach activities during a THCRP medical health camp organised in Bhagalpur, broadcast on Maa News.



Dr. Vinita Kumari Negi, In-Charge, CCRAS-RARI, Mandi, sharing details of the Institute's activities during a Blood Donation Camp organised in association with CISF Unit BSLP, Sundernagar, Mandi broadcast on Mandi Today.



TRANSFORMING FROM TRADITION TO DIGITALIZATION

Digital Ayurveda: A United Vision of CCRAS & Ministry of Ayush

The convergence of digital innovation and traditional knowledge systems has created a transformative pathway for Ayurveda in the 21st century. The Central Council for Research in Ayurvedic Sciences (CCRAS), under the Ministry of Ayush, Government of India, through its extensive digital research ecosystem and with the support of the Ayush Grid initiative, are jointly shaping a technology-driven future where Ayurveda is preserved, scientifically validated, globally accessible, and integrated with modern healthcare systems.

Digital transformation in Ayurveda is not merely the adoption of technology; it represents a strategic effort to preserve India's ancient medical heritage while creating a future-ready ecosystem for research, healthcare delivery, education, and innovation. By combining digital governance, evidence-based research, platforms, knowledge repositories, and citizen-centric services, the Ministry of Ayush and CCRAS are opening new possibilities for Ayurveda to connect with researchers, practitioners, policymakers, and communities worldwide.

Category	Major Applications/Portals
Web Portals - Informatics & Point of Care Applications	Ayur Pratiksha Web Portal, Swasthya Assessment Scale, Namaste Portal
Web Portals - Knowledge & Literature	Ayush Research Portal, Ayurveda Grantha Samayaka e-Book Portal, CCRAS Book Sale Portal, e-Granthasamaya
Web Portals - Schemes	Studentship Program for Ayurveda Research Ken (SPARK), Scheme for Training in Ayurveda Research for PG Scholars (PG-STAR), Post-Doctoral Fellowship (PDF) Portal, Ayush PhD Scheme
Internal Applications	eOffice, SPARKBOR, e-IRMS, Project Monitoring System (PMIS), IT Governance Management System, and configurable secure data collection software for remote areas with low connectivity
Mobile Applications	Swasthya Assessment Scale application, Ayurveda Dictionary (Ayur dict) application
CCRAS Journals, Newsletters/Bulletin	Journal of Research in Ayurvedic Sciences (JRAS), Journal of Drug Research in Ayurvedic Sciences (JRAS), Bulletin, Newsletter, Weekly Magazines
Other platforms	CCRAS Official Website, Official websites of all CCRAS institutes



FOCUS AYURVEDA

Prof. Vd. Rabinarayan Acharya
Director General, CCRAS

A major milestone under this initiative is the My Ayush Integrated Services Portal (MAISP), the master digital gateway of the Ministry of Ayush. It integrates Ayush-related applications and services into a unified digital ecosystem, supported by an AI-enabled chatbot to enhance user experience and facilitate citizen-centric access to services.

Several e-governance platforms—including JAMS, Ayush Research Portal, Ayurdict, e-Aushadhi, Ayush Suraksha, NAMASTE Portal, Namaste Tega, mAyur, e-Book Pro, Ayush Invest Smart, e-Share, Ayush Feed, National Ayush Mission Portal, and Ayush Andarun Portal—have been integrated through secure APIs, enabling seamless, interoperable, real-time data exchange, and unified service delivery. Together, these platforms strengthen governance, improve healthcare delivery, promote research, facilitate investment, and enhance the digital ecosystem of the Ayush sector.

CCRAS is building a Digital Research Ecosystem. The CCRAS Digital Initiatives Dashboard is a comprehensive digital ecosystem integrating various standalone digital platforms dedicated to Ayurveda research, education, governance, innovations, and public services developed by CCRAS.

The Council has developed several digital tools that make Ayurveda more accessible to citizens, researchers, and practitioners. Personalized health platforms such as the Ayur Pratiksha Web Portal, Swasthya Assessment Scale, and Ayur Assessment Scale promote preventive healthcare based on Ayurvedic principles. Digital knowledge repositories, including the Ayurveda Grantha Samayaka (Agar Digital Library), e-Granthasamaya, Shiksha Portal, provide India's rich medical heritage, while searchable editions of the Charaka Samhita, Sushruta Samhita, Madhava Nidana, and the Ayurveda Shabdakoshika dictionary provide authentic reference resources.

Dedicated portals such as SPARK, PG Star, Ayush PhD/Post-Doctoral Fellowship, and the Ayush Research Portal support research, scholarships, fellowships, and access to peer-reviewed scientific evidence. Public engagement is further strengthened through the Ayush Information Hub, Book Sale Portal, and digital outreach across social media platforms.

The successful implementation of eOffice has unified in-person and online reporting processes, while digital libraries and online repositories provide thousands of scientific publications and research resources. Upcoming initiatives such as the Project Monitoring System (PMIS) will enable real-time monitoring of research activities across the Council's nationwide network.

CCRAS's digital transformation is far more than a technological upgrade—it is a strategic vision for the future of evidence-based Ayurveda. By integrating digital governance, advanced research infrastructure, knowledge management, and citizen-centric services, the Ayush Grid, the Council has created a future-ready ecosystem that strengthens scientific excellence while making authentic Ayurveda knowledge accessible globally.

CCRAS has transformed the way traditional medicine is preserved, researched, and shared, positioning India as a global leader in the digital advancement of Ayurveda.

An article in the India Today Independence Day Special Issue highlights CCRAS's activities.



PATNA NEWS 24 LIVE

कदमहिया में 71 किशोरियों की एनीमिया जांच

रक्त के नमूने किए गए संग्रह

क्षेत्रीय अनुसंधान संस्थान अणुमंडी पटना की टीम ने लगाया विशेष स्वास्थ्य जांच शिविर

- एनीमिया की स्थिति का वैज्ञानिक आकलन कर मिलेगा स्वास्थ्य परामर्श
- किशोरियों के स्वास्थ्य सुधार की दिशा में महत्वपूर्ण पहल

BREAKING NEWS

स्वस्थ किशोरी सशक्त भविष्य

CCRAS-RARI, Patna, conducted a special health screening camp under the Anaemia Project at Bhimrao Ambedkar Residential School, Kadamahiya, Bihar, broadcast on Patna News 24 Live.



देशबन्धु

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निःशुल्क स्वास्थ्य शिविर में 172 मरीजों का हुआ स्वास्थ्य परीक्षण

जुनादेव, देशबन्धु। क्षेत्रीय आयुर्वेद अनुसंधान संस्थान, ग्वालियर के तत्वावधान में एक दिवसीय निःशुल्क स्वास्थ्य शिविर का आयोजन किया गया। शिविर में बड़ी संख्या में क्षेत्रवासियों ने पहुंचकर आयुर्वेदिक चिकित्सा पद्धति का लाभ उठाया।

इस निःशुल्क स्वास्थ्य शिविर के दौरान कुल 172 मरीजों का स्वास्थ्य परीक्षण कर उन्हें उचित आयुर्वेदिक परामर्श एवं उपचार उपलब्ध कराया गया। इसके साथ ही शिविर में 140 लोगों की बांपी निःशुल्क दवाओं का वितरण भी किया गया। यह आयोजन संस्थान के प्रभारी डॉ. बुजेश सिंह सिमालिया, प्रधान अन्वेषक डॉ. मदन मोहन शर्मा एवं सह अन्वेषक डॉ. अमित कुमार के मार्गदर्शन में संपन्न हुआ। स्वास्थ्य शिविर में विशेषज्ञ चिकित्सकों एवं पैरामेडिकल स्टाफ ने अपनी उत्कृष्ट सेवाएं प्रदान कीं, जिनमें मुख्य रूप से शामिल थे चरित अनुसंधान अथवा (आयुर्वेद) डॉ. हरकान खान, डॉ. शुभम प्रकाश साहू, एवं डॉ. धर्मेन्द्र सिंह फामासिस्ट उमेश कुमार मीणा एवं पुरुषोत्तम योगी, अन्य स्टाफ ध्रुव परमार (वाहन चालक), सोहनलाल मीणा (एमटीए) तथा सचिन परमार (एमटीए) शिविर के दौरान समाजसेवियों और स्थानीय जनप्रतिनिधियों ने अपनी गरिमापूर्ण उपस्थिति दर्ज कराई। इस अवसर पर कहान बचाओ मंच के अध्यक्ष मनोष (बंटी) साहू, नितेश राजपुत, नगर पालिका सभापति अमित यादव एवं वरिष्ठ पत्रकार आनंद खान विशेष रूप से मौजूद



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



World Hepatitis Day 2026: Time to Act, Protect, and Heal

N. ROHINI
DR. HARBANS SINGH
JAMMU JULY 28, 2026

World Hepatitis Day, observed on July 28, highlights that viral hepatitis is still a significant public health issue, despite effective vaccines and treatments. Hepatitis B and C continue to cause undetected liver damage, cirrhosis, and cancer, commonly due to late diagnosis. The 2026 message is clear: awareness must drive testing, treatment, and prevention. Progress has been made, with hepatitis B vaccination reducing new infections and modern antivirals curing most hepatitis C cases. However, gaps continue in diagnosis, access to care, safe blood practices, and timely newborn vaccination. Vulnerable groups, including those in rural areas, pregnant women, and migrants, face the greatest barriers. India ought to prioritize enhanced screening, universal testing, safe injection practices, and newborn protection. In areas such as Jammu & Kashmir, improving birth-dose vaccination, expanding primary health centre testing, and guaranteeing swift treatment linkage can have a significant impact.

Ayurveda research provides an additional perspective. In Ayurveda, hepatitis-like conditions are described as "Kamala," particularly small combinations are often used preventively, not just for established disease. Important hepatoprotective herbs include:

- 1. *Phyllanthus amarus* (A key hepatoprotective herb, especially for liver health. It has antioxidant, anti-inflammatory, and antiproliferative properties, protects hepatocytes, improves bile flow, and supports hepatic tissue regeneration. It is especially useful in early-stage hepatic stress and viral hepatitis-prone profiles.)
- 2. *Kutki* (*Picrorhiza kurroa*) A strongly bitter, Pitta-pacifying, and hepatoprotective herb used in classical Ayurvedic formulations, though this evidence is limited and requires additional confirmation using rigorous clinical trials. Ayurveda should be considered complementary to, not a replacement for, standard medical care in viral hepatitis.
- 3. *Andrographis paniculata* (An intensely bitter herb with 1,776 virgins, notable anti-inflammatory and bile-enhancing action. Rich in andrographolides, it modulates oxidative stress and inflammatory cytokines, and is used in Ayurvedic protocols for preventing toxin-mediated hepatic injury.)
- 4. *Guduchi* (*Tinospora cordifolia*) Known as "Yakrit-Pushkara" (liver-nourishing) for its immune-modulating and detoxifying properties. It enhances phase I and II hepatic detoxification enzymes and reduces oxidative liver damage, making it suitable for long-term preventive use in metabolic and toxin-exposed individuals.
- 5. *Haridra* (*Curcuma longa*) A common culinary

spice with potent anti-inflammatory and antioxidant characteristics. It enhances bile secretion, reduces hepatic fat deposition, and supports healthy liver metabolism. It is often used as a daily dietary adjunct rather than in high doses.

- 6. *Neem* (*Azadirachta indica*) Known as "Sarva Roganivartini," it is a strongly detoxifying and blood-purifying. Neem helps clear endogenous toxins and xenobiotics, reduces hepatic oxidative load, and supports prevention in metabolic syndrome-type profiles.
- 7. *Amalaki* (*Phyllanthus emblica*) Amalaki and its key phytochemicals (gallic acid, ellagic acid, quercetin, curcumin, tannins) have strong antioxidant and anti-inflammatory effects, decreasing oxidative stress and preventing lipid peroxidation in hepatocytes. Experimental studies show Amalaki protects against chemically induced liver injury and normalizes liver enzyme markers such as SGOT and SGPT. Regular intake, as fresh fruit, powder, juice, or Churna, is advised useful for preventing drug-induced, alcohol-related, or toxin-mediated hepatic injury, especially when combined with other hepatoprotective herbs.
- 8. *Chitrak* (*Sweetgum*) (*Albizia lebbek*) An intensely bitter Ayurvedic herb with thoroughly documented hepatoprotective activity, used in both preventive and therapeutic liver-support regimens. Rich in xanthones, flavonoids, and bitter principles, Chitrak reduces oxidative stress, enhances endogenous antioxidant enzymes (SOD, GST), and decreases lipid peroxidation in hepato-

cytes. It is used to detoxify liver, stimulate bile secretion, and lower elevated liver enzyme levels, making it relevant for early-stage hepatitis, fatty liver, and jaundice-prone conditions.

The way forward is clear. Governments should expand screening and vaccination, health systems must improve access to diagnosis and treatment, and communities need to lessen stigma to encourage early care-seeking. Ayurveda research should continue in-depth studies to evaluate safe, effective, and evidence-based supportive interventions for liver health.

World Hepatitis Day 2026 should be viewed not only as a day of awareness, but as an appeal to act. Partnership among modern medicine, public health, and Ayurveda research is vital to reduce the burden of hepatitis and protect future generations.

The writer is a Research Officer-In-Charge of the Regional Ayurveda Research Institute (CCRAS), Ministry of Ayush, Govt. of India, Rajinder Nagar, Bandla Jammu 181123. dr.harbans@ccras.nic.in

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

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 1,43,714, benefited from the services provided by various OPDs, including General OPDs, Geriatric OPDs, and special clinics. Notably, in the In-Patient Departments, 1,265 patients were admitted, and 1,075 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



The Director General, CCRAS, Prof. (Vaidya) Rabinarayan Acharya, attended the online inaugural ceremony as a Distinguished Guest of the One-Month Certificate Programme on Artificial Intelligence for AYUSH Healthcare & Research, organised by AIIA, Goa, on 1 July 2026. The programme highlighted the transformative role of artificial intelligence in strengthening AYUSH healthcare delivery, education, and research.



Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, visited the Department of History & Manuscript Section, Sambalpur University, Odisha, on 7 July 2026. He held discussions with Prof. Bidhu Bhusan Mishra, Hon'ble VC and Prof. Khagendra Nath Sethi, HoD, on establishing an MoU for collaboration in the identification, digitisation, and descriptive cataloguing of health-related manuscripts.



On 08 July 2026, Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, visited CCRAS-CARI, Bhubaneswar, to review the construction and development of the 'Ayush Diksha' Centre and interacted with CPWD officials. Director, CARI, along with institute officials, accompanied him during the site inspection and presented a detailed overview of the project's progress and ongoing activities.



Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, along with the senior officials from CCRAS, participated in a meeting at Ayush Bhawan, New Delhi, chaired by Dr A. Raghu, Advisor (Ayurveda), Ministry of Ayush, along with Dr Ramrao D. Patil, DDG (Ayush), on 15 July 2026. The meeting deliberated on strengthening integrative healthcare services, AHIMS integration, cross-referral mechanisms, and the feasibility of establishing an Integrative Centre at RHTC, Najafgarh.



Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, visited the Department of Integrated Medicine, Ayurveda & Panchakarma Unit of CCRAS-CARI, New Delhi, at Lady Hardinge Medical College on 17 July 2026. Welcomed by Dr Hemant Panigrahi, AD I/c, CARI, New Delhi, Prof. Acharya reviewed the OPD, Panchakarma facilities, ongoing clinical research projects, and patient care services. Dr Swati Sharma, Research Officer (Ayurveda), presented an overview of the department's achievements and ongoing initiatives.



Dr G.P. Prasad, AD In-charge, CCRAS-NIIMH, Hyderabad, graced the Golden Jubilee Celebrations of Kakatiya University and the 8th Anniversary Celebrations of the International Naturopathy Library & Research Centre, Hanumakonda, Telangana, as a Special Guest held on 24 July 2026 at the Kakatiya University Senate Hall, Warangal.



The CCRAS-NIIMH Hyderabad team, led by Dr G.P. Prasad, visited Hanumakonda's International Naturopathy Library to preserve rare naturopathy literature & archive works of eminent figures for the NIIMH Museum on 24 July 2026.



Dr M.N. Suryavanshi, Director, CCRAS-CARI, Kolkata, participated in the "Meeting with Central Institutes for Future-ready Scientific Development of West Bengal", organised by the Department of Science & Technology and Biotechnology (DSTBT), Government of West Bengal, on 28 July 2026 in Kolkata. The meeting brought together leading scientific institutions to discuss future-ready research, innovation, and collaborative strategies for advancing scientific development in West Bengal.



Dr N. Srikanth, DDG, CCRAS, along with Dr P. Panda, RO (Ay.), and Dr Y. Bhardwaj, RO (Botany), CCRAS-CARI, Bhubaneswar, visited PHFI-Indian Institute of Public Health (IIPH), Bhubaneswar, on 4 August 2026. He held discussions with Prof. Shridhar M. Kadam, Director, IIPH, and Dr M. Vishnu Vardhana Rao, VC, PHFI-IPHS, Hyderabad, to explore collaboration in public health research among selected tribal populations across southern & eastern India. The proposed collaboration received in-principal consent, with assurance of support for training & other academic & research-related activities



Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, accompanied by scientists from CCRAS-RARI, Thiruvananthapuram, visited the National Homoeopathy Research Institute in Mental Health (NHRIMH), Kottayam, Kerala, on 14 August 2026. During the visit, Dr Debadatta Nayak, Assistant Director & Officer-in-Charge, NHRIMH, briefed the team on the Institute's key activities and achievements. Prof. Acharya encouraged the scientific community to strengthen research and scientific inquiry across AYUSH systems. He also visited the OPD & IPD facilities and interacted with scientists and faculty members to understand the clinical services and facilities.





Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, accompanied by scientists from CCRAS Headquarters and CCRAS-NIIMH, Hyderabad, visited the Sevadhi Museum & Indological Research Institute, Kottayam, on 14 August 2026.



Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, visited the National Centre for Polar and Ocean Research (NCPOR), Ministry of Earth Sciences, Goa, on 31 August 2026, and held discussions with Dr Thamban Meloth, Director, on potential future collaborations. The interaction explored opportunities to strengthen collaborative research and advance integrative healthcare towards improved health outcomes.



Dr Savita Sharma, AD in-Charge, CCRAS-RARI, Nagpur, attended as the chief guest at the Garbhasanskar workshop held on 25 August 2026, at Indutai Gaikwad Patil Ayurvedic College, Hospital, and Research Centre.



Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, along with Dr Preetha K., Advisor (Homoeopathy), Ministry of Ayush, and Dr Pratap Makhija, Director (Inst.), visited CCRAS-RARIM&MMR, Goa, on 31 August 2026. During the visit, the team toured key departments, reviewed the institute's activities and initiatives, appreciated the services being rendered, and emphasised the need to further strengthen public service delivery alongside research activities.

Visitorial



Representatives from Shikshana Prasarak Mandali (SPM), Pune, including Dr Manasi Malgaonkar and Shri Shreerang Kulkarni, visited the CCRAS Headquarters in New Delhi on 16 July 2026 to discuss establishing a dedicated AYUSH Department in Maharashtra. Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, along with CCRAS officials & officers, shared strategic

guidance on the proposed department's vision, institutional framework, governance structure, and roadmap. SPM, Pune, has been empanelled by the Government of Maharashtra as the Technical & Management Consultancy Institution to prepare the detailed project report and white paper for the proposed AYUSH Department.



Botany students from PM SHRI Jawahar Navodaya Vidyalaya, Tarikhet, visited CCRAS-RARI in Ranikhet on 4 August 2026. The students were briefed on CCRAS, its objectives and ongoing research activities, followed by an interactive tour of various departments and the herbal garden.



D. Pharm students from K.D.K. College of Pharmacy & Research Institute visited CCRAS-RARI, Nagpur, on 13 August 2026. The students were briefed on CCRAS, its objectives, and ongoing research activities, followed by an interactive tour of various departments.



BAMS students of Sri Sri College of Ayurvedic Science & Research Hospital, Sri Sri University, Cuttack, Odisha, visited CCRAS-CARI, Bhubaneswar, as part of an educational tour on 22 August 2026. During the visit, students gained insights into Ayurvedic research and ongoing activities, and were exposed to OPD & IPD services, pharmacy, AYUR-DIKSHA, medicinal plant research, and clinical laboratory facilities at the Institute. The visit provided students with valuable exposure to the integration of Ayurvedic knowledge, research and clinical practice.



Dr A. Raghu, Adviser (Ayurveda), Ministry of Ayush, visited CCRAS-National Institute of Indian Medical Heritage (NIIMH), Hyderabad, on 14 August 2026. He was briefed on the institute's mandate, key research initiatives, and major achievements, followed by a tour of its various departments, historical archives, and exhibits.



On 21 August 2026, BMLT students of ITM University, Gwalior, accompanied by faculty members, visited CCRAS-Regional Ayurveda Research Institute (RARI), Gwalior, as part of an educational exposure visit. The students were briefed on the Institute and its facilities and visited various sections, gaining valuable exposure to Ayurvedic clinical services, laboratory research and advanced scientific instrumentation.





Representatives from the Brahma Kumaris Rajyoga Meditation Centre in Hari Nagar, New Delhi, visited the CCRAS Headquarters on 25 August 2026. The team conducted an awareness session promoting mindfulness, positive choices, and a commitment to an Addiction-Free Bharat. The session included meditation and Raksha Bandhan celebrations, encouraging inner well-being, positivity and a healthier lifestyle.

Honors/Awards Received



CCRAS-RARI, Vijayawada, was honoured with the Rajbhasha Shield (Best Office) for outstanding implementation of Official Language Hindi at the 71st meeting of the Town Official Language Implementation Committee (TOLIC), Vijayawada, held on 22 July 2026 at the Railway Auditorium, Vijayawada. Dr Sujata P. Dhoke, Research Officer (Ayurveda), and Dr Savita P. Gopod, Research Officer (Ayurveda) & Hindi In-Charge, were also honoured for their participation in Hindi competitions, excellent organization and coordination of various competitions, and participation in Rajbhasha Parv organized by TOLIC, Vijayawada.



CCRAS-RARI, Patna, was conferred the Special Award for the first half of 2026 by the Town Official Language Implementation Committee (Central Offices), Patna, on 22 July 2026. The recognition reflects the Institute's sustained commitment and dedicated efforts towards the effective and exemplary implementation of the Official Language Hindi.



Trainees of the Panchakarma Technician Course (Batch 2024–25) at CCRAS–Central Ayurveda Research Institute (CARI), New Delhi, were awarded Certificates of Completion during the Convocation Ceremony for Ayush Skilled Professionals, organised by the Healthcare Sector Skill Council (HSSC), New Delhi, at the India Habitat Centre, New Delhi, on 31 July 2026. The prestigious ceremony was graced by Prof. (Vaidya) Rabinarayan Acharya, Director General, CCRAS, along with other eminent dignitaries. Their presence underscored CCRAS's continued commitment to strengthening the skilled Ayurvedic workforce and promoting quality Panchakarma services. Representing CARI, New Delhi, Dr. Saroj Devi, Research Officer (Ayurveda), participated in the convocation ceremony.

Rajbhasha Activities

The Council initiated various efforts to enforce the official language policy set forth by the Department of Official Language, Ministry of Home Affairs, Government of India. As part of this endeavour, a one-day Hindi Karyashala was organised 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.



The Keynote Speaker, Shri Nand Kishore Garg, Senior Journalist, delivering a lecture on the origin and evolution of the Hindi language, along with its promotion and propagation, during the one-day Hindi Karyashala organised at CCRAS-RARI, Ranikhet



The Keynote Speaker, Dr Priyadarshini, Associate Professor, English and Foreign Languages University (EFLU), Hyderabad, delivering a lecture on the historical development, current status, and future prospects of Hindi during the one-day Hindi Karyashala organized at CCRAS-NIIMH, Hyderabad.



Dr Santosh Kumar Mishra, former Manager (Human Resources/Human Resource Development/Communication & Public Relations) and former Official Language Officer, BHEL, Jhansi, delivering a lecture on "Official Language Act and Its Prescribed Objectives" during the one-day Hindi Workshop organised at CCRAS-RARI, Jhansi.



The Chief Guest, Shri Ram Prakash Yadav, Hindi Professor, Department of Official Language, Tripura University, Agartala, delivering a lecture on "Use and Utility of Unicode in the Office" during the one-day Hindi Workshop organised at CCRAS-RARC, Agartala.



CCRAS-RARI, Sri Vijay Puram, successfully organised the Second Quarterly Hindi Workshop at the Institute, with active staff participation.

CCRAS Celebrates India's 80th Independence Day with Enthusiasm and Unity

The 80th Independence Day was celebrated with great enthusiasm and patriotic fervour by CCRAS and its 30 peripheral institutes on 15th August 2026. The national flag was hoisted across all campuses, marking the beginning of celebrations that reflected a deep spirit of unity and national pride. The celebrations brought together staff and participants in a joyous atmosphere of solidarity and national devotion.

Glimpses of some of the activities are:



Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, along with officers & staff of CCRAS-RARI, Thiruvananthapuram, proudly hoisted the National Flag, celebrating the spirit of freedom, unity & national pride.



Dr V. B. Kumawat, Assistant Director In-Charge, hoisted the National Flag on the occasion of Independence Day at CCRAS-RARI, Ranikhet.



The 80th Independence Day was celebrated with a National Flag-hoisting ceremony at CCCBC in Janakpuri, New Delhi. DG, CCRUM, along with CCRAS Officers & staff and others present on the occasion.



The 80th Independence Day was celebrated with great patriotic spirit at CCRAS-RRAP CARI, Mumbai, with enthusiastic participation of the institute staff and patients.



The officials and staff of CCRAS-RARI, Nagpur, celebrated Independence Day with enthusiasm & zeal.



The officials and staff of CCRAS-RARI, Gangtok, celebrated Independence Day with great patriotic fervour.



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