



Central Council for Research in Ayurvedic Sciences

# News Bulletin

Oct-Dec 2019 | [www.ccras.nic.in](http://www.ccras.nic.in)

## CCRAS conferred with 'Vayoshreshtha Samman – 2019'



Hon'ble President of India, Shri Ram Nath Kovind presenting National Award "Vayoshreshtha Samman", 2019 in the category 'Best Institution for Research in the field of Ageing' to Prof. Vaidya K.S. Dhiman, Director General, CCRAS at Plenary Hall of Vigyan Bhawan, New Delhi on 3<sup>rd</sup> October, 2019

The Council has won the prestigious National Award 'Vayoshreshtha Samman', for the year 2019 in the category 'Best Institution for Research in the field of Ageing' for its outstanding services to senior citizens and research activities in the field of Geriatric Care. The award is conferred by the Ministry of Social Justice & Empowerment, Government of India to eminent senior citizens and institutions in recognition for their service to elderly persons. The award was presented by His Excellency the President of India, Shri Ram Nath Kovind to Prof. Vaidya K.S. Dhiman, Director General, CCRAS in a function held at Plenary Hall of Vigyan Bhawan, New Delhi on 3<sup>rd</sup> October, 2019.

*“The Award is presented every year to the best performing Institution in select categories”*

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

## RARIMD, Bengaluru



**View of free Medical Camp by THCRP team at Chitradurga and Tumkur district, Karnataka organized by RARIMD, Karnataka**

Tribal Health Care Research Project team consisting of Dr. Raghavendra Naik, R.O. (Ay.); Dr. S. H. Doddamani, R.O. (Ay.); Dr. Nagaveni (SRF); Dr. Swathi R. (SRF); Kamlesh Parmar (Pharmacist) and other team members conducted Tribal Health Care Research population survey camps at Adlapura, Ballapura, Nelahal, Chikkaseebi villages of Tumkur District and Mustalagummi, Guntakolammanahalli, Pelorahatti, Megalahalli of Chitradurga district. Total 1841 house hold tribal populations were surveyed. The team also conducted Tribal Health Care Camp and total 1043 patients were benefitted.

## CARIRD, Patiala



**Dr. Rinku Tomar, R.O. (Ay.) and Dr. Ankita Gupta, SRF (Ay.) examining patients during free health checkup camp at village Kartarpur Dist- Patiala on 21<sup>st</sup> December, 2019**

- The Ayurveda Mobile Health Care Programme team under Scheduled Caste Sub Plan, conducted 62 surveys in five villages namely Marauri, Gopalpur, Kapurgarh, Urdan and Turan. Total 3144 Population surveyed and free medical services were provided to 3023 patients.

- Under SCSP-Reproductive and Child Health Care, the team conducted 62 surveys in five villages namely Bathoi Khurd, Tarain, Jansua, Kauli and Sanaur. Total 1681 Population surveyed and free medical services were provided to 1930 patients.
- Organized one day medical camp on 13<sup>th</sup> December, 2019 at Mata Khivi Varadih Aasaram, Patiala. Total 30 Geriatric patients were examined and free medicine distributed to the patients.
- Organized one day medical camp on 21<sup>st</sup> December, 2019 at Village Kartarpur, Patiala. Total 85 patients were examined during this camp and free medicine distributed to the patients.
- The institute organized one day Bone Mineral Density (BMD) check-up camp on 27<sup>th</sup> December, 2019. Total 125 patients benefitted from Bone Mineral Density Check-up Camp.

### RARILSD, Thiruvananthapuram



#### Glimpse of Free Geriatric, Gynaecology, ENT & Diabetic Medical Camp conducted by RARILSD, Thiruvananthapuram

- Geriatric Camp conducted by Dr. Sinimol T. P., R.O. (Ay.) and Dr. Varsha Sumedhan, R.O. (Ay.) at Asraya Old Age Home, Mudavanmugal on 2<sup>nd</sup> Nov., 2019 and 7<sup>th</sup> Dec., 2019. Laboratory investigations & free distribution of medicines were provided and a total of 60 patients benefitted.
- Gynaecology, ENT & Diabetic Camp conducted by Dr. Sinimol T. P, R.O. (Ay.); Dr. Varsha Sumedhan, R.O. (Ay.); Dr. Praveen Balakrishnan, R.O. (Ay.) and Dr. Emy. S. Surendran, R.O. (Ay.) at Nazerath Home School, Balaramapuram on 21st Nov, 2019. Total 93 patients were examined and free medicines distributed during the camp.
- To observe “World Sight Day” a free eye check up camp conducted on 10<sup>th</sup> October, 2019 in the institute. Around 175 patients attended the camp and various services like Visual acuity testing, IOP check up, retina examination, lifestyle counselling for maintaining healthy vision etc. were provided to the patients.

### MSRARIED, Jaipur

‘Swarnaprashan’ in children was organised in the Institute on 18<sup>th</sup> November, 2019 and 16<sup>th</sup> December, 2019 by Department of Kaumarabhritya, NIA, Jaipur sponsored by Dabur India Pvt. Ltd.

## RARIND, Mandi



Health Camp for Geriatric patients at Old Age Home, Bhangrotu, Mandi on 21<sup>st</sup> Dec, 2019

Health camp for Geriatric care conducted on 21<sup>st</sup> December, 2019 at Old Age Home, Bhangrotu Mandi in continuation of Ayurveda Day 2019 celebrations. Free investigations for haemoglobin and blood sugar were done during the camp.

## CARIHD, Bhubaneswar



View of free Medical Camp by THCRP & SCSP team at Tribal villages and selected areas in Bhubaneswar organized by CARIHD, Bhubaneswar

- Under Tribal Health Care Research Programme, the THCRP team made 49 surveys and covered 2410 nos. of population of tribal villages at Ghatagaon Block, Dist. Keonjhar, Odisha. The Survey team provided medical consultation with free medicines to 1416 nos. of patients and collected 07 numbers of Folklore claims for documents.
- During the quarter, 78 surveys conducted under the outreach activity of Scheduled Caste Sub Plan (SCSP) in the selected areas in Bhubaneswar, in which 3488 nos. of population covered. Medical consultation and free medicines provided to 1503 patients and one Folklore claim collected for documentation.

# IEC, Awareness Programmes and Arogya Mela

## CCRAS, Headquarters



CCRAS entered MoUs with JNU and ILBS in the presence of Shri. Shripad Naik, Hon'ble Minister of State (IC), AYUSH & Minister of State for Defence along with other eminent dignitaries

Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of AYUSH, Government of India entered Memorandum of Understanding (MoUs) with Jawahar Lal Nehru University (JNU), New Delhi and Institute of Liver and Biliary Sciences (ILBS), New Delhi for cooperation in the field of Research & Development and Training in Ayurveda & Traditional Medicine in the gracious presence of Shri Shripad Naik, Hon'ble Minister of State (IC), AYUSH & Minister of State for Defence on 20<sup>th</sup> November, 2019 at Ministry of AYUSH, Government of India, New Delhi.

## RAIFR, Pune

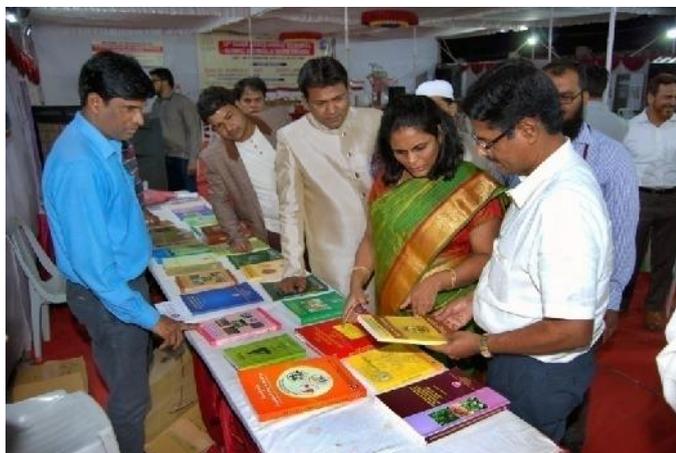


Glimpse of celebration of 2<sup>nd</sup> Naturopathy Day at National Institute of Naturopathy, Pune

Regional Ayurveda Institute for Fundamental Research (RAIFR), Pune actively participated in the celebration of 2<sup>nd</sup> Naturopathy Day at National Institute of Naturopathy, Pune organized on 18<sup>th</sup> November, 2019. Dr. Goli P. Prasad, AD In-charge greeted chief guest Dr. Vikram Singh, Director MoAYUSH, Mr. Sankha Samanta along with Director of NIN Dr. Satyalakshmi and presented them sapling of Shatavari during their visit to stall of RAIFR. At the stall of RAIFR, CCRAS publications for sale and Crude drug exhibition were organised. IEC material and medicinal plants saplings were distributed to all visitors, during the event.

## NIIMH, Hyderabad

NIIMH, Hyderabad organized celebration of 'World Diabetes Day' in the Institute's premises on 14<sup>th</sup> November, 2019. Guest Lectures on the theme 'Diabetes causes and Management through AYUSH Systems' were delivered by Prof. Ch. Srinivas Reddy, JSPS Homoeopathic Medical College & Hospital, Hyderabad with respect to Homoeopathy and Dr. S. J. B. Bokhari, Govt. Nizamia Tibbi College with respect to Unani Medicine, and Dr. J. Sridevi, Consultant (Siddha) with respect to Siddha system.



Dr. Alagu Varshini, Director (FAC), AYUSH Deptt. Telangana Govt. visited NIIMH, Hyderabad stall during 1<sup>st</sup> World History of Unani Medicine Conference, organized by DAAMUSTC for Paralysis, Jalpally, Hyderabad from 28<sup>th</sup> – 30<sup>th</sup> November, 2019

- NIIMH, Hyderabad participated in 1<sup>st</sup> World History of Unani Medicine Conference, organized by DAAMUSTC for Paralysis, Jalpally, Hyderabad from 28<sup>th</sup> – 30<sup>th</sup> November, 2019 to exhibit Unani manuscripts, achievements, information and publication of NIIMH. Dr. Alagu Varshini, IAS, Director, Dept. of AYUSH, Telangana State and Dr. Abdul Wadud, Director, NIUM, Bengaluru visited the Stall.
- Institute participated in “AMRUTA 2019 – National Seminar on Pragmatic Ayurvedic Approach in the Management of Chronic Ailments” organized by International Journal of Ayurvedic Medicine (IJAM), Hyderabad at Indira Priyadarshini Auditorium, Public Gardens, Hyderabad on 22<sup>nd</sup> December, 2019 and installed a stall for display of Activities & Achievements and Sale of CCRAS Publications.



Presentation by Dr. N. Srikanth, DDG, CCRAS at 5<sup>th</sup> IUPHAR World conference in association with Indian Pharmacology Society at National Institute of Nutrition (NIN) Tarnaka, Hyderabad on 05<sup>th</sup> December, 2019



Visit of Foreign delegates at Institute's stall at 5<sup>th</sup> IUPHAR World conference at National Institute of Nutrition (NIN) Tarnaka, Hyderabad

Dr. P.V.V. Prasad, A.D. In-Charge, and a team under Dr. Arunabh Tripathi, Statistical Officer from NIMH participated in 5<sup>th</sup> IUPHAR World conference in association with Indian Pharmacology Society at National Institute of Nutrition (NIN) Tarnaka, Hyderabad from 5<sup>th</sup> December, 2019 to 7<sup>th</sup> December, 2019 and installed a stall for display of Activities & Achievements of CCRAS/NIMH and Sale of NIMH /CCRAS/Ministry of AYUSH Publications.

### NARIP, Cheruthuruthy



View of awareness lecture by Dr. K.M. Pratap Shankar, R.O. (Ay.) on the occasion of World Diabetes Day on 14<sup>th</sup> November, 2019 at NARIP, Cheruthuruthy

NARIP, Cheruthuruthy observed 'World Diabetes Day' on 14<sup>th</sup> November, 2019. Dr. K.M. Pratap Shankar, R.O. (Ay.) delivered awareness lectures at the OPD on the topic entitled Ayurvedic treatment for promoting the Quality of Life of Diabetes patients; life style modifications through Ayurveda for preventing Diabetes as well as preventing the complications of Diabetes and Foot care; Eye care & other health care measures and hygiene modalities to be adopted by Diabetic patients.

### MSRARIED, Jaipur

The Institute participated in 'Arogya Fair, 2019' organized by Directorate of Ayurveda, Rajasthan from 19<sup>th</sup> October, 2019 to 22<sup>nd</sup> October, 2019 at Udaipur, Rajasthan. During the event, display stall was arranged for the visitors in which Council's Publications and Council's activities were displayed and along with it, free brochures distributed to the visitors for awareness. Clinic and Lectures were also organized during the event and medicines were also distributed to the patients free of cost.

### CARIRD, Patiala



Glimpse of CCRAS Stall in "Punjab International Trade Expo (PITEX) 2019" at Ranjit Avenue, Amritsar, Punjab from 12<sup>th</sup> – 16<sup>th</sup> December, 2019

- Institute participated in “Punjab International Trade Expo (PITEX) 2019” on behalf of Council from 12<sup>th</sup> December, 2019 to 16<sup>th</sup> December, 2019 organized by PHD Chamber of Commerce & Industry, Chandigarh at Ranjit Avenue, Amritsar, Punjab.
- The Institute on behalf of the Council participated in “C-II Chandigarh Fair – 2019” organized by Confederation of Indian Industry held at Parade Ground, Sector-17, Chandigarh from 18<sup>th</sup> – 21<sup>st</sup> October, 2019. During the event, display stall arranged for the visitors in which Council’s Publications and Council’s Activities were displayed. During the event free medical check-up camp organized to provide medical consultation and free medicines distributed.

### **RARIND, Mandi**

- Institute participated in District Red Cross Mela on 15<sup>th</sup> December, 2019 at Sundernagar and displayed the activities of the council & the institute. During the event IEC material distributed free of cost and Council’s Publication sold to the visitors.
- Institute participated in Arogya Mela – 2019 held at SAS Nagar Mohali from 18<sup>th</sup> – 20<sup>th</sup> October, 2019. Awareness lectures and OPD level health services were given to the visitors. Dr. Vikas Nariyal, R.O. (Ay.) and Dr. Anubha Chandla, R.O. (Ay.) participated in the event. Dr. Anubha Chandla, R.O. (Ay.) delivered a lecture on the topic entitled ‘Uses of common medicinal plants around us’ on 20<sup>th</sup> October, 2019.

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

### **RARIMD, Bengaluru**



**Dr. M. N. Shubhashree, R.O. (Ay.) awarded with best prize for research paper entitled “Pharmacovigilance in Ayurveda, Where are we and way to go ahead” in “AYUSH SURAKSHA” National Seminar on Pharmacovigilance organized by IPGT&RA, GAU, Jamnagar**



**Glimpse of lecture delivered by Dr. M. N. Shubhashree, R.O. on the occasion of Dhanvantari Jayanti organized by Ayurveda Prathishthana, Bengaluru on 24<sup>th</sup> November 2019.**

- Dr. M. N. Shubhashree, R.O. (Ay.); Dr. Raghavendra Naik, R.O. (Ay.) and Dr. Sunona George participated in “AYUSH SURAKSHA” National Seminar on Pharmacovigilance organized by Institute for Post Graduate teaching and Research in Ayurveda, Gujarat Ayurved University, Jamnagar, from 8<sup>th</sup> to 10<sup>th</sup> November, 2019. Dr. M. N. Shubhashree, R.O. (Ay.) presented a paper entitled “Pharmacovigilance in Ayurveda, Where are we and way to go ahead” and awarded with best prize for research paper and appreciation; Dr. Raghavendra Naik, R.O. (Ay.) presented paper entitled “Concerns of Pharmacovigilance and Drug safety in Ayurveda- A Review” and Dr. Sunona George presented a paper entitled “Concept of Pharmacovigilance in Ayurveda and Measures to prevent ADR”
- Dr. B. K. Bharali, Dr. H. K. Gupta, Dr. M. N. Shubhashree, Dr. Raghavendra Naik, R.O. (Ay.) participated in International Conference on “Yoga for Heart Care” at Convention centre, Karnataka State Open University, Mysore organized by Ministry of AYUSH, Govt of India on 8<sup>th</sup> – 10<sup>th</sup> November, 2019.
- Dr. M. N. Shubhashree, R.O. (Ay.) delivered guest lecture on Awareness programme for public on Pharmacovigilance organized by Sriram Symphony, Bengaluru on 1<sup>st</sup> November 2019.
- Dr. M. N. Shubhashree, R.O. (Ay.) participated as Judge in Debate competition in Ayurveda Academy, Bengaluru on 23<sup>rd</sup> November, 2019.
- Dr. Bhavya. B. M., R.O. (Ay.) participated as delegate and presented paper and also nominated as referee for paper presentation in International conference update Shalakyta Tantra 2019 organized by Tilak Ayurveda Mahavidyalaya, Pune on 28<sup>th</sup> December, 2019.
- Dr. S. H. Doddamani, R.O. (Ay.); Dr. M. N. Shubhashree, R.O. (Ay.) and Dr. Raghavendra Naik, R.O. (Ay.) signed Memorandum of understanding (MOU) with Dr. Girish, SDM College, Hassan, Karnataka on 4<sup>th</sup> October, 2019 regarding validation of Ayurvedic diagnostic tools.

## NIIMH, Hyderabad

- Dr. Arunabh Tripathi, Statistical Officer attended two day National Conference on Data Science at Department of Statistics, Osmania University from 27<sup>th</sup> - 28<sup>th</sup> December, 2019 organized by Department of Statistics, Osmania University and presented a paper entitled “Detection of duplicate Reporting in Pharmaco vigilance: A Bayesian approach”.
- Dr. T. Saketh Ram, R.O. (Ay.) attended and deliver *Vivek* Talk on the topic entitled “Study of Samhita: From Hermitage to Electronic Age” on 28<sup>th</sup> November, 2019 and “NAMASTE Portal, NIIMH Experience” on 29<sup>th</sup> November, 2019 on invitation at International Conference “Ayush For Future Health Challenges Strengthening Trans-Disciplinary Research” at NCCS, SPPU, Pune. The event was organized by AYUSH Center of Excellence, Ramkumar Rathi Patanjali Yoga Chair, Savitri bai Phule Pune University, Pune, India.
- Dr. J. Sridevi, Consultant (Siddha) visited CCRS, Chennai on 1<sup>st</sup> November, 2019 in connection with interaction with Officials of CCRS for effectively carrying out the Siddha literary works and to support the ongoing projects of NIIMH like AYUSH Research Portal.



- Dr. Arunabh Tripathi, Statistical Officer attended the National conference on 'Health information and management association – India' from 8<sup>th</sup> – 9<sup>th</sup> November, 2019 at NIMHANS, Bangalore and presented a scientific paper on “NAMASTE-Portal data.
- Dr. Ashfaq Ahmad, R.O. (Unani), participated in 1<sup>st</sup> World History of Unani Medicine Conference, organized by DAAMUSTC for Paralysis, Jalpally, Hyderabad from 28<sup>th</sup> – 30<sup>th</sup> November, 2019 as a guest speaker.
- Dr. T. Saketh Ram, RO (Ay.) attended consultative meeting for reviewing the Zero Draft on International Terminologies of Ayurveda, Siddha and Unani at IPGT&RA, Gujarat Ayurveda University, Jamnagar from 2<sup>nd</sup> – 4<sup>th</sup> December, 2019.
- Dr. P.V.V. Prasad, A.D. In-Charge participated in SAG (Literary Research) meeting held at CCRAS, New Delhi on 20<sup>th</sup> December, 2019 and presented new IMR proposals & Action taken by the Institute on 2<sup>nd</sup> meeting of SAG (Literary Research) held on 8<sup>th</sup> February, 2017.

### **CARIRD, Patiala**

- Dr. Rajesh Sannd, Assistant Director (Ay.) attended the annual performance review meeting held at CCRAS, New Delhi from 21<sup>st</sup> – 22<sup>nd</sup> October, 2019.
- Dr. Harbans Singh, R.O. (Ay.) attended the workshop on Agnikarma organized by Government of Punjab at CARIRD, Patiala on 9<sup>th</sup> November, 2019.
- Dr. Harbans Singh, R.O. (Ay.) attended advanced certified training, Live Workshop on Basic Life Support and CRP organized by Fortis Hospital, Ludhiana, Punjab on 23<sup>rd</sup> November, 2019.
- Dr. Harbans Singh, R.O. (Ay.) attended Good Clinical Practice (GCP) 2019 organized by Training Workshop on GCP, PGIMER, Chandigarh on 1<sup>st</sup> – 2<sup>nd</sup> December, 2019.
- Dr. Santosh S. Mane, R.O. (Ay.) attended the 9<sup>th</sup> meeting for preparing draft SOP of Veterinary Ayurvedic Formulation at CCRAS, New Delhi from 9<sup>th</sup> – 10<sup>th</sup> December, 2019.
- Dr. Harbans Singh, R.O. (Ay.) attended awareness programme on HIV/AIDS organized by Government Ayurvedic College, Patiala on 13<sup>th</sup> December, 2019.

### **RARIND, Mandi**

- Dr Anubha Chandla, R.O. (Ay.) attended and presented paper in seminar “Suprajata –maternal and child health care through Ayurved” at Podar Ayurvedic College Mumbai on 5<sup>th</sup> – 6<sup>th</sup> October, 2019.
- Dr. Vineeta Kumari Negi RO (Ay.) attended 3 days ‘Vethashtha Medical Varmalogy’ workshop organized by Thirumoolar Varmalogy Institute, Coimbatore, Tamilnadu at Ayush Auditorium, Janakpuri, New Dehli on 18<sup>th</sup> – 20<sup>th</sup> October, 2019.
- Dr. Vineeta Kumari Negi, RO (Ay.) attended Review meeting of Institutes under CCRAS on 20<sup>th</sup> October, 2019 and 21<sup>st</sup> October, 2019.
- Dr. Kavita Vyas, RO (Ay.) presented paper on topic “Environmental Pharmacovigilance an emerging branch of science” at IPGT Jamnagar on 8<sup>th</sup> to 10<sup>th</sup> November, 2019.

## RARILSD, Thiruvananthapuram

- Dr. Praveen Balakrishnan, R.O. (Ay.) participated in the Seminar ‘AyuSalaka-1’ organised by AVP Research foundation, Coimbatore as resource person and delivered lecture on the topic “Clinical Research perspectives in the management of Nasagatarogas” on 15<sup>th</sup> – 16<sup>th</sup> November, 2019.
- Dr. D. Sudhakar, AD In-charge; Dr. S. K. Giri, RO (Ay.) and Dr. Praveen Balakrishnan, RO (Ay.) participated in “Aneevishiki – National Seminar on Ayurveda &Urology – Emerging trends in Management and Prevention” on 12<sup>th</sup> – 13<sup>th</sup> December, 2019.

## CARIHD, Bhubaneswar

- Dr. P. Panda, RO (Ay.) and Dr. K. K. Ratha, RO (Ay.) attended All India Yoga Ayurveda Seminar on ‘Astangasamgraha’ organized by Academy of Yoga and Oriental Studies, Bhubaneswar on 19<sup>th</sup> – 20<sup>th</sup> October, 2019.
- Dr. G. C. Bhuyan, RO (Ay.) attended National Symposium on “Elimination of Lymphatic Filariasis” organized by Ministry of Health & F.W., Govt. of India, New Delhi at Pravasi Bharatiya Kendra, New Delhi on 30<sup>th</sup> October, 2019.
- Dr. K. K. Ratha, RO (Ay.) participated in International Conference on ‘Holistic Approach to Diabetes Mellitus’ organized by Asthaa Foundation, Odisha on 9<sup>th</sup> - 10<sup>th</sup> November, 2019.

## Honors /Awards /Visit

### RARILSD, Thiruvananthapuram



**Dr. S. K. Giri, R.O. (Ay.), Hindi Incharge received “Rajabhasha sevipuraskar” 2<sup>nd</sup> prize by the state level Hindi celebration committee 2019, Kerala Hindi Prachar sabha on 14<sup>th</sup> October, 2019.**

- Dr. S. K. Giri R.O (Ay.), Hindi Incharge awarded with ‘Rajabhasha Sevi Puraskar– 2nd prize’ for the Official Language performance by the state level Hindi celebration committee 2019, Kerala Hindi Prachar sabha on 14<sup>th</sup> October, 2019.

- Dr. Praveen Balakrishnan, RO (Ay.) received 3<sup>rd</sup> prize for *Aashu Bhaashan* and Smt. Priya N. Moosath received consolation prize for various competitions held at TOLIC.
- Dr. Praveen Balakrishnan, RO (Ay.) received 'Young Scientist Award' for Scientific Research paper presentation in the 5<sup>th</sup> International & 16<sup>th</sup> National conference on Shalakyta Tantra in 'Update shalakyta tantra 2019' organised on 28<sup>th</sup> & 29<sup>th</sup> December, 2019 at Tilak Ayurved Mahavidyalaya, Pune

### RAIFR, Pune



**Dr. Rasika Kolhe, R.O. (Ay.) and Dr. Anagha Ranade, R.O. (Ay.) explaining about Medicinal Plants to the students of Ashtang Ayurveda College at Medicinal Plant Garden, RAIFR, Pune**

Students of Ashtang Ayurveda College along with their staff visited Medicinal Plant Garden of RAIFR, Kothrud, Pune. Dr. Rasika Kolhe, RO (Ay.) and Dr. Anagha Ranade, RO (Ay.) explained about medicinal plants and various research facilities available in the institute and also shared details of CCRAS publications available at institute.

### RARIMD, Bengaluru

Dr. Raghavendra Naik, RO (Ay.) received "Innovative Thesis Award – 2018" on the topic entitled 'An Experimental Evaluation on Four Source Plants of Jeevanti' guided by Prof. R. N. Acharya, Professor and Head, Department of Dravyaguna, IPGT&RA, Gujarat Ayurved University, Jamnagar organized by Pt. Khushilal Sharma Govt. (Auto.) Ayurveda College and Institute, Bhopal on 20<sup>th</sup> December, 2019.

### NIIMH, Hyderabad



**View of discussion by Dr. N. Srikanth, DDG, CCRAS with the In-charge and Officers regarding development of Institute's Museum on 4<sup>th</sup> December, 2019**

- Dr. N. Srikanth, DDG, CCRAS visited the institute on 04<sup>th</sup> December, 2019 and under his chairmanship, a meeting has been convened with officers and staff to review Institute's activities, ongoing/new proposals of IMR Projects
- Ms. Priyanka Tomar and Ms. Divya Chaudhary, Research Associates, Health Policy Initiative, Indian Council for Research on International Economic Relations (ICRIER), New Delhi visited Institute on 3<sup>rd</sup> October, 2019 in connection with discussion on working on the promotion of Traditional and Complimentary systems of medicine in general, AYUSH in particular, in the G20 within the context of SDGs (sustainable development goals) in general, UHC (Universal Health Care) and PHC (Primary Health Care) in particular.
- Final year students along with Faculty Prof. (Dr.) P.K. Pattanaik and Dr. Etishree Sahoo of Dr. Abhin Chandra Homoeopathic Medical College & Hospital, Bhubaneswar, Odisha visited the Institute's Museum and Library on 16<sup>th</sup> December, 2019. Presentations on Activities and Achievements of CCRAS/NIIMH, Activities and facilities w.r.t. Homoeopathy in NIIMH and Presentation on Social Media were made by the Officers. Students were guided while visiting Institute's museum and library.

## Ayurveda Day Celebration

### “4<sup>th</sup> Ayurveda Day – 2019” Celebrations at NIA, Jaipur



**Glimpse of release of CCRAS publication “Ayurveda for Longevity” by Shri Shripad Naik, Hon’ble MOS, MoAYUSH, Gol in the presence of other eminent dignitaries on the occasion of inaugural ceremony of 4<sup>th</sup> Ayurveda Day 2019**

Council observed 4<sup>th</sup> Ayurveda Day on the occasion of Dhanwantari Jayanti on 25<sup>th</sup> October, 2019. However, the celebrations began with a countdown starting from 11<sup>th</sup> October to 25<sup>th</sup> October having theme “Ayurveda for Longevity” at Council’s Headquarters, New Delhi and its peripheral institutes all over India. "Ayurveda for Longevity" a CCRAS publication dedicated to the Ayurveda Day 2019 released by the

Hon'ble Minister of State, Ministry of AYUSH, Government of India, Shri Shripad Naik in the presence of eminent dignitaries including Hon'ble Minister, Ministry of Jal Shakti, Department of Water Resources, RD & GR, Shri Gajendra Singh Shekhawat; Padmashri Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush; Dr. Pramod Kumar Pathak, Add. Sec., MoAYUSH; Dr. Manoj Nesari, Advisor, MoAYUSH; Dr. Sanjeev Sharma, Director Nia Jaipur and Dr. N. Srikanth, DDG, CCRAS. The event was held at National Institute of Ayurveda, Jaipur.

At **Council's Headquarters**, various competitions such as debate, essay writing and quiz competitions were organized in which officers and officials of CCRAS and Ayurveda students from institutes of Ayurveda in Delhi NCR actively participated. Kavi Sammelan was also arranged in which eminent personalities in the field of Hindi poetry were invited. Brief details of Peripheral institute's activities are as follows. Peripheral units under CCRAS also marked the occasion by organizing various activities.

At **RARILSD, Thiruvananthapuram**, a countdown corner arranged at institute premises where medicinal plants were exhibited. Dr. D. Sudhakar, AD In-charge inaugurated 4<sup>th</sup> Ayurveda day celebrations in the institute. During the countdown period various programmes like awareness classes, medical camps, medicinal plants distribution etc. were arranged for the promotion of this year's theme "Ayurveda for Longevity". On 25<sup>th</sup> October, 2019 'Run for Ayurveda' organized from Palayam Rakthasakshi Mandapam to Kanakakaunnu Palace, Thiruvananthapuram with 300 active participants. A concluding session conducted at the Institute on the same day, where eminent scholars of Ayurveda were honored.

**NIIMH, Hyderabad** conducted daily activities like Public lectures, Exhibition of medicinal plants, Publications stall & visit of the public/AYUSH personnel and students to the institute as part of creating awareness in Ayurveda on the eve of celebration of Ayurveda day. On 4<sup>th</sup> Ayurveda Day institute conducted Walk for Longevity, Lord Dhanvantari Pooja, and Public Lecture on Ayurveda, followed by distribution of Medicinal Plants and visiting to the exhibition of dry drug and medicinal plants on the eve of celebration of in the institute's premises.

All officers & staff of **RARIMD, Bengaluru** participated in 4<sup>th</sup> Ayurveda Day on 25<sup>th</sup> October 2019. The institute organized a "Run for Ayurveda" on 22<sup>nd</sup> Oct, 2019 in Bengaluru. The event was inaugurated by Sri Arya Srinivas, Corporator, Bruhat Bengaluru Mahanagar Palike (BBMP) in the presence of other dignitaries. The event broadcasted by AYUSH TV Bengaluru. Medicinal plants were also distributed to General public during the programme.

**RARIND, Mandi** celebrated 4<sup>th</sup> Ayurveda Day with full enthusiasm and zeal. During countdown various activities like awareness lectures at OPD level by Research Officers of the institute to create awareness about Ayurveda among patients, debate competition, quiz competition and slogan writing competition on the theme "Ayurveda for Longevity" were organized for the students of local educational institutes. Distribution of rejuvenating medicinal plant saplings was done to patients and their attendants. "Run for Ayurved" health run was organized on 24<sup>th</sup> October, 2019.

**MSRARIED, Jaipur** organized 15 day campaign to celebrate 4<sup>th</sup> Ayurveda Day from 10<sup>th</sup> October, 2019 to 25<sup>th</sup> October, 2019. During this period various activities such as lectures to the patients at OPD level as well as at outreach camps, plant exhibitions, saplings distribution, free camp and Run for Ayurveda were organized.

**CARIRD, Patiala** celebrated Ayurveda Parva on 25<sup>th</sup> October, 2019. 15 days countdown organized in the institute and various activities were conducted during the countdown celebrations. On 20<sup>th</sup> December, 2019 'Run for Ayurveda' organized by the institute.

**RARISD, Vijayawada** on the occasion of 4<sup>th</sup> Ayurveda Day conducted various activities in the Institute premises as well as through outreach programmes' (THCRP, SCSP & RCH) free medical camp sites.

## Glimpses of 4<sup>th</sup> Ayurveda Day Celebration



'Run for Ayurveda' organized as a part of 4th Ayurveda celebration on 25<sup>th</sup> October, 2019 at RARILSD, Thiruvananthapuram



View of Dhanvantari Puja performed on 4<sup>th</sup> Ayurveda Day celebrations on 25<sup>th</sup> October, 2019 at NIIMH, Hyderabad



View of 'Run for Ayurveda' organized by RARIMD, Bengaluru on 22<sup>nd</sup> October, 2019.



"Run for Ayurveda" health run organized on 24<sup>th</sup> October, 2019 at RARIND, Mandi



Dr. S.K. Vedi, R.O. (Ay.) and other staff distributing sapling of medicinal plants on 25<sup>th</sup> October, 2019 at MSRARIED, Jaipur



Mr. Kumar Amit, Deputy Commissioner, Patiala lighting the lamp during the 4<sup>th</sup> Ayurveda Day at CARIRD, Patiala



Dr. G. Babu, A.D. I/c explaining about Ayurvedic plants in the Exhibition of raw plant materials at RARISD, Vijayawada on 18<sup>th</sup> October, 2019



Walkathon – Ayurveda awareness rally was conducted on 24<sup>th</sup> October, 2019 at Rajeev Nagar-Prakash Nagar main road by RARISD, Vijayawada

## Constitution Day

As directed by the Council, **NARIP Cheruthuruthy** observed the Constitution Day on 26<sup>th</sup> November, 2019. All the staff members took the Constitution Pledge of upholding the ideals and values of our Constitution. Dr. G.K. Swamy, Director Institute shared the untiring efforts and hardships of Dr. B. R. Ambedkar towards framing our Constitution. The Constitution pledge was rendered in Rajbhasha Hindi, also in English as well as in regional language-Malayalam.

**NIIMH, Hyderabad** conducted inaugural function of “Constitution day” on 26<sup>th</sup> Novemeber, 2019. On this occasion Constitution pledge was taken by all the Officers and staff of the institute.

**RARIND, Mandi** celebrated Constitution Day by taking the constitution pledge by all officers & staff of the Institute.

**RARISD, Thiruvananthapuram** observed Constitution Day on 26<sup>th</sup> November, 2019 by taking pledge on the preamble of Indian Constitution. Dr. D. Sudhakar, Assistant Director Incharge delivered lecture on the topic “importance of Indian Constitution and fundamental duties of Indian citizens”



Dr. G.K. Swamy, Director Institute delivering lecture on the eve of Constitution Day Celebration at NARIP, Cheruthuruthy



View of Inaugural function of “Constitution day” and oath taking ceremony by all the Officers and staff at NIIMH, Hyderabad



Officers and staff taking pledge during Constitution Day on 28th November, 2019 at RARIND, Mandi



View of pledge taken on the preamble of Indian Constitution at RARILSD, Thiruvananthapuram

## Swachhta Pakhwada

At **NARIP, Cheruthuruthy**, as part of Swachhata Pakhwada celebrations, Swachhata pledge administered to staff of the institute on 16<sup>th</sup> October, 2019 and cleaning work done within the premises of the institute. Various activities including Essay and Elocution competitions were conducted for staff of the institute and winners were awarded with the Prizes. Awareness sessions on ‘Swachhata’ were conducted during SCSP and RCH camps.

**RARILSD, Thiruvananthapuram** observed “Swachhata Divas” by cleaning the proposed herbal garden site of the institute by the active participation of all the staff and made a genuine effort to keep the premises a plastic free zone. The institute also observed “Swachhata hi seva 2019” from 16<sup>th</sup> October to 27<sup>th</sup> October, 2019 by organising various awareness sessions on plastic waste management taken at OPD level, nearby schools and through outreach activities like RCH and AMHCP.

**RARIMD, Bengaluru** celebrated swachhata Pakhwada by organizing various activities and cleanliness related work within the institute by active participation of all Officers and Staff on 26<sup>th</sup> October, 2019. October 2019.

**NIMH, Hyderabad** celebrated Swachhata Pakhwada by organizing debate competition on the theme “Cleanliness is responsibility of Citizen or Government’ and drive on clean campus was organized.

**RARIND, Mandi** celebrated “Swachhata Pakhwada” by organizing various activities and cleanliness related work within the institute and in the periphery from 16<sup>th</sup> October, 2019 to 31<sup>st</sup> October, 2019.

**RARISD, Vijayawada** observed “Swachhata Pakhwada” from 16<sup>th</sup> October, 2019 to 30<sup>th</sup> October, 2019. On 16<sup>th</sup> October, 2019 Swachhata Pledge administered by Dr. G Babu, Assistant Director Incharge to all institute staff. Cleaning work done in the institute premises by active participation of all officers and staff. The institute conducted “Swachhata Hi seva” awareness rally with school children on Plastic waste Management. Dr. G Babu AD Incharge, along with officers and staff participated in this Rally.

## Glimpse of activities during Swachhata Pakhwada



All RARIMD Staff participated in Swachh Bharat organized by RARIMD, Bengaluru on 26<sup>th</sup> October, 2019.



Cleaning of institute premises as a part of swachhata hi seva on 2<sup>nd</sup> October, 2019 at RARILSD, Thiruvananthapuram



Inspection of the cleanliness of the Institute premises by the Director and officers at NIIMH, Hyderabad



“Swachhata Hi Seva” an awareness rally on Plastic waste Management with school children organized by RARISD, Vijayawada

## Vigilance Awareness Week

Council observed Vigilance Awareness Week from 28<sup>th</sup> October, 2019 to 2<sup>nd</sup> November, 2019 on the theme “Integrity- A way of life. The event organized in Headquarters as well as all the peripheral institutes of the Council. All the officers & staff participated in the event with full enthusiasm and zeal. Some of the reports are:

**RARIMD, Bengaluru** observed Vigilance Awareness Week by organizing various awareness sessions and competitions among all the officers and staff of the institute during 28<sup>th</sup> October, 2019 to 2<sup>nd</sup> November, 2019.

At **RARILSD, Thiruvananthapuram**, Dr. D. Sudhakar, Asst. Director Incharge read out the Integrity pledge to all the staff of the institute. Various activities like awareness classes at schools and Gramsabha

were carried out during the period. Essay and debate competitions were also organised for the staff. Valedictory function was organized on 2<sup>nd</sup> November, 2019. Chief Guest Mr. Ajaya Kumar, Deputy Superintendent of Police, Vigilance and Anti – corruption Bureau, Govt. of Kerala, Thiruvananthapuram delivered awareness lecture in view of Vigilance Awareness Week. Prizes distributed to the winning participants of different competitions.

**NIIMH, Hyderabad** celebrated Vigilance Awareness Week by organizing debate competition on the theme “What is desirable? Immediate gratification or Delayed gratification” & essay writing competition on the theme “Corruption as the incremental cause for poverty”. Winners were awarded prizes during the event.

At **MSRARIED, Jaipur**, Integrity pledge administered by all officers and staff on 28<sup>th</sup> October, 2019. During the week various awareness lectures were delivered at Adarsh Vidya Mandir, Sr. Secondary School, Sindhi Colony, Banipark and The Kenword School, Banipark. Essay writing and Debate competition conducted in the Institute on the topic “Integrity- A way of Life” and winners were awarded with prizes. Chief Guest Smt. Navrekha, District Employment Officer, Govt. of Rajasthan, Jaipur delivered an awareness speech and distributed cash prize to the winners of the competitions at valedictory function held on 2<sup>nd</sup> November, 2019.

At **RARIND, Mandi**, awareness lectures were delivered by the Research Officers to the students of nearby schools focusing on adopting integrity as a way of life and preventing corruption for building a better society. Through outreach programs, awareness Gram sabhas organized and awareness lectures delivered by pradhan of the villages. In the concluding session on 2<sup>nd</sup> November, 2019 Guest Speaker Mr. Raj Kumar, Sub-Inspector, Mandi, shared his experiences about anti-corruption measures taken and motivated all to maintain high levels of integrity in their lives.

**RARISD, Vijayawada** on the occasion of Vigilance Awareness Week conducted a formal inaugural meeting for officers and staff of all the Central Government institutes of Vijayawada at Tummalapalli Vari Kshetraiah Kala Kshetram, Vijayawada on 28<sup>th</sup> October, 2019. The event was organized by the Central Government Employees Welfare Co-ordination Committee, Vijayawada. Shri Biswa Bhushan Harichandan, Honourable Governor, Andhra Pradesh graced the occasion as Chief Guest. Shri M. Bhupal Reddy, IRS, Principal Commissioner of Income Tax chaired the inaugural ceremony.

## Glimpse of Activities of Vigilance Awareness Week



Glimpse of Vigilance Awareness Week organized by RARIMD, Bengaluru from 28<sup>th</sup> October, 2019 to 2<sup>nd</sup> November, 2019



Mr. Ajaya Kumar, DSP Vigilance and Anti – Corruption Bureau, Govt. of Kerala delivering lecture in the valedictory function of Vigilance Awareness Week on 2<sup>nd</sup> November, 2019 at RARILSD, Thiruvananthapuram



Dr. P.V.V Prasad, AD (Ay.) and staff taking Pledge on inaugural day of Vigilance Awareness Week on 28<sup>th</sup> October, 2019 at NIIMH, Hyderabad



Dr. S.K. VEDI, RO (Ay.) delivering lecture on the issues and challenges related to corruption at the valedictory function of Vigilance Awareness Week 2019.

## Hindi Workshops and Trainings

**RARIMD, Bengaluru** organized Hindi Workshop in the institute on 13<sup>th</sup> December, 2019. Dr. B. K. Bharali, Assistant Director In-charge, addressed the gathering and instructed to write 100 percent comment in Hindi and suggested officers & employees to maintain the progress of Official Language Hindi. Chief Guest, Mr. Vijay Kumar, Assistant Director (Official Language), Central Silk Board, Bangalore explained in detail about what kind of schemes organized by the Government of India to promote Hindi and motivated to do more work in Hindi in the office to promote Hindi further.

**RARILSD, Thiruvananthapuram** participated in one day Hindi Workshop conducted by TOLIC as part of Joint Hindi Fortnight celebration on 18<sup>th</sup> October, 2019 at the office of the Chief Post Master General. All the officers and staff actively participated in various competitions. Dr. Sinimol T. P., RO (Ay.) & Dr. Emy. S. Surendran, RO (Ay.) delivered lectures on the topic '*Dirghayu ke liye Ayurveda*' and '*Jeevanshaily Sambandhi vicar vyapakata evam nivaran*'. A Hindi *Karyashala* organized on 11<sup>th</sup> December, 2019. Shri Somadattan A., Former A/D OL, IT Dept. gave a deliberation on the topic "हिंदी और हिन्दीतर भाषाओं के पुल निमोण के सन्दर्भ में".

**NIIMH, Hyderabad** organized 3<sup>rd</sup> Quarterly Hindi Workshop on 12<sup>th</sup> Dec., 2019. Dr. Seema Verma, Hindi Lecturer, Hindi Teaching Scheme delivered guest lecture on the topic entitled "Paaribhaashik Shabdawali".

**MSRARIED, Jaipur** organized Quarterly Hindi workshop at the Institute on 21<sup>st</sup> December, 2019. Smt. Shobha Chandra Pareek, Lecturer, School Education, Govt. of Rajasthan, Jaipur delivered guest lecture on the topic entitled "कायलयी कार्यों में शुद्ध, सरल व साथक हिन्दी प्रयोग करने की आवश्यकता व महत्त्व".

**RARISD, Vijayawada** organized Hindi *Karyashala* on 23<sup>rd</sup> Dec., 2019. Shri Rajendra Thapa, Official Language officer, Punjab National Bank, Vijayawada and Shri Ram Prasad, Senior Translator, South Central Railway, Vijayawada were participated as Guest speakers.

**RAIFR, Pune** organized Hindi Karyashala on 27<sup>th</sup> November, 2019. The workshop was inaugurated by Dr. G.P. Prasad, Assistant Director In-charge. Shri Rajendra Prasad Verma, Assistant Director, Hindi Shikshan Yojana (Rajbhasha) and Shri Neelesh Poddar, Project Engineer, Applied Artificial Intelligence Group, C-DAC, Pune were invited as Guest Speakers.

## Glimpse of Hindi Karyashala activities



Chief Guest, Mr. Vijay Kumar, A.D. (O.L.), Central Silk Board, Bangalore delivering lecture at RARIMD, Bengaluru



Shri Somadattan A., Former A.D. (OL), IT dept. took a session on the topic "हिंदी और हिन्दीतर भाषाओं के पुन निर्माण तकनीकी ःRARILSD, Thiruvananthapuram



Dr. Seema Verma, Hindi Lecturer, Hindi Teaching Scheme delivering Guest Lecture on the topic "Paaribhaashik Shabdaawal" during 3<sup>rd</sup> Quarterly Hindi Workshop on 12<sup>th</sup> Dec, 2019 at NIIMH, Hyderabad



View of Hindi Karyashala organized at RAIFR, Pune on the topic entitled "तकनीकी दूल्स की सहायता से हिन्दी टंकण"

## Appointment/Promotions/Retirements

### RARIMD, Bengaluru

Smt. K V Soumya, Assistant Matron transferred to NARIP, Cheruthuruthy on 11<sup>th</sup> Dec, 2019

### CARIRD, Patiala

- Sh. Ram Kishan Balmiki, MTS retired on reaching the age of superannuation on 31<sup>st</sup> October, 2019



- Smt. Geetanjali, Sister-Incharge promoted and joined as Assistant Matron on 31<sup>st</sup> December, 2019.

## RARILSD, Thiruvananthapuram

Shri. S. Sasidharan Pillai, MTA retired on 31<sup>st</sup> December, 2019

# संपादकीय मंडल / Editorial Board

## मुख्य संपादक

प्रो. वैद्य करतार सिंह धीमान, महानिदेशक

## कार्यकारी संपादक

डॉ. एन. श्रीकांत, उपमहानिदेशक

## सह संपादक

डॉ. भारती, स.नि. (आयु.)

डॉ. ए. के. मंगल, स.नि. (भेषजगुण विज्ञान)

डॉ. राजेश सण्ड, स.नि. (आयु.)

डॉ. आदर्श कुमार, स.नि. (आयु.)

डॉ. बी. एस. शर्मा, अनु. अधि. (आयु.)

डॉ. वी. के. लवानिया, अनु. अधि. (आयु.)

डॉ. रेनू सिंह, अनु. अधि. (आयु.)

डॉ. राधे कृष्ण, अनु. अधि. (प्रकाशन)

## तकनीकी सहयोग

डॉ. पंचाक्षरी पाटील, वरि. परामर्शदाता

श्री मनीष बर्नवाल, कार्या. सहायक

## Editor-In-Chief

Prof. Vaidya K. S. Dhiman, Director General

## Executive Editor

Dr. N. Srikanth, Deputy Director General

## Associate Editors

Dr. Bharti, AD (Ay.)

Dr. A. K. Mangal, AD (P'cognosy)

Dr. Rajesh Sannd, AD (Ay.)

Dr. Adarsh Kumar, AD (Ay.)

Dr. B. S. Sharma, RO (Ay.)

Dr. V. K. Lavaniya, RO (Ay.)

Dr. Renu Singh, RO (Ay.)

Dr. Radhe Krishan, RO (Publication)

## Technical Support

Dr. Panchakshari Patil, Senior Consultant

Mr. Manish Barnwal, Office Assistant