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(Updated in April 2024)



**RRA Podar Central Ayurveda Research Institute,
Central Council for Research in Ayurvedic Sciences
(Ministry of Ayush, Govt. of India)**

Podar Medical Campus Dr. Annie Beasant Road, Worli, Mumbai-400018

Website: <http://cari-mumbai.res.in/> & <http://ccras.nic.in/>

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08/05/2024

R.R.A. Podar Central Ayurveda Research Institute, Mumbai

Brief Introduction: Raja Ramdeo Anandilal Podar Central Ayurveda Research Institute, Mumbai (RRAP-CARI) is one of the peripheral institutes under the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of AYUSH, Govt. of India. This institute was established in December 1986 in the Podar Medical Campus, Worli, Mumbai. This institute has been maintaining its status as Central Research Institute for Ayurveda in the region and undergoing a continuous process of up-gradation as per requirements

Mandate: This institute has the mandate of Clinical Research on lifestyle-related and non-communicable disorders focusing on Cancer. This institute also provides authentic Ayurveda health care services to the community at a nominal cost.

The progress of different sections of the institute in the year 2023-24 is as follows -

A. Health Care Service: -

1. Outdoor patient department (OPD) – 26881 patients (New = 6412 and old = 20469)
 - a. Special Cancer OPD – 875 patients (New = 187 and old = 688)
 - b. Special Geriatric OPD – 1201 patients (New = 414 and old = 787)
2. Indoor patient department (IPD) – 528 patients with Bed occupancy rate at 73.46%
3. Panchakarma – 20519 procedures (OPD = 4759 and IPD = 15760)
4. Physiotherapy – 9352 patients (OPD = 5689 and IPD = 3663)
5. Laboratory – 13452 tests (OPD = 11111 & IPD = 2341)

B. Research: -

• Ongoing Research Projects-

1. Collaborative Project – A study of Ashwagandha administration in participants vaccinated against COVID-19 on safety, immunogenicity, and protection: A randomized, double-blind, placebo-controlled, multicentric clinical trial.
2. Collaborative Project – A Double-Blind Double Dummy prospective randomized controlled study to evaluate the efficacy of classical Ayurveda management versus Methotrexate in RA (AMRA).
3. Collaborative Project – A phase II trial to study of efficacy, toxicity and immunomodulatory effect of Carctol-S in high grade serous epithelial ovarian cancer at first serological relapse in collaboration with Tata Memorial Centre (TMC) and ACTREC.
4. Collaborative Project- Assessment of Anti-aging, Antimutagenic and Cancer Chemoprevention potential of Swarna Bhasma in Drosophila melanogaster
5. Collaborative project- Efficacy of Ayurveda interventions (Hridayarnava Rasa and Harityakyadi yoga) as an add-on to standard care in Stable Coronary Artery Disease (CAD)

assessed through Global Longitudinal Strain Imaging Technique (GLSIT) - A Randomized Controlled Trial

6. IMR- Efficacy, Safety, and Acceptability of Ayush BR Leham as an Adjuvant to the Supplementary Nutrition Programme under ICDS in the Management of Moderate Malnutrition among Children aged 3 - 5 years from Anganwadi centers - A cluster randomized controlled clinical trial
7. Collaborative project- General health screening with a special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition, and Ayurvedic Interventions for better health outcomes in students of Ekalavya Residential Model Schools (EMRS) functioning under M/o Tribal Affairs
8. Collaborative project - Impact of Mukta Shukti Bhasma and Saubhagya Shunti Churna in a reversal of bone mineral density among lactating women consuming traditional diet foods in Maharashtra: A randomized controlled preliminary clinical study
9. Collaborative project – Osteoporosis Screening and Intervention Programme Using AYUSH Approach: A community-based Programme in Maharashtra state.
10. Collaborative project - Preclinical study on efficacy, safety and toxicity of Swarna Prashan Regimen as Adjunct therapy in pediatric acute lymphoblastic leukemia.
11. Collaborative Project – Systems Biology approach to delineate molecular signatures of Prakriti in healthy humans.
12. Collaborative Project – Understanding the mechanistic role of CARAF and CAGHE as immunomodulatory and anti-cancer compounds against preclinical models of leukemia, lymphoma, myeloma, lung, and breast cancer.
13. Collaborative Project – Understanding the mechanistic role of Carctol-S as an immunomodulatory and anti-cancer formulation against ovarian cancer.
14. Collaborative Project- U.S. Survey of Ayurvedic Practitioners Regarding Cancer Patient Management
15. Central Sector Scheme of Pharmacovigilance of ASU&H Drugs.

• **Completed Projects-**

1. IMR project – Ayurveda Mobile Health Care Programme under Scheduled Caste Sub Plan (SCSP) 2023-24
2. IMR project- Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study
3. IMR project - Knowledge, Attitudes, and Practices (KAP) towards SwarnaPrashana among Ayurveda Practitioners: A cross-sectional study
4. IMR project - Knowledge, Attitudes, and Practices (KAP) towards SwarnaPrashana among Parents: A cross-sectional study
5. Collaborative Project – Assessment of Prakriti (Ayurvedic body constitution) of patients with Cervical and Ovarian cancers.
6. IMR project – Publication of Dravyaratnakar Nighantu
7. IMR project – SoP standardization of identified Ayurvedic herbomineral preparations viz. Shwaskuthar Rasa and Mrutyunjay Rasa.



8. IMR project - Documentation of life profiles of Luminaries in the field of Ayurveda

C. Collaborations with various Institutes: -

1. Tata Memorial Hospital, Mumbai.
2. Advanced Centre for Treatment, Research, and Education in Cancer (ACTREC), Navi Mumbai.
3. Indian Council of Medical Research – National Institute for Research in Reproductive and Child Health, Mumbai.
4. Arya Vaidya Pharmacy, Coimbatore.
5. SDM College of Ayurveda & Hospital, Hassan, Karnataka.
6. Centre for Rheumatic Diseases, Pune.
7. Datta Meghe Institute of Medical Sciences, Nagpur.
8. All India Institute of Ayurveda (AIIA), New Delhi
9. SBMK Ayurveda Mahavidyalaya, Belgaum
10. National Institute of Ayurveda (NIA), Jaipur
11. DHS, SPPU, Pune
12. Translational Health Science and Technology Institute (THSTI), Faridabad
13. Madhavbaug Cardiac Care Clinics and Hospitals, Thane.
14. IIT, Mumbai
15. Office of Cancer Complementary and Alternative Medicine, National Cancer Institute, USA.

D. Publications: Published papers – 07

E. Participation in Workshop/ Seminar by scientists: -

Research officers of this institute participated in various Workshops/training Programme/ Meetings viz., Half-day workshop on "Orientation to design Public health research proposals for grant", World Health Organization (WHO) Traditional Medicine Summit, NABL Awareness Programme, 5th Global Ayurveda Festival, Meeting of the Working Group of NSS 79th round, 'National Cancer Innovation Leadership Initiative [NCiLi]' for India-US Cancer Moonshot Program, SPARROW training for APAR, Project Management of Health Programme by PHFI, 5th National Conference on "Future of Ayurveda 2050", "Development of SOPs for Breeding and Maintenance of Jalauka (Medicinal Leeches), First National Symposium on Integrating Traditional Knowledge in Evidence Based Medicine, Regional Review Meeting to Review the Ayush Programme/ Activities under National Ayush Mission (NAM), Workshop on Pharmacovigilance in AYUSH, ICMR-CCRAS Training on Ethics Guidelines for Biomedical & Health Research Involving Human Participants, Innovate & Patent: Roadmap to Intellectual Property, National Seminar on Exploring New Avenues for Novel Drug Dosage Development and Pharmaceutical R & D in Ayurveda, 'Accelerating

Biology Symposium 2024, BIMSTEC meeting, and National Conclave on Insta pain Management (NCIPM) etc.

F. Library: -

2968 books, 13 journals, 804 bound back volumes, and 177 Hindi books are available. A total of 12 outsiders visited the library for research-related references. The library is having e-Granthalya software from the National Informatics Centre and has Union Catalogue under AYUSH Libraries Network. Sales of Council's publication of Rs. 23,208/- (Twenty-Three thousand two hundred and eight rupees only.).

G. Revenue Generation: -

Rs. 25,05,072/- (Rs. Twenty-five lakhs Five thousand and Seventy-Two rupees only) including Sales of Council's publication.

H. Seminar/ Webinar/ Workshops/ Conferences organized: -

- 1) First NATIONAL Webinar on Health benefits of Millets” as part of celebration of International Year Millets 2023 on 13th June 23 via Google Meet
- 2) This Institute conducted Summer Internship Program under Maharashtra University of Health Sciences, Nashik for the year 2023-24 for 10 students for a period of 2 weeks for 6 various learning goals from 19.06.2023 to 01.07.2023.
- 3) This institute organized Half Day Seminar on “Expanding horizons of health research in Ayush” held on 5th August 2023 at this institute for faculties and postgraduate students of Ayurveda Colleges in Mumbai.
- 4) This institute organized Webinar on “Role of Traditional and Regional Nutritious Food for Health Promotion “as part of Rashtriya Poshan Maah on 27.10.2023 via Google Meet platform.
- 5) This Institutes organized Second National Webinar on “Role of Ayush in addressing Anaemia” as part of Rashtriya Poshan Maah on 29.10.2023 VIA Google Meet.
- 6) This institute successfully conducted two-day Brainstorming event on “Development of Guidelines/ SoPs for Anushastra Vidhi (Agnikarma, Ksharakarm and Siravedha)” on 18-19th Oct 2023 at Hiltop Hotel, Worli, Mumbai. (Detailed report submitted to CCRAS).
- 7) This institute organized a Rajbhasha Hindi half day workshop and Dr Ankush Jadhav, Ex-Assistant Director delivered a lecture on 13th Dec 2023
- 8) This Institute organized first “Oration Program” on occasion of foundation day on 23rd December 2023 at Golden Jubilee Hall, R.A. Podar Medical College (Ayu) and Dr. Rajendra A. Badawe, Professor Emeritus, Former Director, Tata Memorial Center, Mumbai was awarded with the First ‘Oration Award’. Dr. Sampada Sant, Dean, R.A. Podar Medical College, Worli, Mumbai was Present as Chief Guest at the event.

- 9) This institute organized Half Day Pharmacovigilance Awareness Program for ASU & H Drugs on 24th Feb 2024 at YMT Ayurvedic Medical College, Kharghar, Navi Mumbai
- 10) This Institute celebrated Half day Hindi workshop topic on “Hindi language training facilities and eligibility “on 29.02.2024

I. Arogya/Mela/Exhibition/Camp/other activities of the Institute: -

- 1) This institute organized a Fire Service Week from 14th April 2023 to 20th April 2023,
- 2) A special lecture series for awareness regarding “Role of Ayush in management of Mental Health and stress was conducted for the patients in the OPD during June 2023-Aug 2023.
- 3) This Institute organized Swachhata activity of cleaning of terrace of the institute on 6th June 2023.
- 4) This institute organized General medical camp as a part of Azadi ka Amrit Mahotsav 2.0 in June 2023
- 5) This institute organized world Blood Donor Day under AKAM 2.0 at this institute on 14th June 2023
- 6) This institute organized a Free Medical checkup & Health Awareness Camp at, Bhiwandi, Dist-Thane on 16th June 2023
- 7) This institute Celebrated 9th International Day of Yoga on 21st June 2023
- 8) This institute participated in the Exit Engagement Evening organized by Indian Council for Cultural Relations (Ministry of External Affairs, Govt. of India), Zonal Office (W), Mumbai at Videsh Bhavan Auditorium, BKC on 04.07.2023.
- 9) External Audit was conducted by CAG from 24.07.2023 to 28.07.2023 in this Institute.
- 10) This Institute celebrated ‘Har Ghar Tiranga’ campaign during Independence Day on 15.08.2023
- 11) This Institute celebrated National Sports Day 2023 from 21.08.2023 to 29.08.2023.
- 12) This institute organized series of awareness lecture under Rashtriya Poshan Maah at the OPD Level of this institute as part of sensitization activity in Sept 2023
- 13) This institute Celebrated Hindi Rajbhasha Pakhwada day along with organized various competition from 14.10.2023 to 29.10.2023.
- 14) This institute conducted a cleanliness drive, ‘Swachhata Pakhwada – Swachhata Hi Sewa 2023’, on 1st Oct 10.00 AM, as a Tribute to Mahatma Gandhi on the eve of his birthday.
- 15) This institute celebrated Observance of Vigilance Awareness week 2023 from 30th October to 5th November 2023 with the theme “Say no to corruption; commit to the Nation and 3 months campaign 16th August 2023 to 15th November 2023.
- 16) This institute organized Swachhta Pakhwada activities from 16/10/2023 to 31/10/2023
- 17) This institute celebrated Khadi Mahotsav from 02nd Oct, 2023 to 31st Oct, 2023 to promote Khadi, Handloom, Handicrafts Village Industries.
- 18) On occasion of Ayurveda Day Celebration, a series of public lectures were conducted in Nov 2023.

- 19) On occasion of the 8th Ayurveda day 2023 a “non-flame cooking completion”, Drawing completion, Rangoli competition, Debate competition and Quiz competition has been organized at this institute on 3.11.2023
- 20) On occasion of the 8th Ayurveda day 2023 this Institute organized “Ayurveda Pradarshini” at the institute which was inaugurated by the hands of Prof. Vd Raman Ghungaralekar, Director, Directorate of Ayush, Govt of Maharashtra.
- 21) This Institute in collaboration with Dept of Bio-Science Group, Bhabha Atomic Research Centre, Department of Atomic Energy has organized half day event on “Ayurveda for better health” as a part of the 8th Ayurveda Day 2023 celebration with the focal theme “Ayurveda for One Health” on Sunday, 5.11.2023 at “Multi-Purpose Hall, Training School Hostel, Anushaktinagar Mumbai 400094
- 22) “Run for Ayurveda” was organized by this institute in collaboration with State Government, Maharashtra on 7th November 2023 at 6:00 am at Mahalaxmi Race course, Mumbai in the presence of Shri. Dinesh Waghmare IAS Hon’ble Principal Secretary, Medical Education and Drugs Department, Govt. of Maharashtra, and Shri. Rajeev D Nivatkar IAS Hon’ble Commissioner of Medical Education and AYUSH, Govt. of Maharashtra.
- 23) This institute organized the event of celebration of 8th Ayurveda Day 2023 with the focal theme “Ayurveda for One Health” at ACTREC, Tata Memorial Centre, Kharghar, Navi Mumbai on 09/11/2023.
- 24) This Institute arranged Dhanvantari poojan and home havan under 8th Ayurveda Day on 10.11.2023
- 25) This Institute organized lecture on “Sexual Harassment “on 05/12/2023 by Adv Abhishek Mishra.
- 26) As a part of celebration of "International year of millets", this institute organized "Millets rangoli and food recipes competition" at Maratha Mandir Babasaheb Gawade English Medium high school, Worli, Mumbai.
- 27) Swachata Aabhiyan was conducted on 22nd & 27th Dec., 23 at Silver Jubilee Hall of R.A. Podar College, Worli, and at this institute. All the staff participated in cleanliness drive.
- 28) Dr R Govind Reddy Assistant Director (Ayu) In-charge has received Brahmaleen Shri Kamla Kant Tiwari ji memorial Amrit Vaidyam Puraskar 2023.
- 29) This institute celebrated “Vishwa Hindi Divas” on 10.01.2024
- 30) This Institute arranged GeM Training and Communications under (GeM-SPV) team on 24.01.2024.
- 31) This institute participated in the National Arogya Fair in collaboration with AIAC during 19th to 22nd January 2024 at Ram Ganesh Gadkari Rangayatam, Ghantali, Thane.
- 32) This Institute celebrated Republic Day at Institute on 26.01.2024.
- 33) The first meeting of Joint Working Group of CCRAS-TMC was held on 4th March 2024.
- 34) This Institute celebrated “International Women’s Day” on 8th March 2024
- 35) This Institute celebrated “Poshan Pakhwada from 9th March to 23rd March through “Awareness camp on healthy dietary practices (regional and seasonal)”



- 36) Health awareness camp organised by RRAP CARI, Mumbai on 16th March 2024 at Ghatkopar Mumbai as a part of Poshan Pakhwada activities
- 37) Dr R Govind Reddy AD I/C (Ayu) received best paper present prize award at “Shalycon”- 2024 organized by the National Sushruta Association, Telangana at Hyderabad on 29th - 31st March 2024
- 38) Bhoomipoojan of construction of compound wall for upcoming “Integrative cancer research and multi-omics center” at Bhandup, Mumbai was held on 19.10.2023 by the hands of Prof. Vd. R.N. Acharya, DG, CCRAS. The construction work of compound wall is in progress.
- 39) Various meetings held for DPR preparation for Bhandup project at with CCRAS Hqrs, experts from TMC, CPWD and experts in the domain.

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Dr. R. Govind Reddy
Assistant Director (Ayu), In-charge

**Directory of Officers and Employees of R.R.A. Podar Central Ayurveda
Research Institute, Mumbai**

<u>Sr. No.</u>	<u>Name of Officer/Official in position</u>	<u>Name of the Post</u>	<u>Mobile No.</u>	<u>Email Id</u>
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26	V.S. Gaonkar	Chowkidar (MTA)	8108811261	vidhyadhar@ccras.nic.in
27	Shailendra Narayan Tandel	Kitchen Servant (MTA)	9224422009	shailendra@ccras.nic.in
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35	Dilip B. Devrukhkar	Safaiwala (MTA)	9594265760	dilip.d@ccras.nic.in
36	VAIBHAV BAPU TALGAONKAR	MTS	8108406693	vaibhav.t@ccras.nic.in
37	ANILA. M. S	Panchkarma Technician	6282480443	anila.ms@ccras.nic.in
38	Prakash Narsingh Nijai	Assistant	7709823799	nijai.prakash@ccras.nic.in nijai.prakash@gmail.com

**List of Employees with Pay Level & Gross Monthly Remuneration of
R.R.A. Podar Central Ayurveda Research Institute, Mumbai**

Sr. No	EMPLOYEE NAME	LEVEL	GROSS MONTHLY REMUNERATION
1	DR. R. Govind Reddy, A.D.(Ay.)	13 INDEX 11	3,53,178
2	DR. M. S. GUNDETI, R.O.(Ay.)	12 INDEX 10	2,23,596
3	DR. L.W. BHURKE, R.O.(Ay.)	12 INDEX 7	2,05,587
4	DR.S.G. KALE, R.O. (Ay.)	11 INDEX 03	1,70,226
5	DR. KULDEEP CHOUDHARY, R.O. (Ay.)	11 INDEX 03	1,59,426
6	DR. SAYLEE H. DESHMUKH, R.O.(AY.)	11 INDEX 03	1,59,426
7	DR. DATTATRAY D. DIGHE, R.O.(Ay.)	11 INDEX 03	1,59,426
8	SMT.RANJANA SINGH, A.R.O. (Physio)	08 INDEX 22	1,62,399
9	SMT.C. U. DEWASKAR, Lib.& Info. Asstt.	08 INDEX 17	1,40,805
10	SMT.S.S. GHADIGAONKAR, Staff Nurse	08 INDEX 16	1,37,211
11	MS. PREETI DEVI, Staff Nurse	07 INDEX 04	92,430
12	SH. VIJAY SINGH ROHLANIYA, Staff Nurse	07 INDEX 04	92,430
13	SMT. S.E. KADAM, Hindi Asstt.	07 INDEX 20	1,44,876
14	SH. P.N. Nijai, Assistant	06 INDEX 07	80,971
15	MS. TWINKAL K. NALIYAPARA, Pharmacist	05 INDEX 01	57,244
16	SH. S.D. JETHE, Lab. Technician	05 INDEX 16	85,918
17	SH. D. K. BARAVKAR, Lab. Technician	04 INDEX 06	57,952
18	SH. P. P. PARAB, Lab. Technician	06 INDEX 24	1,22,380
19	SH. PIYUSH RANJAN, LDC	02 INDEX 01	37,248
20	MS. ANILA M.S., Panch. Technician	04 INDEX 12	68,041
21	MRS. MIDHULA K.P., Lab. Attdtt.	02 INDEX 06	43,072
22	SH. S.T. JAMSANDEKAR, Panch. Attdtt.	06 INDEX 15	1,00,422
23	SMT. D.D. DESAI, Panch. Attdtt.	05 INDEX 19	93,342



24	SH. R.K. RATHOD, Panch. Attdtt.	03 INDEX 20	73,341
25	SH. R.F.DAS, Cook	03 INDEX 20	73,341
26	SH. S.N. TANDEL, Kitchen Servant	03 INDEX 19	71,394
27	SH. P.B. GHADIGAONKAR, Peon	04 INDEX 17	77,970
28	SH. R.P. SANDGE, Peon	02 INDEX 12	63,960
29	SMT. S.R. BUDKE, Aya	04 INDEX 17	78,120
30	SMT. N.D. DEVRUKHAR, Aya	04 INDEX 17	78,120
31	SH. A.R. KADAM, Ward Boy	04 INDEX 17	78,120
32	SH. D.B. DEVRUKHKAR, Ward Boy	04 INDEX 17	78,120
33	SH. V.S. GAONKAR, Chowkidar	04 INDEX 16	75,846
34	SH. A.J. BARAIYA, Sweeper	04 INDEX 17	78,120
35	SH. V.G. PATIL, M.T.S.	01 INDEX 09	42,381
36	SH. A.B. GHAG, Animal Attdtt.	02 INDEX 18	63,810
37	SH. Y.S. KARBHARI, Sweeper	02 INDEX 18	63,960
38	SH. V.B. TALGAONKAR, M.T.S.	01 INDEX 09	42,531

The Name, Designation, & other Particulars of the Public Information Officer

Dr. R. Govind Reddy

Assistant Director (Ayu), In-charge

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Dr. R. Govind Reddy

Assistant Director (Ayu), In-charge