



# News Bulletin

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## Ayush for Immunity Campaign Kickstarts with Webinar



A Webinar to launch the campaign  
“Ayush for Immunity” on the 14th of August 2020.



### Experts from AYUSH:



Prof. V. K.S. Dhiman,  
Director General (CCRAS)



Dr. Anil Khurana,  
Director General Incharge  
CCRH



Dr. K. Kanakavalli,  
Director-General CCRS



Prof. Asim Ali Khan,  
Director General CCRUM



Dr. I. Basavaraddi,  
Director, MDNIY



Dr. Satyakshmi,  
Director, NIN



Dr. Raghendra Rao,  
Director, CCRYN



Dr. Padma Gurmet,  
Director Incharge, NISR

The Director General, CCRAS along with other eminent dignitaries and Ayush experts enlightened the participants on various aspects of immunity during the webinar organized to launch the ‘AYUSH for Immunity’ Campaign

The Ministry of AYUSH on the 14<sup>th</sup> August, 2020, launched a 3 month campaign “Ayush for Immunity” aimed at increasing awareness about Ayush practices that help to enhance immunity. A webinar was organized to mark the launch of the campaign. The dignitaries who spoke on the occasion included spiritual leader Gurudev Sri Sri Ravi Shankar, Secretary (AYUSH) Vaidya Rajesh Kotecha, Fitness Icon Shri Milind Soman, Director of All India Institute of Ayurveda, Prof. Tanuja Nesari and Technical officer from WHO Dr. Geetha Krishnan.

Public engagement and interactions were high in the webinar, through Q&A sessions in between presentations. Questions asked by various attendees were addressed by the Panel

“The e-event received a massive response with nearly 60,000 viewers attending it live.”

of experts for the event. The panel included Prof. Vd. K.S. Dhiman, Director General, Central Council for Research in Ayurvedic Sciences (CCRAS); Dr. Ishwar V. Basavaraddi, Director, MDNIY; Dr. Satyalakshmi Komarraju, Director, NIN; Dr. Padma Gurmet, Director, NISR; Dr. Raghvendra M. Rao, Director, CCRYN; Prof. Asim Ali Khan, Director General, CCRUM; Dr K. Kanakavalli, Director General, CCRS; and Dr. Anil Khurana, Director General Incharge, CCRH. The experts addressed the questions and highlighted the key steps that can be taken to remain healthy through simple practices. They shared their experiences and findings, within a scientific framework, with the public.

The Webinar was staged at Ayush Virtual Convention Center (AVCC), the new digital communication platform of the Ministry. The event was also streamed live on the official Facebook handle of Ministry of AYUSH and observed a total live viewership of 60,000 people.

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

### MSRARIED, Jaipur



Under THCRP programme, Dr. Omprakash Karwasara, SRF delivering lectures on 'Immunity through Ayurveda' to general public at Kachotiya Village, Dist. Pratapgarh.



Under RCH-SCSP programme, Dr. Nidhi Sharma, SRF delivering lecture on 'Immunity through Ayurveda' at Village-Udaipuria, Jaipur

### RARIND, Mandi



The team of experts from RARIND, Mandi conducting Prophylactic Study in COVID-19 containment zone of Joginder Nagar, Mandi

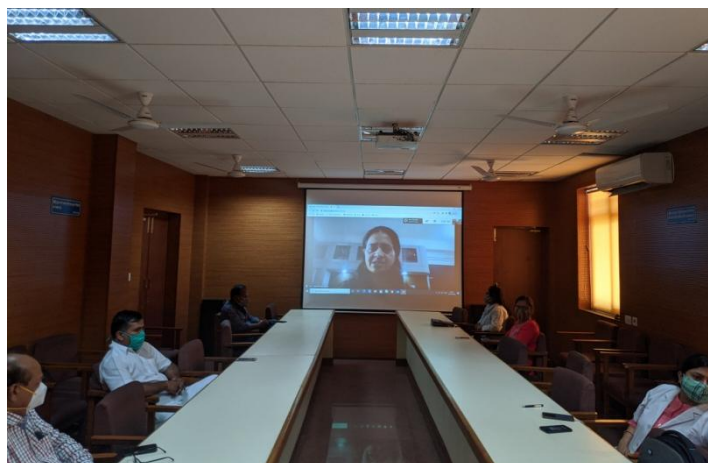
- The 30<sup>th</sup> day follow up of prophylactic study in the COVID- 19 containment zone of Joginder Nagar was conducted by the research team of the institute from 10<sup>th</sup> July, 2020 to 17<sup>th</sup> July, 2020. A 45<sup>th</sup> day follow up of the same study was done telephonically from 25<sup>th</sup> July, 2020 to 1<sup>st</sup> August, 2020.
- PFT Spirometry Camp was organized under Tamaka Swasa project at 3<sup>rd</sup> Reserve Battalion Headquarters, HP Police, Pandoh on 14<sup>th</sup> July, 2020 in which 80 participants were scrutinized

## IEC, Awareness Programmes and Arogya Mela

### MSRARIED, Jaipur



Dr. B. R. Meena, A.D. Incharge, addressing to the webinar on 'Ayush for Immunity' through video conferencing on 22<sup>nd</sup> September, 2020 at MSRARIED, Jaipur.



Madam Rachna Sharma, Project Coordinator, Vishakha Organisation delivering lecture during workshop on 'Provision of the Law Pertaining to Sexual Harassment of Women at Work Place Act 2013 through video conferencing on 30<sup>th</sup> September, 2020.

- The institute organized a webinar on 'Ayush for Immunity' on 22<sup>nd</sup> September, 2020 in which Dr. S. K. VEDI, R. O. (Ay.); Dr. V. B. Kumawat, R. O. (Ay.); Dr. Swati Sharma, R. O. (Ay.); Dr. Monika Kumari, R.O. (Ay.) and Dr. Suhas A. Chaudhary, R.O. (Ay.) delivered lectures to the participants.
- Workshop on the 'Provision of the Law Pertaining to Sexual Harassment of Women at Work Place Act 2013 (Prevention, Prohibition and Redressal)' was organized by the institute through video conferencing on 30<sup>th</sup> September, 2020. Dr. B.R. Meena, Assistant Director I/c and Dr. Monika Kumari, R.O. (Ay.) addressed the Workshop. Madam Rachna Sharma, Project Coordinator, Vishakha Organization, participated as a resource person and delivered lectures to the participants during the workshop.

### RARIND, Mandi

- Under 'AYUSH for Immunity' campaign various awareness lectures on enhancing immunity through various measures i.e. *Dincharya*, *Ritucharya*, *Ahaar Vidhi*, *Sadvritta*, *Achar Rasayana* etc. were delivered on OPD basis to the patients and visitors of the institute along with free distribution of IEC material.
- A webinar on 'Ayurveda for Immunity' was organised on 19<sup>th</sup> September, 2020 where speakers from within and outside of the institute presented their views related to role of Ayurveda in boosting immunity during Covid 19 pandemic.

## CARICD, Delhi



View of various awareness sessions delivering during 'AYUSH for Immunity Campaign' at CARICD, Delhi

'Ayush for Immunity' Campaign was observed in the institute from 10<sup>th</sup> September, 2020. Various awareness sessions were conducted on regular basis to OPD patients for boosting their immunity and keeping their body healthy. Demonstration of medicinal plants was also organized in the institute.

## RARI, Ranikhet



View of public lecture delivering during AYUSH for Immunity Campaign at RARI, Ranikhet

Various activities related to the 'AYUSH for Immunity' campaign were organized by Regional Ayurveda Research Institute, Ranikhet from 8<sup>th</sup> September, 2020. Public lectures on different topics related to 'AYUSH for Immunity' delivered by the officers of the institute. Ayurveda based counseling and lifestyle advocacy for boosting Immunity through O.P.D. services were provided to the patients who had visited the institute for their health-related problems. Medicinal plants having immunomodulatory properties were exhibited in the OPD premises, to make aware about their identification and uses to the public. Also, a banner regarding the campaign was placed outside OPD premises for creating awareness among patients. Saplings of medicinal plants such as Guduchi, Amlaki etc. were distributed to the patients attending the OPD.

## NIIMH, Hyderabad

A Conference through virtual mode was organized by the institute on the topic titled 'The provision of the Law Pertaining to sexual harassment of women at work place' with Sh. Ambadipudi Madhava Rao, Senior Advocate, NIIMH-IEC Member on 21<sup>st</sup> September, 2020 in the Institute.

## **RARI, Thiruvananthapuram**

Under ‘AYUSH for Immunity’ campaign, the institute conducted various awareness sessions on Immunity, its Importance, means to improve immunity, Rasayana, food habits to increase immunity and importance of healthy lifestyle in improving immunity were organized for OPD patients, common public and staff. An exhibition and distribution of Medicinal Plants were organized in the hospital premises and IEC material related to Immunity, Rasayana, and importance of healthy diet were also distributed.

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

### **MSRARIED, Jaipur**

- Dr. Monika Kumari, R.O. (Ay.) attended webinar series on Common GIT problems in children and their management on 6<sup>th</sup> July, 2020; understanding the *shat kriya kala* on 7<sup>th</sup> July, 2020 and understanding the concept of *Panchamahabhuta* in Ayurveda on 08<sup>th</sup> July, 2020 organized by Mandsaur Institute of Ayurveda Foundation and Research, Mandsaur, Madhya Pradesh.
- Dr. Monika Kumari, R.O. (Ay.) participated in the International webinar on ‘Scientific understanding of *Samhita*’ held on 25<sup>th</sup> July, 2020 organized by Dept. of Samhita Sanskrit and Siddhant, Institute of Medicine, Tribhuvan University, Kathmandu, Nepal.
- Dr. Monika Kumari R.O. (Ay.) and Dr. Swati Sharma R.O. (Ay.) attended a webinar on training for Svasthya Assessment Scale (SAS) on 16<sup>th</sup> September, 2020 organized by CCRAS, Headquarters. On 18<sup>th</sup> September, 2020 all the Research Officers of the institute were trained about SAS scale.

### **RARIND, Mandi**

- Dr. Vineeta Negi, R.O. (Ay.) and Dr. Kavita Vyas, R.O. (Ay.) participated in a meeting organized by CCRAS headquarters through video conferencing to review the status of ongoing project “prophylactic study in COVID-19 containment zone of Joginder Nagar on 14<sup>th</sup> July, 2020.
- Dr. Vineeta Negi R.O. (Ay.) and Dr. Kavita Vyas, R.O. (Ay.) participated in a meeting organized by CCRAS headquarter through video conferencing for the project ‘Validation and Reliability testing of Ayurveda diagnostic tools on *Prameha Roga*’ on 23<sup>rd</sup> July, 2020.
- Dr. Vikas Nariyal, R.O. (Ay.) participated in a national webinar on ‘Understanding of Covid-19 according to Ayurveda’ organized by PG department of Kayachikitsa, NIA, Jaipur on 19<sup>th</sup> August, 2020.
- A webinar organized by the institute under ‘Ayush for Immunity’ campaign on topic ‘Ayurveda for Immunity’ on 19<sup>th</sup> September, 2020.

### **NIIMH, Hyderabad**

- Dr. T. Saketh Ram, R.O. (Ay.), delivered a Guest lecture on ‘Use of IT tools in Ayurveda’ to PG/Ph.D. Scholars of PG department of Stree, Prasuti and Samhita, Siddhant Departments of NIA, Jaipur on 26<sup>th</sup> August, 2020 through Video Conferencing.
- Dr. T. Saketh Ram, R.O. (Ay.) has attended video conference meeting with Digital India team for AyuSoft on 18<sup>th</sup> August, 2020 to discuss about up-gradation of AYUSH soft to web version.

## Hindi Pakhwada and Workshops

The Council conducted various activities for the implementation of the Official Language Policy of the Official Language Department, M/o Home and External affairs, Govt. of India. As part of this venture, Hindi Pakhwada from 1<sup>st</sup> to 14<sup>th</sup> September, 2020 and one day Hindi Karyashala was organized by all the peripheral Institutes of the Council. Glimpse of some of the activities are:



**Dr. D. Sudhakar reading the message of Secretary, MoAYUSH, Gol and DG, CCRAS on the occasion of Hindi Divas on 14<sup>th</sup> September, 2020 at NARIP, Cheruthuruthy**



**View of Hindi Divas celebrations at CARIRD, Patiala**



**Dr. Vikas Nariyal, RO (Ay.) quoting hindi meaning of some English words commonly used in official work on the occasion of Hindi Karyashala at RARIND, Mandi**



**Dr. P.L. Bharti, R.O. In-charge, addressing on the occasion of Hindi Divas at RARIGID, Guwahati**



**RARI, Ranikhet celebrating Hindi Pakhwada by presenting different Hindi compositions on the occasion of Hindi Divas on 14<sup>th</sup> September, 2020**



**Dr. P.V.V. Prasad addressing the Officers and staff of the Institute during Hindi Workshop on 28<sup>th</sup> September, 2020**

## Poshan Maah Celebration

September month was celebrated as “National Nutrition Month”. Various activities including awareness sessions on nutritional related topics to the patients/ common public and in the outreach programmes were conducted in all the peripheral institutes of the Council. Glimpse of some of the activities are:



**Dr. S.K. Vedi, R.O. (Ay.) delivering lecture on 'Malnutrition among Children' to OPD patients at MSRARIED, Jaipur**



**Dr. Monika Kumari, R.O. (Ay.) delivering lecture on 'बालकों में कुपोषण के कारण एवं निदान' to OPD patients at MSRARIED, Jaipur**



**Dr. Bharti, Director Institute delivering lecture on the occasion of Poshan Maah at CARICD, New Delhi on 04<sup>th</sup> September, 2020**



**Yoga Camp was organized at CARICD, New Delhi as a part of Poshan Maah on 15<sup>th</sup> September, 2020**



**Dr. Padma Gurmet, Director explaining research on Greenhouse cultivation of cereals & vegetables during the cold and barren winter months during Poshan Maah at NRISR, Leh**

## Appointment/Promotions/Retirements

### MSRARIED, Jaipur

- Dr. V. B. Kumawat, Research Officer (Ay.) transferred from RARIDD, Gwalior and joined the institute on 03<sup>rd</sup> August, 2020.
- Dr. B.R. Meena, Assistant Director, transferred from RARIID, Patna and joined the institute as Institute Incharge on 05<sup>th</sup> September, 2020.
- Dr. K.K. Singh, Assistant Director, has been transferred to RARIID, Patna on 11<sup>th</sup> September, 2020.

### RARIND, Mandi

- Dr. Rajesh Sannd, AD (Ay.), appointed as Assistant Director, Incharge of RARIND, Mandi on 29<sup>th</sup> July, 2020.
- Dr. Vikas Nariyal, Research Officer (Ay.) deputed to the Ministry of AYUSH, New Delhi on 28<sup>th</sup> September, 2020.

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