



अखिल भारतीय आयुर्वेद संस्थान ALL INDIA INSTITUTE OF AYURVEDA

(आयुष मंत्रालय भारत सरकार के अंतर्गत स्वायत्त संस्थान)

(An Autonomous Organization under the Ministry of AYUSH Govt. of India)

प्रो. (डॉ.) तनुजा मनोज नेसरी

Prof. (Dr.) Tanuja Manoj Nesari

एम. डी. (द्रव्यगुण), पीएचडी. (आयुर्वेद द्रव्यगुण)/

MD (Dravyaguna), PhD (Ayurveda Dravyaguna)

Date: 11/04/2019

National Institute of Ayurveda, Jaipur is the premier autonomous Institute, under the Ministry of AYUSH, Government of India in the field of Ayurvedic learning, training, research and patient care of the country. NIA is a benchmark brand in teaching and training of Ayurveda not only in India but globally. This Institute has pioneered many path breaking activities in Ayurveda and all colleges and Institutes look forward to NIA as a leader in Ayurveda education, research and training. It has remained the torch bearer of improvement and innovation in Ayurveda education giving scientific fillip while keeping the classical texture of Ayurveda intact.

I have visited NIA several times in various capacities like Statutory Inspector of the Government of India, Resource Person, Examiner, Technical Expert in Interviews, etc. During these visits I have minutely observed the philosophy, functioning and activities of this Institute and found them to be quite impressive. I have also closely interacted with the officials and faculties of the Institute often to notice the wonderful vision oriented team work of this Institute. I personally always found Model NIA worth emulating.

The Institution has been delivering academic excellence from the time of its inception as can be inferred from the shining luminaries NIA has produced in the field of Ayurveda. To its credit NIA has produced Revered Vice Chancellors, Able Administrators, Excellent Faculties, Sought-after Clinicians, Leading Researchers, Successful entrepreneurs, etc. who has and has been serving the humanity.

The ancient nature of Ayurveda and contemporary research validation process needs a delicate balance so that the global acceptance of Ayurveda is enhanced through but the original ancient uniqueness is not also compromised. I feel, NIA has achieved this objective with a fair degree of success. NIA has been successfully preserving and enhancing the cultural heritage and traditional knowledge strength of India.

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Any science needs to remain time relevant and this requires continuous innovations in its research, education and training. NIA has been successfully integrating innovations in its pursuits to keep its men and methods highly useful in contemporary era. This Institute adds more in its teaching and training – both in terms of content and methodology, to the conventional degree curricula (BAMS, M.D / M.S / Ph.D) so that its students acquire more than rest. At the same time NIA has developed and imparts many informal short term courses for various sections of the interested learners of Ayurveda, which has enhanced the awareness and practice of Ayurveda significantly.

It is my observation that NIA has many rational ideas in Ayurveda Education for effective increase in awareness and practice of Ayurveda for the betterment of health of the humanity and contribute to the strategic requirement of the country by minimizing the health budget of the country through prevention – preservation – promotion of health. But, owing to the fact that because NIA belongs to the conventional university affiliation system and lacks academic autonomy it has not been able to perform to its true potential in the field of Ayurveda Education and Training. If NIA is granted academic autonomy, I am confident it will be able to achieve much more than present in terms of enrichment of cultural heritage and Indian knowledge system. Such an autonomy will also pave the path for NIA to effectively and more meaningfully contribute to the strategic needs of the country by improving the health status of the population.

I recommend NIA may be granted Deemed to be University Status under *De Novo* category.



Prof. Tanuja Nesari,
Director, AIIA & CEO, NMPB,
New Delhi





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Date: 11/04/2019

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I have got opportunities to visit NIA several times in various capacities like CCIM Inspector, Resource Person, Examiner, etc. During these visits I have closely observed the approach, operation and activities of this Institute and found them to be worth emulating. My interaction with the officials and faculties of the Institute prompt me appreciate the robust vision oriented team work of this Institute.

The Institution has proud alumni who are adorning the posts of Vice Chancellors, Administrators, Faculties, Clinicians, Researchers and successful entrepreneurs. I feel, NIA has achieved the objective of achieving the balance between scientific exploration and validation while preserving the ancient uniqueness of Ayurveda. Therefore NIA has been successfully preserving and enhancing the cultural heritage and traditional knowledge strength of India.

NIA has been successfully integrating innovations in its pursuits to keep its men and methods highly useful in contemporary era. This Institute adds more in its teaching and training – both in terms of content and methodology, to the conventional degree curricula (BAMS, M.D / M.S / Ph.D) so that its students acquire more than rest. At the same time NIA has developed and imparts many informal short term courses for various sections of the interested learners of Ayurveda, which has enhanced the awareness and practice of Ayurveda significantly.

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It is my observation that though NIA has been striving hard for the betterment of health of the humanity and contribute to the strategic requirement of the country by minimizing the health budget of the country through prevention – preservation – promotion of health but its effort are constrained by the lack of academic autonomy. Therefore, NIA is not able to perform and contribute to its true potential in the field of Ayurveda Education and Training.

I am of the strong opinion that academic autonomy will enable NIA to achieve much more than present in terms of enrichment of cultural heritage and Indian knowledge system and also pave the path for NIA to effectively and more meaningfully contribute to the strategic needs of the country by improving the health status of the population.

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Prof. Mahesh Vyas
Dean (Academic)
AIIA, New Delhi.

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AIIA, New Delhi



Dr Mukul Patel M.D.(Ano-rectal)Ay;FAMS
Consulting Proctologist

Specialist in Piles, Fissure, Fistula & Ano-rectal diseases

Swaminarayan complex, Opp. Majuragate traffic circle Ring road Surat

Tel +91261 2462626,6544944 Web: www.proctocure.com Email: drmukul@proctocure.com

Date: 15.4.2019

To,

The Director

National Institute of Ayurveda – Jaipur

We hereby take the liberty to introduce my self , I dr Mukul Patel practicing as a consultant proctologist in Gujarat Surat and the Chef adviser in **Sushrut Proctology Association**.

The Sushrut Proctology Association was formed about 8 years back with the following objectives.

- Promoting & propagating Ayurveda practices of Ano-rectal field and sharing of knowledge & practical skills of the field among its members.
- To organize seminars, workshops, updates etc.
- To inspire, help & support students & new practitioners of the field.
- To conduct free diagnostic camps, especially in rural & tribal areas, for providing the best treatments to the under privileged people of the society.
- To help academic institutions across the country and the university to help them to develop the best education and surgical skill, and to help the academic level higher.

Sir, National Institute of Ayurveda, Jaipur is the premier autonomous Institute, under the Ministry of AYUSH, Government of India in the field of Ayurvedic learning, training, research and patient care of the country. NIA is a leading Institution in teaching and training of Ayurveda not only in India but globally. This Institute has pioneered many innovations in Ayurvedic learning like ano-rectal surgery. I appreciate the seamless integration of science and technology with ancient surgical principles practiced by NIA.

As Chairperson of the Indian Proctological Society I have had chance to visit and interact with the distinguished staff NIA and found their commitment to uphold the Ayurvedic knowledge system in the contemporary era as exemplary. The Institute recognizes the fact that the knowledge of unique strengths of Ayurveda needs to be spread vigorously and meaningfully so as to contribute the national health goals.

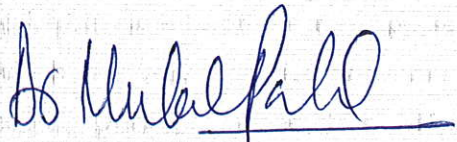
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NIA from time to time runs a specialized course on Management of ano-rectal diseases by Ksharsutra which is a very effective and unique Ayurvedic method and many have been benefitted from the course. During my interaction, NIA staff expressed the view they wish to run such specialized courses as statutory courses rather than certificate courses so that the readers can harness the knowledge and skills acquired.

But, owing to the fact that because NIA belongs to the conventional university affiliation system and lacks academic autonomy it has not been able to perform to its true potential in the field of Ayurveda Education and Training. If NIA is granted academic autonomy, I am confident it will be able to achieve much more than present in terms of enrichment of cultural heritage and Indian knowledge system. Such an autonomy will also pave the path for NIA to effectively and more meaningfully contribute to the strategic needs of the country by improving the health status of the population.

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वैद्य जयन्त यशवन्त देवपुजारी
अध्यक्ष
Vaidya Jayant Yeshwant Deopujari
PRESIDENT



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भारतीय चिकित्सा केन्द्रीय परिषद्
भारत सरकार, आयुष मंत्रालय, नई दिल्ली
CENTRAL COUNCIL OF INDIAN MEDICINE
Ministry of AYUSH, Government of India, New Delhi

DO:20-1/2019/CCIM

Dated 12.4.2019

TO WHOM IT MAY CONCERN

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I have visited NIA as a visitor of CCIM, during my visits I have observed the functioning and activities of this Institute and found them to be quite impressive. The Institution has been delivering academic excellence from the time of its inception as can be inferred from the shining luminaries NIA has produced in the field of Ayurveda.

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I recommend NIA may be granted Deemed to be University Status under De Novo category.

Vaidya Jayant Yeshwant Deopujari
President, CCIM

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प्रो. आर. के. कोठारी
Prof. R. K. Kothari

कुलपति
Vice-Chancellor

राजस्थान विश्वविद्यालय, जयपुर
University of Rajasthan, Jaipur
April 12, 2019

TO WHOM IT MAY CONCERN

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The Institution has been delivering academic excellence from the time of its inception as can be inferred from the shining luminaries NIA has produced in the field of Ayurveda. The ancient nature of Ayurveda and contemporary research validation process needs a delicate balance so that the global acceptance of Ayurveda is enhanced without compromising its originality. NIA has been successfully preserving and enhancing the cultural heritage and traditional knowledge strength of India.

NIA has been successfully integrating innovations in its pursuits to keep its men and methods highly useful in contemporary era. This Institute adds rigorously to its teaching and training – both in terms of content and methodology. At the same time NIA has developed many informal short term courses for various sections of the interested learners of Ayurveda, which has enhanced the awareness and practice of Ayurveda significantly.

It is my observation that NIA has sustained many rational ideas in Ayurveda Education for effective increase in awareness and practice of Ayurveda for the betterment of health of the humanity and contribute to the strategic requirement of the country by minimizing the health budget of the country through prevention – preservation – promotion of health. If NIA is granted academic autonomy, I am confident it will be able to achieve much more in terms of enrichment of cultural heritage and Indian knowledge system. Such an autonomy will also pave the path for NIA to effectively and more meaningfully contribute to the strategic needs of the country by improving the health status of the population.

I recommend NIA may be granted "Deemed to be University Status" under De Novo category.

R. K. Kothari
(R.K. Kothari) 17-4-19

Prof. Banwari Lal Gaur

Former Director,
National Institute of Ayurveda, Jaipur
Former Vice-Chancellor,
Rajasthan Ayurveda University, Jodhpur

To whom it may concern?

इस शाश्वत आयुर्वेद के तीन ज्ञानोपाय कहे गये हैं - अध्ययन, अध्यापन एवं तद्विद्यसंभाषा । इन तीनों के माध्यम से आयुर्वेद का अध्ययन एवं अध्यापन गुरु-शिष्य परंपरा के माध्यम से प्राचीन काल से ही होता आया है। उन्नीसवीं शताब्दी में भारत वर्ष में आयुर्वेद का शालीनस्वरूप अधिक समुन्नत रूप में प्रचलित हुआ । इस विधा में सन् 1865 ई. में जयपुर में महाराजा संस्कृत महाविद्यालय की स्थापना हुई । जिसमें संस्कृत व्याकरण, साहित्य, ज्योतिष, वेद आदि विषयों के साथ आयुर्वेद का भी अध्यापन उच्चकोटि के विद्वानों के द्वारा करवाया जाने लगा । जिसका माध्यम संस्कृत था । इस महाविद्यालय में समुन्नत आयुर्वेद-विभाग सन् 1946 ई. में स्वतन्त्र आयुर्वेद महाविद्यालय के रूप में संस्थापित हुआ ,जिसने सम्पूर्ण देश में प्रतिष्ठा प्राप्त की ।

अपनी अध्यापकीय और चिकित्सकीय श्रेष्ठता के कारण यह महाविद्यालय सन् 1976 ई. में भारतवर्ष के प्रथम राष्ट्रीय स्तर के आयुर्वेद संस्थान के रूप में परिणत हुआ । उत्तरोत्तर स्वतन्त्र इकाई के रूप में अधिक अधिकारों के साथ क्रम से समुन्नत इस संस्था ने अध्ययन-अध्यापन और अनुसंधान में न केवल भारतवर्ष में अपितु विश्व के अनेक प्रतिष्ठित देशों में अपने वैशिष्ट्य को अपने श्रेष्ठ शिष्यों के माध्यम से ज्ञापित करवाया । इस संस्था ने उच्चकोटि के विद्वान् अध्यापक, अनुसंधानप्रवण आयुर्वेदीय वैज्ञानिक और पीयूषपाणि दक्ष चिकित्सक दिये हैं । अनेक विश्वविद्यालयों के कुलपति पद को यहाँ के सम्मान्य अध्यापकों ने सुशोभित किया है ।

इस संस्था में राष्ट्रीय और अंतर्राष्ट्रीय स्तर की परमोपयोगी अनेक संभाषा-परिषद् भी आयोजित की गई हैं यहाँ का अंतरंग और बहिरंग चिकित्सालय ख्याति प्राप्त स्वरूप में प्राणाभिसर चिकित्सकों के माध्यम से चिकित्सा प्रदान कर प्राणियों के आधिभौतिक एवं आधिदैविक कष्टों को दूर कर रहा है साथ ही आध्यात्मिक तादात्म्य को भी मानव समूह में संस्थापित करने में सफल रहा है। इसका एक मात्र कारण यहाँ की विश्वस्तर की अध्ययन अध्यापन और तद्विद्यसंभाषा संबंधी सुविधायें हैं ।

अत्यंत ही सम्मुन्नत इस संस्था की राजस्थान आयुर्वेद विश्वविद्यालय से सम्बद्धता अन्य अनेक महाविद्यालयों के साथ है जहाँ इस की स्थिति सर्वोत्कृष्ट अग्रगण्य संस्था के रूप में है । विश्वविद्यालय-संबंधी संपूर्ण क्रियाकलापों की परिपूर्ति अन्य महाविद्यालयों की सहभागिता के अनुरूप विश्वविद्यालय के द्वारा दक्षतापूर्वक की जाती रही है । किन्तु अनेक उपक्रमों में राष्ट्रीय आयुर्वेद संस्थान त्वरित गति एवं पृथक् स्वरूप की व्यवस्थाओं की अपेक्षा करता है, जो सम्भव नहीं हो पाती । यदि इसके लिए इसे पृथक् मानित विश्वविद्यालय के रूप में संस्थापित और संस्वीकृत कर दिया जाये तो यह और भी अधिक उन्नत क्रम में शीघ्रतापूर्वक आयुर्वेद-जगत् को अध्ययन, अनुसंधान और चिकित्सकीय दक्षता प्रदान करने में अपनी सन्निहित सामर्थ्य को प्रदर्शित कर सकता है ।

अध्ययन, अध्यापन, अनुसंधान, चिकित्सा और प्रशासकीय कार्यों के माध्यम से मैं इस संस्था से लगभग 54 वर्षों से जुड़ा हुआ हूँ । मैंने अनुभव किया है कि जब जब यह संस्था क्रमोन्नत हुई है तब तब अपनी संचित प्रतिभा से आयुर्वेदजगत् को चमत्कृतरूप से समृद्ध किया है । यदि इस संस्था को मानित विश्वविद्यालय का स्तर प्रदान किया जाता है तो यह आयुर्वेद-जगत् के लिए उन्नत मार्ग प्रशस्त करने वाला शुभफलप्रद कदम होगा ।



प्रो. बनवारी लाल गौड़

पूर्व निदेशक, राष्ट्रीय आयुर्वेद संस्थान, जयपुर

एवं

पूर्व कुलपति, डा. एस.आर.राजस्थान आयुर्वेद विश्वविद्यालय, जोधपुर

दिनांक 18.4.2019

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Prof. S.N. Gupta

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Head, Academic Advisory Board

European Academy of Ayurveda, Birstein (Germany)

Date: 26-4-2019

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Prof. S.N. Gupta

Prof. Arpan Bhatt

Head Department of Swasthavritta and Yoga

Gulabkunverba Ayurved Mahavidyalaya

Gujarat Ayurved University

Jamanagar (Gujarat) - 361008

Date: 26-4-2019

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उत्तराखण्ड आयुर्वेद विश्वविद्यालय

UTTARAKHAND AYURVEDA UNIVERSITY

(उत्तराखण्ड सरकार का स्वायत्तशासी निकाय, भारतीय विश्वविद्यालय संघ (ए.आई.यू.) की सदस्यता प्राप्त)
(An Autonomous Body of Uttarakhand Government, Registered u/s 2(f) of UGC Act, 1956, Member of AIU)

रेलवे रोड़, हरवाला, देहरादून (उत्तराखण्ड) – 248001
Railway Road, Harrawala, Dehradun (UK) - 248001

Phone : +91-135-2685993

Fax : +91-135-2685124

प्रोफेसर (डॉ.) अभिमन्यु कुमार
PROF. (Dr.) ABHIMANYU KUMAR
कुलपति/Vice-Chancellor

Date: 29-4-2019

TO WHOME IT MAY CONCERN

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(PROF. ABHIMANYU KUMAR)

PROF. KISHOR PATWARDHAN

*Professor,
Department of Kriya Sharir
Faculty of Ayurveda
Institute of Medical Sciences
Banaras Hindu University
P.O Lanka, VARANASI-221005*

Date: 07-05-2019

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(PROF. KISHORE PATWARDHAN)



PROF. (Dr.) SHRIRAM S. SAVRIKAR

Former Vice-Chancellor

Gujarat Ayurved University, Jamnagar

14/A-3, Govt. Colony, Keshavrao Khade Marg

Haji Ali, NEW MUMBAI-

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Dean & HoD, Dept. of Rasashastra & Bhaishajya Kalpna

All India Institute of Ayurveda

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NEW DELHI-110076

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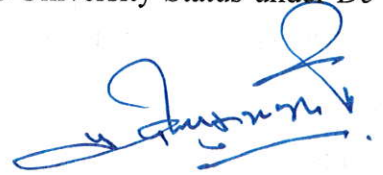
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(PROF. P.K. PRAJAPATI)



PROF. (Dr.) M.S. BAGHEL

Former Director

IPGT & RA,

C-101 Unique Towers, Mahal Gaon

Near Pratap Nager, Sector 26

JAIPUR-302017

Date: 07-05-2019

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(PROF. M.S.BAGHEL)

PROF. MANJARI DVIVEDI

*Former Professor,
Strirot Prasuti, BHU, Varanasi
Kalyanika Himalaya Devasthanam,
Vill- Kanra Dole, P.O.-Chaikhan,
District- Almora-263625
UTTARAKHAND*

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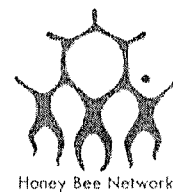
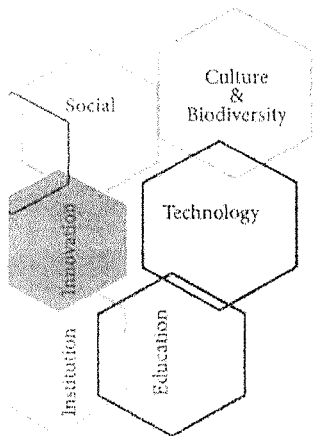
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(PROF. MANJARI DVIVEDI)



prof anil k gupta

Founder: Honey Bee Network, SRISTI, GIAN & NIF
Visiting Faculty, IIM A & IIT B
CSIR Bhatnagar Fellow 2018-21

TO WHOMSO EVER IT MAY CONCERN

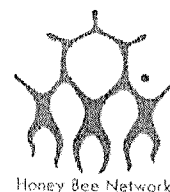
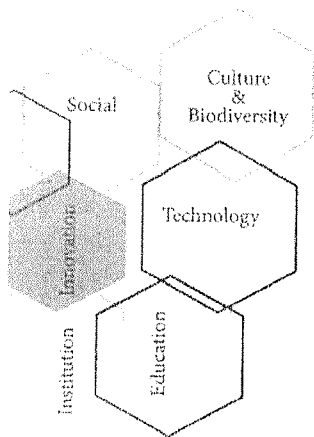
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Pg. 1 of 3



prof anil k gupta

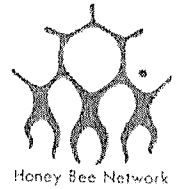
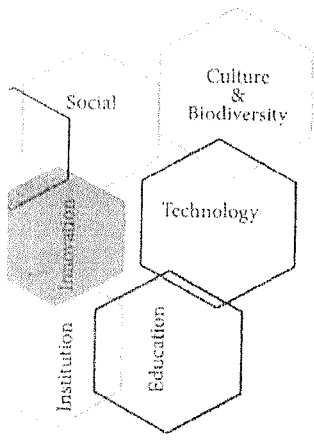
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Pg. 2 of 3

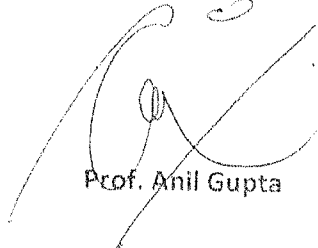


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Visiting Faculty, IIM A & IIT B
CSIR Bhatnagar Fellow 2018-21

NIA belongs to the conventional university affiliation system. Because of lack academic autonomy, it has not been able to perform to its true potential in the field of Ayurveda Education, Research and Training. If NIA is granted academic autonomy, I am confident it will be able to achieve much more than present in terms of enrichment of cultural heritage and Indian knowledge system. Such an autonomy will also pave the path for NIA to effectively and more meaningfully contribute to the attainment of National Strategic Goal of Affordable Health for all by improving the health status of the population.

I strongly recommend that NIA may be granted Deemed to be University Status under *De Novo* category.



Prof. Anil Gupta

Pg. 3 of 3





NATIONAL INSTITUTE OF AYURVEDA

Draft Minutes of the 1st Meeting of Scientific Advisory Committee held on 17-7-2019 under the Chairmanship of Prof. M.S. Baghel, Former Director of IPGTRA, Jamnagar at NIA, Jaipur.

P R E S E N T

1.	Prof. M.S. Baghel		Chairman
2.	Prof. Mahesh Chandra Sharma	Ayurveda Expert	Member
3.	Prof. Ram Manohar	Ayurveda Expert	Member
4.	Prof. Bhushan Patwardhan	Pharmacologist	Member
5.	Prof. B. Ravi Shankar	Pharmacologist	Member
6.	Dr. D. R. Nag	Botanist	Member
7.	Dr. Rajesh Sharma	Modern Clinician	Member
8.	Dr. Uma Shankar Agrawal	Modern Clinician	Member
9.	Prof. R. M. Pandey	Biostatistician	Member
10.	Dr. Kamallesh Kumar Agrawal		Member
11.	Prof. Sanjeev Sharma		Member-Secretary

Members who could not attend the Meeting:

NIA Officers:

Heads of the Departments

1.	Prof. K. Shankar Rao	HOD of Rasa Shastra
2.	Prof. Mita Kotecha	HOD of Dravya Guna
3.	Prof. Ram Kishore Joshi	HOD of Kayachikitsa
4.	Prof. P. Hemantha	HOD of Shalya Tantra
5.	Prof. Bharati Mangalam	HOD of Prasuti & Stri Roga
6.	Prof. Kedar Lal Meena	HOD of Maulik Siddhanta
7.	Prof. Kamallesh Kr. Sharma	HOD of Swastha Vritta
8.	Prof. Omprakash Dadhch	HOD of Sharir Kriya
9.	Prof. Pawan Kumar Godatwar	HOD of Roga & Vikriti Vigyan
10.	Prof. Samsha Fiaz	HOD of Shalakya Tantra
11.	Prof. Sunil Jaiswal	HOD of Rachana Sharir
12.	Prof. Anita Sharma	HOD of Agad Tantra
13.	Dr. Nisha Ojha	HOD of Bala Roga
14.	Dr. Gopesh Mangal	HOD of Panchakarma

At the outset, Prof. Sanjeev Sharma, Member-Secretary welcomed the Chairman and Members of the Committee. In his welcome address, he briefed about the history of the Institute, major

achievements and initiatives taken by the Institute in the field of teaching, training, patient care, publication and research. In his introductory remarks he pointed out that it was an auspicious coincidence that the first meeting of Scientific Advisory Committee was being organised on the next day of Guru Poornima. The first meeting of SAC was being attended by all the Members in a manner of scientific festival. He hoped that the multidisciplinary team of distinguished experts with outstanding repute will definitely play a vital role in the field of development of research activities based on up-to-date science and evidence and ensure that the Institute is marching towards a scientific world in a right manner by adopting vital research methodology. The valuable inputs, suggestions and advices of SAC will pave a way for the Institute to start scientific journey in right earnest henceforth.

In his opening remarks, Prof. M.S. Baghel, Chairman appreciated the initiatives of the Institute and emphasized the Institute should follow the scientific evidence based research methodology as per ICMR and WHO Guidelines. Funding should not taken as an obstruction in conducting good quality research. The result oriented research work can be taken up without involving any funding agency. He reiterated that this Institute has an average OPD Patients of 1000-1200 Per Day and having Bed Occupancy more than 85% round the year in its Hospital. There are more possibilities and opportunities for carrying out research without involving funds by utilizing individual patient data. He suggested that a Data base should be prepared and studied for the purpose of research. He stated that if 1% data of patients can be utilized for research work it will be more than sufficient. Since last 10 years, the level of understanding and expectation from Ayurveda experts and researchers has increased significantly. Before undertaking a research, researchers must follow basic principles of research methodology like data collection, involvement of Biostatistician, assessment of failure studies, identification of curable and incurable diseases etc. at appropriate stage for research studies to be undertaken. The Chairman made a very important presentation titled "Constitution of Integrated Ayurvedic Researches Modules" and emphasized the importance of preliminary mandate for research, safety & efficacy, scientific understanding of fundamental principles, classical knowledge of samhitas, phenomena of newer diseases, methodologies for research, evaluation etc. he urged that the research methodology and evaluation should be based on safety and efficacy of Ayurvedic medicines and traditional procedure-based therapies.

The Chairman also made a reference from Journal "Annals of Medicine , Volume 50, 2018 - Issue 4" and stated that Randomised Controlled Trials (RCTs) are commonly viewed as the best research method to inform public health and social policy. Usually they are thought of as providing the most rigorous evidence of a treatment's effectiveness without strong assumptions, biases and limitations.

There is a need for a further better use of RCTs together with other research methods. Researchers and policymakers need to become better aware of the broader set of assumptions, biases and limitations in trials. Journals need to also begin requiring researchers to outline them in their studies.

The research can be divided in 4 levels for the Institute in the following manner:

- Independent research projects of faculty
- Ph.D. level research projects
- MD level research projects
- Graduate level research projects – if possible to implement

Independent research projects can be taken up by the faculty members of the Institute. Ph.D. level research projects should be carried out by the Ph.D. Scholars and will be submitted before the IRRB for its clearance. Limited topics should be allotted to researchers for efficient outcomes. Every specialty should implement effective survey based research to increase the validity and cost-efficiency of research.

Suggestions for Planned Research:

- Null hypothesis should not be followed blindly.
- A Team of efficient experts from the field of modern medicines and Ayurveda should be involved at appropriate stage.
- The diagnostic tools which are not recognized by science should not be used.
- Authenticity of biomedical parameters should be adhered to with data generation.
- Research should be carried out with the highest ethical standards and in an environment where all who are involved in the conduct of oversight of human subjects in research understand their primary responsibility for protecting the rights, welfare, and well-being of subjects.

Prof. Bhushan Patwardhan, Vice-chairman UGC and esteemed member of SAC said that the steps taken by the Director, NIA to constitute the Scientific Advisory Committee is very important. Interaction between distinguished and experienced experts from various fields is need of the day for the wholesome development of the Institute. He told that the present time is a great time to work effectively and efficiently as the Ministry of AYUSH has a perfect Technocrat as Secretary for the first time. Environment is very good and suitable to work collaboratively. Knowledge and adaptability of Ayurveda are increasing day-by-day in the society and expectations and responsibilities are also increasing exponentially.

- Ayurveda has wide field and scope and it cannot be limited to academic degrees only. There are large number of branches in Ayurveda Universities for teaching and learning. There are so many possibilities for research. Various latest technology and diagnostic tools should utilize at the required stage of research. Use of various modern diagnostic tools is not the monopoly of any one particular branch of medicine. Pressure of publication should not be put on researchers, it may divert them from their research aims. Research can also be carried out without funding by adopting specific codes, rules, and policies relating to research ethics. Self-confidence is an important factor for doing research. Level of self-confidence in researchers plays crucial role in success of research. The errors occur while conducting research should not be taken otherwise. Errors are a part of life, we take corrective action and we learn from them.
- He stressed that Sperry's Split Brain Theory divides the brain into two hemispheres i.e. left and right. The scholars are shrinking their right brain and it needed proper exploration and development.
- Principle of Good Documentation should follow while undertaking the research. Outcome of research is dependent on reliable and adequate source of documentation.
- Clinical Studies should be taken in a manner of Case Series in which the patients who have received a similar treatment are taken.
- Research Data should be published.
- He advised that the Institute's "Journal of Ayurveda" needs more and more improvement. Author Contribution Declaration Form should be obtained from the Authors for each

article published in it. Details with regard to author/researcher, reviewer, date of submission and acceptance etc. should be published in a timely manner.

Role Model Institute: Dr. Ram Manohar happily expressed his views on the progress made by the Institute. He stated that the Institute has made iconic development in its all spheres like teaching, training, patient care, research, publication etc. The acceptability of Ayurveda is increasing day-by-day in the society. The evidence based research and validation of research data are necessary for further advancement in Ayurvedic research.

- Ayurvedic System of Medicine has wide range of classical and historical knowledge on practice of Ayurvedic medicines therapies and patient care. It is essential to correctly understand and strengthen the knowledge from basic fundamentals of clinical texts of Ayurveda and apply that knowledge in clinical research at appropriate stage.
- He suggested that the System of Ayurveda has its own research methodology. It should be adopted by the researchers in the following manner :
 - Aptopadesa (Literary Review)
 - Jnanam (Up-to-date Knowledge)
 - Pariksa (Setting up of Research Question)
 - Pratyaksa (Observation/Data Collection)
 - Anumana (Data Analysis/Interpretation)
 - Vijnanam (Validated Knowledge)
 - Yukti (Translation to Practice)
- Research should be carried out very honestly at Post-Graduation Level. Research should be done in a scientific manner by adopting research methodology. Research Question must be set out first of all. Research Question or Hypothesis is a very first stage of research project. It is prediction or idea of what you want to study. It should be based purely on idea not on known data. During the course of study references should be taken from authentic texts after proper review. Data for any research study should be collected from reliable sources and it should be analyzed. One should always adopt evidence based practice. Safety and Efficacy parameters should be followed. Unknown substance should not be used.

Prof. R. M. Pandey expressed his happiness on constitution of Scientific Advisory Committee in the Institute and conveyed his gratitude for nominating him a Member of the Committee. He acknowledged that the developments made by the Institute in its teaching, training and patient care and publication activities are very impressive. He highlighted that basically there are 3 pillars of the Institute viz. Academic, Patient Care and Research. Research Component is very important for which the Committee is constituted. Vision for research should be taken from the Teachers too.

He suggested that:

- A Plan should be prepared well in advance by the teachers for research programs to be undertaken in next one year and submitted before SAC.
- Pre-Meeting should be held for new research projects to be submitted before SAC.
- List of new equipments, instruments etc. required for research project should be submitted before SAC with full justification.
- Research Question should be assessed and drawn out.
- Data should be collected from reliable sources.
- Evidence based drugs or medicines should be used.

- All steps of research methodology should be followed properly.
- Focus should give by the teachers on Research Capacity Building among the researchers.
- Community based study should be given priority.
- Hard parameters should be strictly followed for good results.

Prof. Mahesh Chandra Sharma expressed his gratitude to the authorities for constituting scientific advisory committee in the Institute and appreciated the initiatives taken by the Director for entire development of the Institute. He reiterated that the Institute is not only having national repute but also exhibits its presence at international levels. He opined that:

- Priorities should be decided for research.
- Community based research should be conducted.
- Research benefiting the community should be carried out.
- Steps of Research Methodology should be followed in proper manner for its wide acceptance.
- Patients of Certain Age of Group should be undertaken for research purposes.
- Research for prevention of diseases like asthma, allergy, epilepsy etc. should be conducted.
- **Department-wise research projects should be prepared and submitted before SAC.**
- Diagnostic tools equipped with modern techniques should be used during the course of research.
- **A Roadmap for Research of each Department should be placed before next Meeting of SAC.**

Prof. B Ravi Shankar expressed his views that role of a botanist is very important for research in Ayurveda. He can determine that how environmental changes impact certain aspects of herbal medicines and how those changes can improve medicines. Adequate knowledge of Ayurvedic Plants with their botanical identification should be increased among the researchers for which botanical classes may be arranged at UG Level. Plant Taxonomy should also be taught to students. The drugs to be taken for research purpose should be based on their quality identification, genuineness and purity. Genuine Medicines should be collected from the authentic sources. The genuineness of the drugs plays a key role in determining the quality and efficacy of the formulations. Quality Tests and Phytochemical Screening must be necessary to carry out studies as per standard procedures. Good results cannot be achieved by using sub-standard drugs. He suggested that proper storage of drugs, in pharmacy, should be maintained in stainless steel boxes instead of plastic boxes for maintaining their efficacy and quality.

Dr. Rajesh Sharma opined that data should be handled in planned manner for research studies. Data should be collected from reliable sources in the field and used in a proper way. Latest techniques for collecting accurate data should be adopted while doing research. Size of database should be taken into consideration. It should be carefully scrutinized and selected. Outcome of research studies depends on useful database. Researchers must be given counseling and proper guidance at appropriate level.

Dr. Kamallesh Kumar Agrawal suggested that researchers should obtain guidance and expertise from the superannuated teachers and experts as they have vast knowledge and experience in the

field. The active use of this experience will definitely help to get the effective results for the research studies.

After detailed deliberation, the Committee had interaction with the all the Heads of the Departments present in the meeting. A number of issues were raised by the HODs which need to be settled at the inter-departmental level. Some of the issues do not fall within the purview of SAC. During the interaction with HoDs, following points were made:

- Financial Resources for Research should be identified by the Institute.
- Research studies should be undertaken on the basis of national priorities, institute priorities and departmental priorities.
- Academic Integrity and Research Ethics should be maintained by the faculty members.
- No faculty member should involve in any kind of disruptive activity.
- A detailed guideline has also been issued by the UGC vide its Public Notice dated 14-6-2019 which can be obtained from the Website of UGC.

Thereafter the members of the committee had detailed discussion amongst themselves and made the following observations and recommendations:

- Draft Terms of Reference of the Scientific Advisory Committee should be prepared and submitted before the next meeting of Committee for its approval.
- For the unfettered scientific growth of the NIA, the institute should have academic autonomy. Therefore, the Director of the Institute should initiate efforts to attain the status of **“Deemed to be University”** and apply to the Ministry of Human Resource Development at the earliest.
- Research proposals should be systematically planned and taken up in the light of research methodology adopted by ICMR, WHO and AYUSH-GCP.
- Evidence Based Research should be undertaken for its validation.
- Research Proposals, other than MD/Ph.D. Levels, only should be submitted before SAC for seeking suggestions, directions and clearance.
- Research Proposals belonging to MD/Ph.D. Levels can be considered at the level of Institute through its IRRB and IEC.
- Research Protocol should be prepared in a proper manner by every teaching Department.
- Research Proposals should be presented among the faculty members for reviewing it and only thereafter proposals should be submitted before SAC for its clearance.
- All the 14 Departments of the Institute should prepare road map for next 5 years for undertaking research in the Department and submit the proposals before SAC along with vision, mission and concept note of the research (research question) to be undertaken in the next meeting of SAC.
- All the 14 Departments of the Institute should also present a **“status report”** about the past and current researches of the department with emphasis on the outcomes.
- Researcher ID, for tracking their profiles, should be provided to researchers.
- SAC has more roles in scrutinizing the EMR Proposals for their technical merit, relevance of field of Ayurveda, and availability of expertise, instruments & equipments, etc. in the Institute.

At the end of the meeting, Prof. Sanjeev Sharma, Member-Secretary and Director of the Institute expressed his vote of thanks to the Chairman and Hon'ble Members of the SAC for their participation in the Meeting and precious guidance.

The meeting ended with this vote of thanks to the Chair.

