



जिफित्सालय खण्ड
HOSPITAL BLOCK

NEWSLETTER

Jan-Mar, 2016

Chaudhary Brahm Prakash Ayurved Charak Sansthan (CBPACS)

Vol. 4 Issue 3

Vaman Shatakam

On March 06, 2016, the dedicated team of Department of Panchakarma with the help and active participation of students and staff of CBPACS created history by organizing program named "VAMAN SHATAKAM" achieving a target of 100 vaman in a single day & that too in Kapha kaal between 6 a.m to 10 a.m. The program was a great success where patients of various ailments like psoriasis, eczema, hypothyroidism, obesity, hyperacidity, allergy, asthma, migraine etc were benefitted from the age old therapy of Vaman karma. Vaman is a medically induced vomiting aimed at biopurification after a systematic preparation of body by oleation and sudation. This cleans the body at cellular level resulting in faster recovery and rejuvenation of body tissues.



Faculty, Staff & Students of CBPACS in "VAMAN SHATAKAM"



Glimpses of the drive 'Vaman Shatakam'

Anugoonj 2016

'Anugoonj', the annual cultural fest of Guru Gobind Singh Indraprastha University was organized during Feb 12-14, 2016. Over 120+ colleges and a whopping of 64,000 students from various GGSIPU affiliated colleges participated in the event. The youth fest provided students to work together to showcase best of the talents of the institute in literary and cultural activities. The prelims were held during Jan 30-31, 2016 at MBS School of Planning & Architecture, Dwarka. Students of different batches participated in various events like Western, Classical solo song, On the spot painting, Debate, Creative writing, Rangoli, Quiz etc.

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Results of Anugoonj Prelims-

Ms. Bhavya (2015 batch)	Just a Minute (English)	First position
Ms. Charu Sharma (2012 batch)	English Poem recitation Hindi Poem recitation	First position
Ms. Monika (2015 batch) & Mr. Pankaj (2013 batch)	Nach Baliye	Second position
Ms. Drishya Dinesh (2012 batch)	Classical dance	First position
Mr. Madhav Batra (2011 batch)	Cartooning	Second position
Ms. Sakshi Rathi (2012 batch)	Miss Anugoonj	First position
Ms. Kreetika (2015 batch)	Collage making	First position

Results of Anugoonj Finale-

Mr. Madhav Batra	Cartooning	Second position
Ms. Charu Sharma	English poem recitation	Second position
Ms. Sakshi Rathi	Miss Anugoonj	Runner up

In addition, students of batch 2015 participated in one-act play which was appreciated by one & all. "YAVA"- dancers of CBPACS show cased their excellent dancing skills in the event 'footloose'.

On the final day, Mr. Rakesh Sethi, the famous chef presided over as the Chief Guest and gave away the titles & certificates. Members of the cultural committee of the Sansthan motivated participants by their presence.



Ms. Drishya at Classical dance finals



Ms. Anugoonj, Sakshi Rathi in the centre with the Chief guest, faculty & students



Madhav Batra (2nd Position in Cartooning at Anugoonj' 2016) at GGSIPU



Ms. Charu Sharma won 2nd Position in English Poetry Competition



A view of Foot-Loose Dance Performance at GGSIPU in Anugoonj, 2016

CCIM Team visits CBPACS

On behalf of CCIM, a two member team viz Prof. N.V. Sreevaths & Prof. P. Hemantha Kumar visited CBPACS on Feb.09, 2016 in order to verify the compliance with CCIM norms for UG course. They were apprised of average daily OPD to the tune of 1200 patients. They also interacted with faculty and students and encouraged them to make the Institute one of the best not only in the country but in world.



CCIM Team with faculty, doctors & staff of the hospital

National Seminar on Agro Technology

A National seminar entitled “Dissemination of Agro Technology of Important Medicinal plants developed through NMPB-Issues and Challenges” was organized by CBPACS in association with National Medicinal Plant Board (NMPB) Ministry of AYUSH, GOI during Feb 28-29, 2016.

The seminar was a great success with participation of more than 300 scientists, officers, Ayurvedic doctors and farmers from different states of India. It was inaugurated by Shri B.S. Sajwan, Senior Scientist of National Green Tribunal and Smt Shomita Vishwas, Principal Secretary, NMPB. The occasion was also graced by the presence of Dr. Dinesh Katoch, Advisor (Ayurveda) & Dr. R.R Rehman, Advisor (Unani). Sh. Sanjay Gihar, Director CBPACS, Dr. Tanuja Nesari, Addl. Director (Acad.), CBPACS directed the mega event successfully. In her speech Smt. Somita Bishwas said, “NMPB has developed modern agricultural techniques to cultivate sixteen most commonly used medicinal plants at a grand level. Using these techniques cultivation/productivity increases thereby affecting quality of medicines prepared from them.”

The main aim to organize this seminar was to disseminate agro technology of plants viz. Ashwgandha, Kapikachhu, Vrihati, Giloy, Pashanbheda, Pippali, Agnimantha, Madhuyasti, Sankh Pushpi, Chitrak, Black Curcuma, Kalmegha, Satavari etc.

A buyer seller meet was also organized on Feb 29, 2016 as a part of this seminar to provide a direct interaction between farmers and pharmacies.



A view of National Seminar on Agro technology at Sansthan



Faculty, Volunteers and Gardeners of the Sansthan

Expert from Germany at the Sansthan

Dr. Bernhard Uehleke, Senior Researcher, and expert in Traditional European Medicine, Monastery Medicine, Charite Medical University, Germany visited Sansthan and delivered a lecture on the topic “Principles and Developments of European Herbal Medicine” on Feb. 23, 2016. The lecture was very informative and well attended by faculty, doctors and students.



German delegation at the Sansthan

Spotlight on Achievements

1. *Prof. (Dr.) Tanuja Nesari*, Addl. Director (Academics)

- a) Delivered a Guest Lecture on “Ayurvedic approach for Mental Health at Tilak Ayurvedic College Pune on Feb 22, 2016.
- b) Delivered a Guest lecture on “Research Potentials in Ayurveda” in Department of Biotechnology, IIT Roorkee on March 12, 2016.
- c) Delivered a lecture on “Agrotechnology on Isabgol in a National Seminar together with *Dr. Subash Sahu*, Associate Professor, *Dravyaguna* & *Dr. Monika*, Assistant Professor, *Dravyaguna* in National seminar “Dissemination of Agro Technology of Important Medicinal plants developed through NMPB-Issues and Challenges” held at CBPACS, New Delhi on Jan 28, 2016.
- d) Attended a meeting as subject expert on “Fundamental Research” organized by CCRAS, New Delhi on March 18, 2016.

e) As a subject expert, attended the Terminology evolution meeting to prepare a *Dravyaguna* Glossary, convened by the Commission for Scientific & Technical Terminology, MHRD, New Delhi during March 15-18, 2016.

2. *Dr. Santhosh SR Nair*, I/c Head, Dept. of Sanskrit Samhita Siddhant

- a) As a Guest speaker, delivered two lectures on “Clinical Importance of Tantrayukti” and “Importance of Philosophical Principles of Ayurveda”, in the Department of Basic Principles, IPGTRA, Jamnagar on Jan 18 and 19, 2016.
- b) Conducted two trainings on “Research Study Designs & RCT” and “Principles & Practice of Institutional Ethics Committee” during the workshop on Research Methodology and Biostatistics in IPGTRA, Gujarat Ayurved University, Jamnagar on Jan 18 and 19, 2016.
- c) Delivered a Guest Lecture on “Ayurvedic approach for Mental Health at Tilak Ayurvedic College Pune on Feb 22, 2016.
- d) As a subject expert, attended the Terminology evolution meeting to prepare a *Dravyaguna* Glossary, convened by the Commission for Scientific & Technical Terminology, MHRD, New Delhi during March 15-18, 2016.
- e) As a member of the working group, participated in the 6th consultative meeting for finalization of “Prakriti Assessment Scale” under Ayur-genomics project, convened by CCRAS at New Delhi during March 28-29, 2016.

3. *Prof. (Dr.) T. N. Nagraja*, HOD, Dept. of Ras Shastra & Bhaishajya Kalpana, and *Dr. Mahesh*, Asst. Prof. Dept. of Shalya Tantra participated in the National Seminar on “Management of Obesity – An Ayurvedic Perspective” held on 20th Feb., 2016 at Habitat Centre, Lodhi Road, Delhi.

4. *Dr. Bharat Bhojar*, attended National Seminar on

“Contraceptive update and world population day felicitation” on Feb 13, 2016 organized by Integrated District Health Society and National Health Mission.

5. *Dr. Subash Sahu*, Associate Professor, *Dravyaguna* as a subject expert, attended the Terminology evolution meeting to prepare a *Dravyaguna* Glossary, convened by the Commission for Scientific & Technical Terminology, MHRD, New Delhi during March 15-18, 2016.

6. *Dr. Mahesh Kumar*, Assistant Professor, Department of Shalya Tantra

a) Presented a paper “Adhyapan (Teaching Methods) of Ayurvedic Science-May well do with reforms” in National Seminar on “Sushruta’s concept of Minimal Access Surgery & its application in present era” organized by department of Shalya Tantra, Faculty of Ayurveda, IMS, BHU Varanasi on March 26, 2016.

b) Presented a poster titled-“ Parasurgical Procedures of Ayurveda in context to Minimal Access Surgery” in ‘ENDOSURG 2016’, International minimal access surgery conference, CME cum live workshop organized by dept. of Surgical discipline, AIIMS, New Delhi, in collaboration with SELSI, College of laparoscopic surgeons society on March 5, 2016.

c) Delivered a guest lecture on - “Prevention & management of Cancer through Ayurveda” on the occasion of World Cancer day awareness program, organized by Ayurveda Central Research Institute Punjabi Bagh, New Delhi, on Feb 02, 2016.

d) Participated as a delegate in a National conference on “Management of obesity-an Ayurvedic perspective” organized by Vaidyaratnam Aushadhalaya on Feb 20, 2016.

e) Participated in 2nd National conference on “Mainstreaming AYUSH: Arogya Bhava” organized by PhD chamber of Commerce in association with Ministry of AYUSH at PhD house, Hauz Khas New Delhi, on Feb 03, 2016.

f) Visited Nehru Homeopathic Medical College, New Delhi with *Dr. Yogesh Kr. Pandey*, Associate Professor, *Kayachikitsa* for peer assessment of the hospital under Kaya Kalp program of Delhi State Health Mission on Jan 21, 2016.

7. *Dr. Umesh Sapra*, Assistant Professor, Rog Nidan

a) Co-chaired a session in a National scientific seminar on “Basti Karma: Implications in Health and Diseases” organized by Rashtriya Ayurveda Vidyapeeth, New Delhi on March 14, 2016 at India International Centre, New Delhi.

b) Was invited for a health talk on ‘Dama Roga (Asthma) – Karana and Upchara’ in the program ‘Hounsale’ by All India Radio (AIR), New Delhi which was aired on Indraprastha channel on Jan. 28, 2016.

c) Participated as a delegate in a National conference on

“Management of obesity-an Ayurvedic perspective” organized by Vaidyaratnam Aushadhalaya on Feb 20, 2016.

d) Participated as a Rappourteur of the scientific session at National seminar on “Dissemination of Agro Technology of Important Medicinal plants developed through NMPB-Issues and Challenges” on Feb 28, 2016 organized by NMPB, Ministry of AYUSH in association with CBPACS, New Delhi.

e) Attended ICHR Foundation day lecture on March 27, 2016 at India International Centre, New Delhi.

8. Mr. Amit Kumar Prajapati, Librarian, participated in Second India Public Library conference (IPLC 2016) & Post-Conference workshop entitled “Leadership and Innovation in Public Libraries” jointly organized by NASSCOM



Dr. Umesh Sapra being felicitated at RAV Conference

foundation and DELNET, New Delhi during March 7-8, 2016 at India International Centre, New Delhi .

SBI donates wheelchairs & stretchers

State Bank of India donated 20 wheel chairs and 20 stretchers on occasion of declaration of Khera Dabar as ‘Digital Village’ on Jan 20, 2016. The team of SBI appreciated the hard work & dedicated efforts of the team of CBPACS in community service. Sh. R.K. Sharma, Chief Manager (Administration), SBI stated, “We resolve to continue supporting the noble cause of helping the growth of our ancient Ayurveda therapy by your institute.” Ms. Shivani Goswami, Branch Manager and Mr. Rajender Singh, Cash officer were also present on the occasion.



L to R Sh. R.K. Sharma, Ms. Shivani Goswami, Dr. Tanuja Nesari, Sh. Subash Chandra, Mr. Rajender Singh, Dr. N.R. Singh

Blood Donation Camp

Sansthan participated in a Blood Donation Camp organized by Rao Tula Ram Memorial Hospital, Jaffarpur, New Delhi on Jan 22, 2016 in collaboration with DDU Hospital. Fifteen students from CBPACS participated as volunteers out of which eleven students donated blood.

Dr. Umesh Kumar Sapra, Assistant Professor, Rog Nidan was the coordinator from Sansthan.



Students of CBPACS with coordinators Dr. Sangeeta Basu & Dr. Umesh Sapra at blood donation camp

Publications

1. “Manual & Monogram on Holistic treatment of Bronchial Asthma-Ayurveda” Nesari T., Dedege Amrish, Office of PSA, GOI & TAMV, Pune, 2016.
2. “Text book on Therapeutic Uses of Medicinal Plants (Dravyaguna) research updates (vol.2)”, Nesari T., Sangoram A., Chaukhamba Sanskrit Series Publication, Varanasi, 2016.
3. Rational use of Herbal Drugs in Nephrotic Syndrome w.s.r. to Kaphaja Shotha: An Overview” Verma J., Singhal H., Kataria A., (IJ-RAHS) International Journal of Research in Ayurveda & Health Sciences, 2015, Vol.1, 7-11.ISSN 2394-9058
4. Optimization of Nethra Parisheka Kriyakalpa (Procedure For Closed Eye Irrigation)2- Response factor study on Healthy Volunteers- K.S. Dhiman, Riju Agarwal, G.Gopinath, V.J. Shukla, International Journal of Research in Ayurveda and pharmacy, 2016; 7(1) Jan-Feb 2016:60-66.
5. Clinical evaluation of Terminalia Chebula fruit powder in globus pharaneus- Bharadwaj Atul, Agarwal Riju, Tanwar Manoj, Kumar Anoop, European journal of Pharmaceutical and Medical Research, 2016:3(2):279-287.
6. Clinical comparison of tympanic membrane perforation closure with Trichloroacetic acid and Apamarga Kshara (Achyranthus Aspara linn. Alkaline extract)- Bharadwaj Atul, Agarwal Riju, Tanwar Manoj, Kumar

Anoop, International Journal of Ayurveda and Pharma Research, 2016:4(1):16-22.
7. "Agro-techniques for cultivation of Isabgol (Plantago ovata forsk.)

published in International Journal of Scientific Research, Sahu Subash, Sharma Monika, Nesari Tanuja, vol. 5, Issue -2, Feb. 2016.

8. "Atlas of medicinal plants used in common Diseases" Nesari T., Sahu Subash, Sharma Monika, Jain Anup, Feb.2016

Visitor's Quotes

"Very much impressed, the way it is maintained. Impressed upon the service of Doctors especially Panchakarma. The Technicians are well trained and serviceable. Keep it up!"

Premananda Prusty
Joint Secretary, H&FW Dept.
Govt. of NCT of Delhi

"A nice overview of Ayurveda. Feeling like coming here as a patient! Good Luck".

Amanda Jucguel
Germany

"Very impressed by your institute. Impressive & very exciting. Thankful to have the chance to visit this place. Very impressed by the hospital."

Gabriel Bran
Alkje,
Ahnette,

Peva Kultz,
Germany

"शासकीय व्यवस्था के अंतर्गत आयुर्वेद को प्रतिष्ठित करने का सफल एवं सुंदर कार्य आप सभी कर रहे हैं। पंचगव्य आयुर्वेद चिकित्सा को मुख्य धारा में आप शामिल करें क्योंकि यह सर्वमान्य चिकित्सा पद्धति का रूप ले रही हैं। आशातीत प्रभाव जटिल रोगों में प्राप्त हो रहे हैं। आप सभी को असंख्य शुभकामनायें।"

सुनील मानसिंहका
गो. विज्ञान अनुसंधान केंद्र
महल नागपूर

"आयुर्वेद के भावी वैद्य एवम् रूग्णों के लिए सुवर्ण अवसर प्राप्त हुआ है, जिसके लिए आप सभी बधाई के पात्र हैं।"

वैद्य नंदिनी भोजराज,
प्रधानवैद्य,
गोविज्ञान अनुसंधान केंद्र, देवयापार, नागपूर

Monthly Seminar

Following faculty members presented informative papers in the Monthly Seminar followed by interactive discussions as under.

S.No.	Speaker	Designation	Topic	Date
1.	Dr. Monika	Assistant Professor, Dravyaguna	Standardization and quality control measures of Medicinal plants	Jan 07, 2016
2.	Dr. Yogesh Kumar Pandey	Associate Professor, Kayachikitsa	Clinical evaluation of Vardhman Pippali Rasayan in the management of Pulmonary Tuberculosis	Jan 07, 2016
3.	Dr. Smita Arora	Assistant Professor, Kriya Sharir	Impact of Gemstones on Physiological Functions	Feb 04, 2016
4.	Dr. Ramniwas Garg	Panchakarma Vaidya, Panchakarma	The role of Mustadi Yapan Basti in the management of CML	Mar 03, 2016

Progress of The Hospital

Month	No. of Patients in OPD	Average OPD per day	No. of Patients Days in IPD	Bed Occupancy rate
January 2016	21901	876	1675	25.72 %
February 2016	25485	1019	2427	39.85 %
March 2016	28690	1148	4501	69.13 %

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