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**Central Ayurveda Research Institute, Bengaluru  
Central Council of Research in Ayurvedic Sciences (CCRAS)  
Ministry of Ayush, Govt. of India**

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## **RTI APPLICATION FORM**

1. Particulars of the Applicant:
  - a. Name:
  - b. Address:
  - c. E-mail address:
  - d. Phone/Fax No.:
2. Date of Submission of Application:
3. Subject Matter:
4. Details of Information Requested:
5. Period of which the information relates:
6. Fee enclosed (in cash/DD/Baner's cheque/IPO):
7. Due date by which information is to be furnished (30 days from submission of application):
8. How the applicant would like his information to be sent:
  - a. By post:
  - b. To be collected by hand:
  - c. By e-mail:
  - d. By fax:

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## **Particulars of Organization, Function and Duties**

Central Ayurveda Research Institute (CARI), under Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Govt. of India, has been functioning in Bengaluru since 1971. The Institute consists of three divisions (1) Clinical Research Unit (CRU) (2) Drug Standardization Research Unit (DSRU) and (3) Survey of Medicinal Plants Unit (SMPU). CARI, Bengaluru is successfully providing OPD consultations, free Ayurveda medicines, basic diagnostics, Panchakarma, Yoga to the needy public in the hospital and through outreach camps in nearby areas. Several research studies related to common diseases including Covid 19 in addition to research in Botany are presently going on.

CARI, Bengaluru shifted to its own campus in 2019, consisting of Hospital Block with Out Patient Department (OPD), 28-bedded In-patient Department (IPD) facility (to be made functional soon), Panchakarma, Yoga, Shalya & Marma Chikitsa, Shalakya (Eye & ENT), Clinical Laboratory, Pharmacy, Minor Operation Theatre, Ultrasonography and other services. The Administrative Block consists of Office, Meeting Hall with Video Conferencing set up, Seminar Hall, Museum, Food Laboratory, Library, Store, Microbiology, Pharmacognosy, Chemistry, Botany section. Since beginning, the institute has been actively participating in achieving targets according to the allotted programs. The scientists are from diverse disciplines working with a focused aim of scientific validation of Ayurveda.

### **Core Research Activities of the Institute**

CARI Bengaluru executes research projects related to Clinical Research, Pre-clinical research, Fundamental research, Literary research, Pharmacological research, Medicinal plants research, Phytochemistry etc. In clinical research, it is focused on research projects related to health promotion & diet, prevention, diagnosis and therapy of various diseases primarily metabolic disorders. It is also executing multiple research activities on role of diet, lifestyle, yoga & Ayurveda medicines in management of Diabetes Mellitus under Centre of Excellence for Madhumeh scheme. It also undertakes survey of medicinal plants and does standardization of Ayurveda medicines. It also work for creating awareness about Adverse Drug Reactions (ADR) and their reporting under Pharmacovigilance.

### **Notable Achievements**

The institute has got NABH Certification as AYUSH Entry Level Centre from National Accreditation Board for Hospitals & Healthcare Providers (NABH) to ensure quality health care services to the patients. The institute has also got NABL Accreditation of pathological laboratory from National Accreditation Board for Testing and Calibration Laboratories (NABL) to provide quality diagnostic services to the patients.

In recognition of its contribution in patient care and research, the Ministry of AYUSH, Govt. of India has awarded “Centre of excellence (CoE) for research and clinical services in Madhumeha (Diabetes mellitus)”. Ministry of AYUSH has also recognized the Institute as Peripheral Pharmacovigilance Centre (PPC) for monitoring and reporting Adverse Drug Reactions (ADRs) and misleading advertisements related to Ayurveda medicines.

Since inception, the Clinical Research Unit (CRU) of the institute has served 4,40,273 patients through consultation services of its Outpatient Department. Since inception, the institute has 477 scientific publications and abstracts, 9 monographs, 8 book reviews, 1,315 presentations and participations and has got 3 gold medals, 4 best research papers and incentives for two best publications. The reference library hosts 2050 books, important scientific journals and CCRAS publications for sale. During the reporting year, scientists from CARI have published 09 research articles in national and international journals and 09 are in pipeline. Officers participated in 93 seminars, webinars, conferences, meetings, and hands-on trainings.

Recently it has got a patent for “Development of predictive system for diagnosing the risk of Diabetes based on Ayurveda principles using Machine Learning techniques” under CoE. CARI, Bengaluru was one of the study site and nodal centre for another patent obtained for “Invention of the process for the preparation of an Ayurvedic herbal formulation (AYUSH-D) for the management of Diabetes”.

### **COVID-19 related research initiatives**

The institute conducted various research projects related to prevention, diagnosis and management of COVID-19 during the outbreak of COVID-19 Pandemic. Some of these projects were- A prophylactic community based study to assess the impact of Ayuraksha Kit in COVID-19 under SCSP 2021-22; Impact of Ayu Raksha Kit in COVID-19 Community Based Prophylactic Study under THCRP 2021-22; Prospective open label controlled interventional study on the effect of Ayurvedic intervention (Ayurveda Raksha Kit) as a prophylactic measure in the Pandemic of COVID-19 - A community based study; A prospective non-randomised open label controlled interventional study on the effect of Guduchi Ghan Vati/Sudarshan Ghan Vati as a prophylactic measure among Containment Zone population exposed to COVID 19.

### **Public Health oriented research activities**

The Institute is conducting various outreach activities under Tribal Health Care Research Project (THCRP)- Tribal Sub Plan (TSP) and Ayurveda Mobile Health Care Project (AMHCP)- Scheduled Caste Sub Plan (SCSP) with public health orientation. Research projects related to common problems in the field of Public Health are also being executed under these activities. The institute also conducts free medical camps targeting people with Diabetes Mellitus in different areas of Bengaluru under Centre of Excellence (CoE) scheme scheme. The institute also takes part in organizing the free health camps and distributed medicine to the needy public.

### **Collaborations with research organizations**

For collaborative research, the institute has collaborated various prestigious research organizations including-

1. Indian Institute of Science (IISc), Bengaluru
2. National Institute of Mental Health & Neurosciences (NIMHANS), Bengaluru
3. ICMR -National Institute of Traditional Medicine, Belagavi
4. CSIR-Central Food Technological Research Institute (CFTRI), Mysuru
5. ICAR- Indian Institute of Horticultural Research Bengaluru
6. Bangalore Medical College, Bengaluru

7. Rajarajeshwari Medical College, Bengaluru
8. University of Agricultural Sciences, Bengaluru
9. Jawaharlal Nehru Medical College, Belagavi
10. University of Trans-Disciplinary Health Sciences and Technology (TDU), Bengaluru
11. KLE Ayurveda Mahavidyalaya and Research Centre, Belagavi
12. SDM College of Ayurveda, Hassan
13. Sri Sri College of Ayurvedic Science & Research, Bengaluru
14. Adichunchanagiri Ayurvedic Medical College and Research Centre, Bengaluru
15. Vaidyaratnam P.S. Varier Ayurveda College, Kottakal
16. Dayananda Sagar Academy of Technology and Management (DSATM), Bengaluru – for PhD studies
17. Datta Meghe Institute of Higher Education & Research (DMIHER), Wardha- for Post-Doctoral research

### **IT Initiatives**

The institute has developed its own website ([www.cari.gov.in](http://www.cari.gov.in)) for dissemination of information related to activities of CARI Bengaluru & increase awareness about Ayurveda among public. The institute is maintaining the patient data digitally through the AHMIS software developed by Ministry of Ayush. The institute is using a third party software for inventory management in Pharmacy and data management for its clinical laboratory. The institute has developed a system of online booking of appointment with doctors for consultation. The institute is also providing Tele-Consultation services to the public.

### **Capacity Building**

Under the aegis of CCRAS Headquarters, New Delhi, the institute keep organizing various training programmes for upskilling of its workforce. Recently various training programmes were conducted which includes- Brainstorming session on Development of Standard Operative Procedures (SoPs) & Standardization of Netra Kriyakalpa; Brainstorming on Geriatrics; Building Ethics Standards Transparency (BEST) training programme for Investigators of Scope of Mainstreaming of Ayurveda Research in Teaching professionals (SMART); Ayur-Raksha- National Conference on Pharmacovigilance and Medical Ethics, In addition to this 10 Pharmacovigilance awareness programmes and four workshops on Rajbhasha Hindi were also conducted by the institute.

### **Recognition & Awards**

The institute has received two Regional Official Language Awards (3rd Prize, Region C) for the year 2020-21 and 2021-22 for excellent work in the implementation of official language in daily official work from the Regional Implementation Office (South), Department of Official Language, Ministry of Home Affairs, Govt. of India at Joint Regional Official Language Conference for South & South West Regions-2023 at Thiruvananthapuram, Kerala on 27th January 2023.

The inspection of institute related to the implementation of official language in the daily official work was done by the Third Sub-Committee of Parliamentary Committee on Official Language on 4th November 2022. The committee appreciated the institute for proper implementation of official language in the institute.

## **Recent Initiatives**

Recently, the institute has got approval for initiation of IPD facility, and it is working on the same to make it functional soon. The institute is also working to set up an Ultrasonography (USG) facility at its premises. Upgradation of diagnostic facilities including X-Ray, ECG etc. are also in the works. Minor OT facility is also being developed for management of Chronic wounds and execute some para-surgical procedures. The institute has also collaborated with a few prestigious universities to offer PhD courses and Post Doctoral Fellowships. The institute has also proposed to set up an Incubation Centre for Start-ups.

## **Other services/activities available**

CARI Bengaluru also organizes various activities such as International Yoga Day, Ayurveda Day, Hindi Pakhwada, Hindi Diwas, National AYUSH programmes like Poshana Maah, Poshan Pakhwada, Swachata Hi Sewa Campaign, Vigilance awareness week, Constitution Day, Sports day, Organ donation day etc.

## Grievances Redressal Mechanism

There is a public grievance committee to address the grievances of the public-

Details of Public Grievance Committee-

Sr. No.	Members	Status
1.	Dr. M.N. Shubhashree, R.O. (Ay.)	Chairman
1.	Dr. Anchan Vidyashree, R.O. (Path.)	Member
2.	Shri Mallikarjun Neelavani, Staff Nurse	Member
3.	Shri Niloy Banerjee, Pharmacist	Member
4.	Shri Girish C., Panchakarma Tech.	Member

The institute is having another committee, Staff Grievance Committee to address the grievances of the Employees

Details of Staff Grievance Committee-

Sr. No.	Staff Grievance Committee	Status
1.	Dr. Bhavya B.M., R.O. (Ay.)	Chairman
2.	Dr. Rajendra Kumar, R.O. (Ay.)	Member
3.	Smt. R. Bhavana, R.A. (Bot.)	Member
4.	Shri A. Sathish, Jr. MLT	Member
5.	Smt. Jyothi G., LDC	Member

**Head of the institute-**

**Dr. Sulochana Bhat**

Assistant Director Incharge

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Bengaluru, Karnataka, India, 560109

**Postal address of the Office-**

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**Annexure- I**  
**Unit wise major activities**

Sr. No.	Name of Unit	Major Activities/Services
1.	Clinical Research Unit (CRU)	
	Research work	<ul style="list-style-type: none"> <li>• Execution of research projects related to health promotion &amp; diet; prevention, diagnosis and therapy of various diseases primarily metabolic disorders.</li> <li>• Dissemination of scientific information through research publications in various reputed scientific &amp; medical journals</li> <li>• IEC activities- Organizing &amp; conducting various health fairs like AYUSH Sammelan, Arogya Mela etc.</li> <li>• Conduction of various training programmes on relevant topics of Hospital administration and clinical research such as NABH Accreditation, NAMASTE Portal Sensitization, Research Methodology etc</li> </ul>
	OPD services through NABH Certified AYUSH Centre	<ul style="list-style-type: none"> <li>• Specialty OPD services <ul style="list-style-type: none"> <li>▪ Geriatric OPD,</li> <li>▪ Psychiatric &amp; De-addiction OPD,</li> <li>▪ CoE (Diabetes Mellitus) OPD,</li> <li>▪ Shalya &amp; Marma OPD,</li> <li>▪ Shalakyia OPD etc.</li> </ul> </li> <li>• Pharmacy - dispensing free Ayurveda medicines to OPD patients</li> <li>• Panchakarma- OPD basis day care Panchakarma procedures are being provided</li> <li>• Yoga Centre- demonstration of yoga practices to general populations &amp; patients</li> <li>• Minor Operation Theatre- To be started soon after getting IPD approval</li> </ul>
	Diagnostic Services through NABL Accredited Clinical Laboratory	<ul style="list-style-type: none"> <li>• Hematology</li> <li>• Biochemistry</li> <li>• Ultrasonography (purchased under CoE)</li> </ul>

2.	Centre of Excellence for Research and Clinical Services in Diabetes Mellitus (CoE)	<ul style="list-style-type: none"> <li>• Outpatient (OPD) Consultation Services for diagnosis &amp; management of Diabetes Mellitus in the CARI, Bengaluru Hospital</li> <li>• Conduction of outdoor camps for screening of general population for early detection &amp; management of Diabetes Mellitus.</li> <li>• Research on role of diet, lifestyle, yoga &amp; Ayurveda medicines in management of Diabetes Mellitus</li> </ul>
3.	Survey of Medicinal Plants Unit (SMPU)	<ul style="list-style-type: none"> <li>• Survey of medicinal plants</li> <li>• Collection &amp; compendium of herbarium specimen of medicinal plants</li> <li>• Crude drug collection and supply to Peripheral institutes of CCRAS as per demand for IMR/EMR and other projects.</li> <li>• Maintenance of herbal garden for medicinal plants</li> <li>• Compendium of local health traditional claims for their further validation</li> <li>• Operation of herbarium and museum of rare medicinal plants and their products</li> <li>• Demonstration of Herbarium specimen and museum sample preparation and storage to visitors, students and research scholars.</li> <li>• Identification and authentication of plant samples and issuing certificates to students and research scholars.</li> <li>• Sale &amp; distribution of medicinal plants to common public on various occasions.</li> </ul>
4.	Drug Standardization and Research Unit (DSRU)	<ul style="list-style-type: none"> <li>• Standardization of Ayurveda medicines</li> <li>• Certification of crude drugs for academic and research work</li> <li>• Pharmacognostic study of single drugs</li> <li>• Phytochemical analysis of Medicinal Plants and Ayurvedic Raw Drugs.</li> <li>• Determination of Physico-chemical constant as <ul style="list-style-type: none"> <li>▪ Foreign matter</li> <li>▪ Ash values - Total ash, Acid insoluble ash, Water soluble ash</li> <li>▪ Loss on drying/Moisture content</li> <li>▪ Extractive values - Cold extraction/cold maceration, Soxhlet extraction</li> </ul> </li> <li>• HPTLC analysis</li> </ul>
5.	Peripheral Pharmacovigilance Centre (PPC)	<ul style="list-style-type: none"> <li>• Creating awareness about Adverse Drug Reactions (ADR) and their reporting.</li> </ul>

		<ul style="list-style-type: none"> <li>• Conduction of various workshops/conference to sensitize healthcare professionals to report ADRs.</li> <li>• Reporting of Adverse Drug Reactions (ADR) to intermediate/central pharmacovigilance centre.</li> </ul>
6.	Outreach Health Care activities	<ul style="list-style-type: none"> <li>• Organization of medical and health check-up camps</li> <li>• Ayurveda Ambulatory Health Care Program (AMHCP)</li> <li>• Tribal Health Protection and Research Program (THCRP)</li> <li>• Child Health Care programmes such as Poshana Abhiyan, Vatsalya Yojana etc.</li> </ul>

**Annexure-II**  
**List of Intra Mural Research (IMR) Project**

**Completed Projects**

Sr. No.	Title of the project
<b>Clinical Research</b>	
1.	Multicentric Open clinical trial of Rajapravartinivati in Kastarthava (Dysmenorrhea)
2.	Clinical evaluation on the Rasayana effect of Ashwagandhaavalehya in apparently healthy elderly persons
3.	Clinical evaluation of Vyoshadi Guggulu and Haritaki Churna in the management of Obesity (Sthaulya)
4.	Evaluation of Clinical Efficacy and Safety of Brahma Rasayana in Apparently Healthy Elderly persons
5.	Clinical evaluation of vatariguggulu, Maharasnadiqwatha and Narayana Taila in the Management of Osteoarthritis Knee
6.	Documentation of reported episode of Prevention/Treatment of Vector Borne/Infectious Disease of Ayurveda and Siddha
7.	Clinical Trial to Study the effect of <i>Cyavanaprāśa</i> on Aging in Apparently Healthy Elderly Subjects
8.	Clinical Evaluation of AshwagandhaChurna and Pravalapishiti in the Management of Osteopenia/Osteoporosis
9.	Clinical Evaluation of Kanakasava and Trivritachurna in the management of Bronchial Asthma (Tamakaswasa)
10.	Clinical evaluation on the efficacy of Mamajjakaghanavati in Madhumeha (Type-2 Diabetes Mellitus)
11.	Retrospective Pharmaco-epidemiological Study on Safety & Effectiveness of Rasaushadhis
12.	Clinical Evaluation of the Efficacy of TrayodashangaGuggulu, MaharasnadiKwatha and PrasaraniTaila in the Management of Gridhrasi (Sciatica)
13.	Clinical Evaluation of AYUSH PE Eye Drops in the Management of Acute Allergic Conjunctivitis
14.	Efficacy and Safety of Ayurveda Interventions for Glaucoma- A Systematic Review
15.	A prospective non-randomised open label controlled interventional study on the effect of Guduchi Ghan Vati/Sudarshan GhanVati as a prophylactic measure among Containment Zone population exposed to COVID 19
16.	Prospective open label controlled interventional study on the effect of Ayurvedic intervention (Ayurveda Raksha Kit) as a prophylactic measure in the Pandemic of COVID-19 - A community based study
17.	Knowledge, Attitude and Practice towards Ayurvedic medicine use among the Diabetics –a cross sectional study
18.	AYUSH Hospital Management Information System (A-HMIS)

19.	A prospective Open labeled Observational study to document the potential safety issues and prescription trends in selected Rasaushadhis in CCRAS-OPDs across India
20.	Safety and Efficacy of Ayurveda interventions for Urolithiasis: A systematic review
21.	Profiling of Demographic, Health status and Non Communicable Diseases among Schedule Tribe population in selected States across India- a descriptive, cross sectional, Epidemiological study
22.	A Prospective Community based Study for the evaluation of DhatriLoha in the Management of Anaemia (Pandu)
23.	A Prospective Community based Study for the evaluation of YogarajaGuggulu, AshwagandhaChurna& Narayana Taila in the Management of Osteoarthritis Knee (JanugataSandhivata)
24.	Effectiveness of Ayurveda based diet and Lifestyle advocacy on health related Quality of life in Schedule Tribe population in India- a Community based, cluster randomized controlled study
25.	Impact of AyuRaksha Kit in COVID-19 Community Based Prophylactic Study under THCRP 2021-22
26.	Profiling of Demographic, health status and Non communicable Diseases among Scheduled Caste population in selected states across India- A descriptive , Cross sectional Epidemiological study
27.	A prospective community based study for the evaluation of PunarnavadiMandura in Anemia (Pandu)
28.	Effectiveness of Ayurveda based diet and Lifestyle advocacy on health related Quality of life in Schedule Caste population in India- a Community based, cluster randomized controlled study
29.	A prophylactic community based study to assess the impact of Ayuraksha Kit in COVID-19 under SCSP Project 2021-22
30.	Cross sectional survey to determine the prevalence of Non-communicable Diseases) and their risk factor among Scheduled Tribes in selected states across India under Tribal Health Care Research Programme (THCRP)
31.	Evaluation of efficacy and tolerability of select Ayurveda formulations in moderate Iron Deficiency Anemia – A randomized controlled trial under Tribal Health Care Research Programme (THCRP)
32.	Cross sectional survey to determine the prevalence of NCDs and their risk factors among scheduled castes across India under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan)
33.	A randomized placebo controlled trail of Ayush SR in perceived stress under Ayurveda Mobile Health Care Project- SCSP (Scheduled Caste Sub Plan)
34.	An open label clinical trial to evaluate clinical efficacy and safety of Ayush AGT in Dandruff (Darunaka)
35.	Clinical Evaluation of Vidangachurna and Vyoshadi Guggulu in the Management of Medoroga (Obesity) under Annual action plan 2018-19

36.	Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study" under THCRP 2023-24
37.	Effectiveness of Ayush Rasayana A & B on Quality of Life of elderly population- A cluster randomized study" under SCSP 2023-24
<b>Medicinal Plant Research</b>	
38.	Development of Microforest of medicinal plants by using Miyawaki method of plantation
39.	Establishment of Nursery for Cultivation, conservation and sustainable utilization of Medicinal projects
40.	Preparation of hard copies and transcription of Ayurveda/medical palm leaf manuscripts and rare books from Karnataka
<b>Literary Research</b>	
41.	Compendium of Ayurveda Dietetics with reference to Oil Seeds
42.	Compendium of Ayurveda /Dietetics with reference to Cereals
43.	Biographies of Ayurveda Luminaries
<b>Medico-Ethno-Botanical Survey (MEBS)</b>	
44.	Medico-Ethno-Botanical Survey of Hasan and Yadgir Districts of Karnataka
45.	Medico-Ethno-Botanical Survey of Dakshin Kannada and Udupi Districts of Karnataka
46.	Anthology of Survey Research outcomes from Medico-Ethno Botanical Survey (MEBS)
<b>Pharmacognosy Research</b>	
47.	Pharmacognostic and preliminary phytochemical evaluation on selected antidiabetic medicinal plants with reference to its importance in dietetics preparation, nutritional values with traditional uses
48.	Pharmacognostical evaluation of Medicinal plants cited in Ayurvedic formulary of India excluding the plants mentioned in Ayurvedic Pharmacopoeia of India

### Ongoing Projects

Sr. No.	Title of the project
<b>Clinical Research</b>	
1.	A Randomized, Placebo-controlled, Double-blind Clinical Trial to Evaluate the Effect of Trikatu in Subclinical Hypothyroidism
2.	Efficacy and safety of Ayurveda Formulation 'Trikatu' in Dyslipidemia – A Prospective Randomized Double Blind Placebo Controlled Trial
3.	Clinical Evaluation of Lekhaniya Gana Kashaya and ArogyavardhiniGutika in the Management of Medoroga (Obesity)
4.	A Cross-Sectional Survey to explore the association of Prakriti with Diabetic Retinopathy
<b>Pharmacological Research</b>	
5.	Elucidating mechanisms of anti-hyperglycemic activity of selected herbal formulations

**Annexure- III**  
**Details of Collaborative Research Projects**

**Completed Projects**

Sr. No.	Title of the project
<b>Clinical Research</b>	
1.	Validation and Reliability testing of Diagnostic Methods in Ayurveda in Kasa, Shwasa Jwara, Grahani, Prameha & Pandu
2.	Prospective, randomized, double blind, placebo controlled comparative trial to evaluate quality of life with AYUSH QOL 2C in patients of non-Metastatic Breast Cancer as a adjuvant to Chemotherapy
3.	Evaluation of Add on Efficacy & Safety of an Ayurvedic coded Formulation in the management of Dengue Fever & Prevention of its complications – A Double Blind Clinical Study
4.	Evaluation of Add on Efficacy & Safety of an Ayurvedic coded Formulation in the management of Dengue Fever & Prevention of its complications – A Double Blind Clinical Study
5.	A Randomized Placebo Controlled Prospective Phase-2 Clinical Study of an Ayurvedic coded drug 'AYUSH D' on Glycemic control in Prediabetic Subjects
6.	A Randomized Placebo Controlled Phase -2 Clinical Study of an Ayurvedic Coded Drug 'AYUSH D' in the Management of Type 2- Diabetes Mellitus as add on Therapy to Metformin

**Ongoing Projects**

Sr. No.	Title of the project
<b>Clinical Research</b>	
1.	Evaluation of AYUSH-GMH in the subjects of mild to moderate non-alcoholic fatty liver disease (NAFLD) - A Double-Blind Randomized control clinical study
2.	Evaluation of Hepatoprotective activity of PTK as an add on therapy in the patients of Tuberculosis on ATT - A Double Blind Randomized control clinical study
3.	Systems Biology approach to delineate molecular signatures of Prakriti in healthy humans
4.	A Double-blind, Double Dummy, Randomized Controlled Study to Evaluate the Efficacy of Classical Ayurvedic Management versus Methotrexate in Rheumatoid Arthritis
5.	Evaluating the efficacy of Ayurvedic intervention as add on to conventional treatment and explore the interaction of epigenetics, neuro/gut biomarkers and neuroimaging in pediatric ADHD (Attention Deficit Hyperactivity Disorder)
6.	Ayurveda therapeutic regimen as on Add-on to optimized conventional management of Parkinson's disease: An RCT for assessment of Clinical, Cortical excitability, Neuroimmune and Autonomic function parameters

7.	A multi-centre study to assess the treatment adherence and tolerability of Ayush SR in Generalized Anxiety Disorder (GAD) under SMART Programme
8.	Morbidity and Healthcare-seeking behaviour of the patients visiting the Ayurveda healthcare facilities of the DGAFMS Hospitals: A multicentre cross-sectional survey study
9.	General health screening with special focus on Tuberculosis, Anemia, Haemoglobinopathies & Malnutrition and Ayurvedic Interventions for better health outcomes in students of Ekalavya Model Residential Schools (EMRS) functioning under M/o Tribal Affairs
<b>Fundamental Research</b>	
10.	Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products
11.	Documentation of Traditional food recipes of Karnataka and their validation with Ayurveda and nutritional perspective
<b>Medicinal Plant Research</b>	
12.	Comparative evaluation of field and hydroponic cultivation of selected Ayurvedic medicinal plants
<b>Phytochemistry Research</b>	
13.	Study on seasonal variation on bioactive compounds of Panchavalkal-05 medicinal plants used in Ayurveda

**Annexure IV**  
**Details of Research Projects of Centre of Excellence (CoE) of Diabetes**

**Completed Projects**

Sr. No.	Title of the project
<b>Clinical Research</b>	
1.	Evaluation of anti-diabetic efficacy of four selected classical Ayurvedic poly-herbal formulations in Type-2 Diabetes Mellitus – A randomized pilot study.
2.	Clinical evaluation of anti-diabetic efficacy of ‘Kaphaja Pramehahara Yoga, an Ayurveda poly-herbal formulations in Pre-diabetes – A pilot study.
3.	A pilot study to evaluate the role of Yoga capsule as add-on in reducing Serum Glucose levels in diabetes
4.	A Cross-sectional study of Knowledge, Attitude and Practice related to Madhumeha (Diabetes)
5.	Knowledge, Attitude and Practices related to Madhumeha (Diabetes)
6.	Development of predictive system for diagnosing the risk of Diabetes using machine learning techniques

**Ongoing Projects**

Sr. No.	Title of the project
<b>Clinical Research</b>	
1.	Evaluation of bio-availability of Varadi and Mustadi ghana vati in healthy volunteers – A cross-over randomized clinical trial
2.	Evaluation of two ready-to-cook dietary supplements for its anti-diabetic property in patients of type-2 diabetes mellitus -A Randomized control trial
3.	Safety and efficacy of Mustadi ghana vati and Varadi ghana vati in Madhumeha/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study.
4.	Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2

## **Tribal Health Care Research Programme (THCRP) under Tribal Sub Plan (TSP)**

This Programme has been initiated with the aim to provide primary Health care services for the tribal communities living in the remote areas, Central Council for Research in Ayurvedic sciences initiated Tribal Health Care Research Program in 1982 and continued at six peripheral Institutes/Units, till 2013-14. This program has been extended to 14 states through 14 CCRAS peripheral Institutes under the Tribal Sub Plan (TSP). Study of the living conditions of tribal people including health related demography; documentation of folk claims and Local Health Traditions (LHT); use of common medicinal plants in the area; propagation of knowledge about hygiene and prevention of diseases; and extending medical aid at door steps were dealt in this project. The Tribal Health Care Research Project was initiated at Central Ayurveda Research Institute, Bengaluru in 2014 and the first Tribal Health Care Camp was conducted on 17-1-2015.

THCRP team has reached out to over 63,000 Tribal population and 35,000 patients during household surveys and medical camps conducted in 175 villages till date.

**Aim:** To provide health care through Ayurveda in the areas predominantly dwelled by scheduled Tribes.

### **Objectives:**

1. To understand the health status of the target population in context with their socio-demographic conditions.
2. To treat the patients willing to get Ayurveda interventions as adjuvant to the conventional concomitant medication or as stand-alone for various disease conditions.
3. To provide Ayurveda based lifestyle advocacy for maintenance of health and prevention of diseases among the people willing to practice the same.
4. To know about perception of the study population regarding Ayurveda for health care.

### **Work carried out since Inception to March 2023**

<b>Sr. No.</b>	<b>Project Year</b>	<b>No of Villages covered</b>	<b>Population ST Surveyed</b>	<b>Population ST patients treated</b>	<b>LHT</b>
1.	2014-2015	03	790	405	23
2.	2015-2016	24	5026	1846	22
3.	2016-2017	57	7562	696	23
4.	2017-2018	25	7522	2784	15
5.	2018-2019	26	9224	4161	15
6.	2019-2020	08	7036	4174	17
7.	2020-2021	08	8011	1239	16
8.	2021-2022	06	5252	2592	11
9.	2022-2023	06	6045	4495	13
10.	2023-2024	05	3950	2683	09

## Research projects conducted under THCRP-TSP since inception to March 2022

Sr. No.	Title of the project
<b>2021-22</b>	
1.	A prospective community based study for the evaluation of Dhatri Lauha in Anemia (Pandu)
2.	A prospective community based study for the evaluation of Yograj Guggulu, Aswagandha Churma & Narayana Taila in Osteoarthritis Knee
3.	Effectiveness of Ayurveda based diet and Lifestyle advocacy on health related Quality of life in Scheduled Tribe population in India a Community based, cluster randomized controlled study
4.	Impact of Ayu Raksha Kit in COVID-19 Community Based Prophylactic Study under THCRP
<b>2022-23</b>	
5.	Effect of Ayush SR on psychological status and quality of life of apparently healthy elderly population- A multicenter double-blind placebo controlled study
6.	Evaluation of Effectiveness and tolerability of select Ayurveda formulations in moderate Iron Deficiency Anemia-A randomized controlled trial
7.	Cross sectional survey to determine the prevalence of Non-communicable Diseases and their risk factor among Scheduled Tribes in selected states across India.
<b>2023-24</b>	
8.	Effectiveness of <b>Ayush Rasayana A &amp; B</b> on Quality of Life of elderly population- A cluster randomized study

### Work carried out From April 2022 to March 2023:

During this period a total of 92729 scheduled tribes population of 103 villages/colonies was covered and Health care services were provided to 74792 patients (Male: 33709 & Female:41083) of which 66386 belonged to scheduled tribes (Male: 29847 & Female: 36539)

### Status of work done under THCRP during 2023-2024

S. No.	Particulars	Consolidated data of the study
1.	No. of Villages covered	05
2.	No. of Visits made	201
3.	ST Population surveyed	3950
4.	Total No. of patients treated	5620
5.	No. of ST patients treated	2683
6.a	No. of ST Adults treated	1775
6.b	No. of ST Children treated	908
6.	Total No. of Investigations done	2846

**List of Prevalent Diseases:** Sandhivatha, Dourbalya, Vatavyadi, Janubedha, Pandu, Gridhrasi, Kasa, Prameha, Kustah, Shirashool

## **Ayurveda Mobile Health Care Programme (AMHCP) under Schedule Caste Sub Plan (SCSP)**

Ayurveda the ancient tradition of Indian System of Medicine has sustained the population for centuries, with effective cures and remedies for numerous conditions, including those relating to women and children. As an apex body of research in Ayurveda, The Central Council for Research in Ayurvedic Sciences (under Ministry of Ayush, Govt. of India) is providing healthcare services and creating awareness for maintenance and promotion of health of SC communities by Ayurvedic approaches through its different institutes across the country under the Scheduled Caste Sub Plan Programme (SCSP).

This programme has been executed through 20 CCRAS institutes in 18 States including Central Ayurveda Research Institute (CARI), Bengaluru since 2015. During 2023-24 this programme is being executed through 15 CCRAS institutes in 14 states.

**Aims:** - To provide health care services through Ayurveda interventions and comprehend the health status along with the demographic profile of the target population of the areas predominantly dwelled by the scheduled castes.

### **Objectives:** -

1. To provide health care services to the willing patients through Ayurveda interventions as adjuvant to the conventional concomitant medication or as stand-alone for various disease conditions
2. To generate awareness about Health, Hygiene, Nutrition through awareness lectures and distribution of IEC materials & to provide Ayurveda based lifestyle advocacy (Dinacharya, Ritucharya, Pathya-apathya etc.) for maintenance of health and prevention of diseases.
3. To understand the health status of the target population in context with their socio-demographic conditions
4. To comprehend the perception of the study population regarding Ayurveda for health care

### **Work carried out since inception to March 2023**

Total 51463 scheduled castes population of 82 villages/areas through 1273 tours covered and medical aid provided to 36115 patients of which 33915 belonged to schedule castes.

<b>Sr. No</b>	<b>Project year</b>	<b>No. of tour</b>	<b>No. of Villages covered</b>	<b>Population surveyed</b>	<b>SC patients treated</b>	<b>Total Patient treated</b>
1.	<b>2015-16</b>	58	4	1488	1771	2002
2.	<b>2016-17</b>	173	10	4260	5936	6193
3.	<b>2017-18</b>	241	9	10544	6836	7089
4.	<b>2018-19</b>	244	8	9750	5626	5775
5.	<b>2019-20</b>	240	5	10009	4238	4308
6.	<b>2020-21</b>	159	5	8429	1521	1803
7.	<b>2021-22</b>	158	5	5940	1721	1741
<b>Total</b>		<b>1273</b>	<b>46</b>	<b>50420</b>	<b>27649</b>	<b>28911</b>

## Research projects conducted under THCRP-TSP since inception to March 2023

Sr. No.	Title of the project
<b>2021-22</b>	
1.	A prospective open label controlled interventional study on the effect of Ayurvedic intervention (Ayurveda Raksha Kit) as a prophylactic measure in the Pandemic of COVID-19 - A Community based study.
2.	Profiling of demographic, health status and non-communicable diseases among scheduled caste population in selected states across India- A descriptive, cross sectional epidemiological study.
3.	Effectiveness of Ayurveda based diet and Lifestyle advocacy on health-related Quality of life in scheduled Caste population in India- a community-based cluster randomized controlled study.
4.	A prophylactic community-based study to assess the impact of AyuRaksha Kit in COVID-19
5.	A prospective community-based study for the evaluation of Punarnavadi Mandura in Anemia (Pandu).
<b>2022-23</b>	
6.	Cross sectional survey to determine the prevalence of Non-communicable Diseases and their risk factors among scheduled castes in selected states across India"
7.	A randomized placebo-controlled trial of Ayush SR in Perceived stress
<b>2023-24</b>	
8.	Effectiveness of <b>Ayush Rasayana A &amp; B</b> on Quality of Life of elderly population- A cluster randomized study

### Work carried out From April 2022 to March 2023

During this period a total 6371 scheduled caste population were surveyed, 25 villages/areas covered through 228 tours and medical aid provided to 3154 patients of which 2961 belonged to schedule castes.

**List of Prevalent diseases-** Sandhivata, Amlapitta, Katishoola, Kasa, Madhumeha, Agnimandya, Kandu, Shirashoola, Prathishyaya, Shoola, Pandu roga, Balashosha, Jwara, Kastarthava, Vyanavatakopa, Vishwachi, Shwasa, Vicharchika, Gridrasi, Vibanda.

## Centre of Excellence (CoE) for Research and Clinical services in Madhumeha

The Central Ayurveda Research Institute, Bengaluru is one of the peripheral Institutes of Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH, Govt. of India. The Institute established in 1971 has been engaged in Clinical Research, Drug standardization and Survey of Medicinal Plants in addition to providing healthcare facilities to the needy public. In recognition of its contribution in patient care and research, the Ministry of AYUSH, Govt. of India has awarded “Centre of excellence (CoE) for research and clinical services in Madhumeha (Diabetes mellitus)” in the year 2021 for a period of 4 years (3 years + 1 year extension).

### Objectives

1. Development of comprehensive document on “Ayurvedic guideline for prevention and management of diabetes mellitus”
2. Validation of Ayurveda approaches for diabetes
3. Validation of Ayurveda dietetics and development of ready to cook/ready to eat food for diabetes.
4. Prevention and management of diabetes mellitus with multi-specialty approach
5. Developing technical collaboration with reputed organisations
6. Capacity building for Ayurveda research in diabetes
7. To obtain certification from National Accreditation Board for Hospitals & Healthcare Providers (NABH)
8. To introduce e-healthcare initiatives (compliant with digital India) for prevention and management of Diabetes

### Work carried out from April 2021 to March 2023

#### 1. Clinical services

Diabetes OPD: Under the scheme, a specialized OPD for patients of Madhumeha is made functional since 22<sup>nd</sup> July 2021. The patients are provided with free consultation, medicines, laboratory investigations and food & lifestyle counselling.

Department	Male	Female	Total
OPD New patients	1167	671	1838
OPD Follow-up patients	3367	2093	5460
<b>Total</b>	<b>4534</b>	<b>2764</b>	<b>7298</b>

#### 2. e-Healthcare initiatives:

Under the Centre of excellence scheme a static website [www.cari.gov.in](http://www.cari.gov.in) has been functional for the promotion and introducing e-healthcare initiatives, compliant with Digital India, to reach out to wider population.

Sl. No	Initiative	Population coverage
1	e-Medical records (OPD and camp)	3439
2	Website impressions	1870
3	SMS alerts	6096
4	Teleconsultation	22
5	Social media reach	683

6	AYUSLAB-Clinical lab	2564
7	AYUSLAB-Pharmacy	11908
	<b>Total beneficiaries</b>	<b>26582</b>

### 3. Research activities

The research activities under the CoE are being carried out under different sub-heads.

#### 3.1 Literary Research:

567 formulations pertaining to prameha in specific were compiled from 16 Ayurveda treatises. 150 ekaladravyas indicated in prameha from 16 Nighantus were compiled. A detailed literary compilation of anti-diabetic potential of each individual ingredient of the selected 4 formulations from published articles completed.

#### 3.2 Drug development:

The Centre of Excellence is mandated with selection of 2 potential formulations for clinical trials. An exhaustive literature survey was carried out in order to list out the formulations which have been mentioned in *chikitsa* of *Prameha*. After a thorough scrutiny and expert opinion, 4 formulations have been shortlisted as potential candidates for further testing. The four formulations thus selected were manufactured at Central Ayurveda Research Institute, Jhansi, and their quality control analysis has been done.

#### 3.3 Pre-clinical anti-diabetic study

Title of the study: Preclinical studies of four anti-diabetic formulations of Central Ayurveda Research Institute (CARI) in high fat diet along with low dose of Streptozotocin induced Diabetes in Wistar rats

#### 3.4 Research projects: Following minor research projects are taken up under CoE

- Evaluation of anti-diabetic efficacy of four selected classical Ayurvedic poly-herbal formulations in Type-2 Diabetes Mellitus – A randomized pilot study.
- Clinical evaluation of anti-diabetic efficacy of ‘Kaphaja Pramehahara Yoga, an Ayurveda poly-herbal formulations in Pre-diabetes – A pilot study.
- Knowledge, Attitude and Practices (KAP) related to Madhumeha (Diabetes)- A Cross-sectional study
- Development of predictive system for diagnosing the risk of Diabetes using machine learning techniques.
- A Cross-sectional study of Knowledge, Attitude and Practice related to Madhumeha (Diabetes) (Extended KAP study)
- A pilot study to evaluate the role of Yoga capsule as add-on in reducing Serum Glucose levels in diabetes.

### 4. Technical collaborations

Five technical collaborations for conduct of various research activities are done under CoE.

## 5. Upgradation of the Institute through CoE scheme

### 5.1 Clinical laboratory

- laboratory instruments were purchased under CoE scheme and installed for pathology diagnostics and investigations

### 5.2 Botany Section

- Herbal garden of the institute was upgraded with layouts.
- Irrigation facility was ensured by expanding pipeline system.

### 5.3 Drug Standardisation

- High performance Thin Layer Chromatography was installed along with other necessary equipments.
- Chemicals, reagents and other lab consumables were purchased for the conduction of analysis in HPTLC and DSRU units.
- Magnus trinocular microscope procured for drug microscopy studies.

### 5.4 Hospital services

- Ambulance and its necessary accessories were purchased for the transportation of patients as well as to use it as a mobile clinic for the conduction of Diabetes camps under CoE scheme.
- Unlimited power supply was installed for power backup which covers the entire hospital building (OPDs, Pharmacy, Pathology Lab, Yoga-hall, Marma and Shalya Units, Panchakarma unit, IPD)

### 5.5 Software purchased

- Laboratory Information Management system by AYUSLAB for Clinical laboratory, CARI-installed on 30.06.2022
- Pharmacy Management system by AYUSLAB for Pharmacy, CARI installed on 08.09.2022.
- STATA/SE 17 statistical software installed on 01.10.2022 to carry out all the Statistical analysis for research activities of the Institute.

## 6. Publications

Six Research articles published in reputed journals under CoE project.

## 7. IEC materials

The below IEC materials have been developed under CoE scheme and are being distributed to public at CARI Hospital, camps and other outreach programmes.

- ಮಧುಮೇಹ ನಿಯಂತ್ರಣ ಹಾಗೂ ನಿರ್ವಹಣೆಗೆ ಸಮಗ್ರ ಸೂತ್ರ  
(Prevention and Management of Diabetes mellitus)
- ಸಾಮಾನ್ಯ ಯೋಗ ಕೈಪಿಡಿ (Common Yoga Protocol)
- ಆಹಾರ ಸೇವನೆಯ ಮುಖ್ಯ ನಿಯಮಗಳು (Regimens to be followed during food consumption)
- ಟೈಪ್ -2 ಮಧುಮೇಹದ ಬಗ್ಗೆ ಮುಖ್ಯ ಸಂಗತಿಗಳು(Important facts about Type-2 Diabetes mellitus)

## 8. Academic, training and outreach activities

	Activity	Number of programs	Total beneficiaries
1.	Diabetic screening camps	51	1601
2.	Public awareness program	10	391
3.	Yoga training program	13	421
4.	Patient training program	10	193
5.	Students training program	10	392

### Work carried out from April 2023 to March 2024

#### 1. Clinical services (Diabetes OPD)

Department	Male	Female	Total
OPD New patients	837	558	1395
OPD Follow-up patients	3505	2516	6021
<b>Total</b>	<b>4342</b>	<b>3074</b>	<b>7416</b>

#### 2. e-Healthcare initiatives:

Sl.No	Initiative	Population coverage
1	e-Medical records (OPD and camp)	2310
2	Website impressions	154076
3	Teleconsultation	70
5	Social media reach	909
6	AYUSLAB-Clinical lab	4929
7	AYUSLAB-Pharmacy	27316
	<b>Total beneficiaries</b>	<b>189610</b>

#### 3. Research activities

Following research projects have initiated under CoE Scheme

- Evaluation of bio-availability of Varadi and Mustadi ghana vati in healthy volunteers – A cross-over randomized clinical trial
- Evaluation of two ready-to-cook dietary supplements for its anti-diabetic property in patients of type-2 diabetes mellitus -A Randomized control trial
- Safety and efficacy of Mustadi ghana vati and Varadi ghana vati in Madhumeha/ type-2 diabetes mellitus: An open labelled randomized controlled active comparator (Metformin) Phase-II study.
- Occurrence of diabetic peripheral neuropathy and its relationship with Prakriti among type-2 diabetic patients – A cross-sectional study

#### 4. Technical collaborations

One technical collaboration for conduct of various research activities are done under CoE.

## 5. Upgradation of the Institute through CoE scheme

### 5.1 Hospital services

- Ultrasound sonography machine was purchased under CoE scheme for the upgradation of the Institute.

### 5.2 Software purchased

- STATA/SE 18 statistical software installed on 27.12.2023 to carry out plan the research studies and analyse the data

## 6. Publications

Four research articles published in reputed journals under CoE project.

## 7. IEC materials

The below IEC materials have been developed under CoE scheme and are being distributed to public at CARI Hospital, camps and other outreach programmes.

- i. Diabetic eye care charts for patients
- ii. Diabetic foot care charts for patients
- iii. Diabetic skin care charts for patients
- iv. IEC material on FAQs (Essentials of Madhumeha and its management)
- v. Flyer on Gestational Diabetes Mellitus in Kannada and English

## 8. Academic, training and outreach activities

	Activity	Number of programs	Total beneficiaries
1.	Diabetic screening camps	30	915
2.	Public awareness program	10	748
3.	Yoga training program	12	325
4.	Patient training program	10	282
5.	Students training program	10	426

## Accreditation for NABL/ NABH for providing quality AYUSH healthcare services

- NABL accreditation for Clinical laboratory under CARI Hospital obtained on 15.12.2022
- NABH accreditation for CARI Hospital obtained on 05.01.2023

## National Pharmacovigilance Program

### Ayush Oushadhi Gunavatta Evam Utpadan Samvardhan Yojana (Aogusy)

The scheme intends to promote and project quality, acceptability and visibility of Ayush products for enhancing people's confidence in their use for health care and for improving trade.

- i. To inculcate culture of quality production of Ayush products assured with safety and efficacy.
- ii. To enable Ayush drug industry in complying with national and global regulatory requirements and standards.
- iii. To build up visibility and demand- driven market presence of Ayush products.
- iv. To strengthen Ayush pharmaceutical industry for enhancing trade and exports.

#### Objectives:

- i. To enhance India's manufacturing capabilities and exports of traditional medicines and health promotion products under the initiative of Atmanirbhar Bharat.
- ii. To facilitate adequate infrastructural & technological up gradation and institutional activities in public and private sector for standardization, quality manufacturing and analytical testing of Ayush drugs & materials.
- iii. To strengthen regulatory frameworks at Central and State level for effective quality control, safety monitoring and surveillance of misleading advertisements of Ayush drugs.
- iv. To encourage building up synergies, collaborations and convergent approaches for promoting standards and quality of Ayush drugs & materials.

#### Components:

- i. Strengthening and up-gradation of Ayush Pharmacies and Drug Testing Laboratories to achieve higher standards.
- ii. Pharmacovigilance of ASU&H drugs including surveillance of misleading advertisements.
- iii. Strengthening of Central and State regulatory frameworks including Technical Human Resource & Capacity Building programs for Ayush drugs.
- iv. Support for development of standards and accreditation/ certification of Ayush products & materials in collaboration with BIS, QCI and other relevant scientific institutions and industrial R&D centres.

#### Deliverables 2023 -2024

Sl. No.	Name of events	No.
1.	Total Misleading Advertisements Reported	154
2.	Adverse Drug Reactions (ADRs)	07
3.	CME Conducted /Awareness Program Conducted	11
4.	Participation in the training program	08
5.	Participation in CME as resource persons	03
6.	Articles Submitted/Published	02

Since the inception of the programme in 2018, The institute has reported 14 ADRs and 581 Misleading Advertisements

**Powers and Duties of Officers and Employees**

CCRAS is headed by the Director General, who is assisted by the Deputy Director General and Dy. Director (Administration). CARI Bengaluru is a peripheral unit of CCRAS and headed by the Assistant Director Incharge. The Powers and Functions of the Director General, CCRAS, Dy. Director (Admn.) and Incharges of the Institutes are available on CCRAS's website i.e. [www.ccras.nic.in](http://www.ccras.nic.in), under the Head Memorandum of Association, Rules, Regulations and Bye-Laws of the Council.

## **SCHEDULE-1**

### **Schedule of powers vested in the Director General**

#### **(Rule 4)**

The said information is available at the Council's website [www.ccras.nic.in](http://www.ccras.nic.in) under the head Memorandum of Association, Rules, Regulations and Bye-Laws of the Council.

**Delegation of financial and administrative powers to Deputy Director (Admn.) CCRAS  
and Incharges of the Subordinates Institutes/Units of the Council**

S. No	Items/ Powers	Extent of powers delegated				Remarks
		Deputy Director(Admn.)		Incharges		
		Existing	Enhanced	Existing	Revised	
1	2	3	4	5	6	7
1.	Power to sanction taxes/surcharges, renewal of insurance, postal, telegraphic, water, electricity, telephone bills	Full	Full	Full	Full	Subject to budget provision
2.	Reimbursement of local conveyance in respect of employees working under them.	Rs.150/- p.m. per person	As per orders of D/o Expenditure	Rs.150/- p.m. per person	As per orders of D/o Expenditure	As amended from time to time
3.	Power to incur expenditure on non-recurring items.	Upto Rs.10,000/-	Upto Rs.1.00 lakh	Upto Rs.1,00,000/- in respect of CRIs and Rs.50,000/- in respect of other Units	Upto Rs.2.00 lakh to National Research Institutes, Cpt. Srinivasa Murthy Research Institute for Ayurveda and Siddha Drug development, Chennai, Ayurveda Central Research Institute, Delhi, Ayurveda Research Institute for Mother and Child Health Care, Trivandrum, Advanced Centre for Ayurveda in Mental Health and Neuro-Sciences NIMHANS, Bangalore, Ayurveda Cancer Research Institute, Mumbai, Ayurveda	Subject to budget provision and observations of codal formality. The accountability for justifiable expenditure fully lies with the officer sanctioning the amount. The Officer will also be responsible for compliance of all audit observations.

					Mental Health Research Institute, Nagpur & Ayurveda Regional Research Institute, Patna, and Rs.1,00,000/- for other Institutes.	
4.	To incur expenditure on recurring contingency like petrol, diet, Diesel (Central heating), stationery, postage etc.	Upto Rs.2,000/-	Full	Full	Full	Subject to budget provision and rates of diet prescribed by the Council.
5.	Purchase of books/ publications, periodicals, journals.	Full, on the recommendations of DD(Tech.) concerned Programme Officers	Full, on the recommendations of DD(Tech.) concerned Programme Officers	Full, except involving foreign currency.	Full	Subject to budget provision and requirement of allotted programme.
6.	Power to sanction temporary advances from the imprest.	Full	Full	Full	Full	Not more than one advance is sanctioned to an individual, till the adjustment is submitted.
7.	Power to sanction telephone rents, calls, phonograms, where telephone connections are sanctioned by the Council. Audit Fees and Advt. charges.	Full	Full	Full	Full	
8.	Power to sanction expenditure on electricity and water charges.	Full	Full	Full	Full	
9.	To sanction repair charges of vehicles, equipments, tools, stores etc.	Upto Rs.5000/-	Full	Upto Rs.5000/-	Full	Through authorized workshops only.

10.	Purchase and supply of uniform for eligible staff.	Full in respect of employees working at Hqrs. Office	Full	Full in respect of employees working under them.	Full	As per DOPT guidelines
11.	a) Power to sanction advances of pay/TA/DA to the employees in whose case transfer orders have been issued by Hqrs. Office. b) Advance of leave salary as per rules	Full	Full	a) Full - provided the advance is sanctioned as per rules	Full	As per rules as amended from time to time
12.	To sanction the write off of irrecoverable stores etc. provided that (i) the loss is not due to theft and (ii) it does not disclose a defect of system or serious negligence on the part of some individual employees of the Central Council, which might possibly call for disciplinary action and to sanction write off and sell by auction or otherwise, in the interest of the Council,  ii Declaring Condemn unserviceable stores. (The amount of sale proceeds shall be credited to the Hqrs office of the Central Council).	Upto Rs.5000/-	Upto Rs.50,000/-	Upto Rs.5000/- in r/o CRIs and Rs.3000/- in r/o RRIs/ RRCs and other major institutes in each case (Note: each case means each occasion not each article). The case of theft, negligence on the part of individual including cases involving relaxation will continue to be referred to the Council.	Rs.50,000/- to all Subordinate Institutes/Centres	On the recommendations of a Physical Verification Committee (Condemnation Committee) to be constituted according to Rules.  -do-
13.	Power to sanction festival advance to entitled staff	Full in respect of employees working at Hqrs. Office	Full	Full in respect of employees working under them.	Full	
14.	Power to reimburse medical examination fee on first appointment as per scales laid down.	Full	Full	Full	Full	

15.	Power to sanction LTC and LTC advance in respect of staff working under them except head of Institutes/Centres.	Full in respect of employees working at Hqrs. Office.	Full	Full in respect of employees working at under them.	Full	
16.	Power to sanction cycle/fan advance to staff.	Full	Full	One case in a year	Full	
17.	Power to reimburse tuition fee/CEA in respect of employees working under him.	Full	Full	Full in respect of employees working at under them.	Full	
18.	Power to purchase prepared medicines from IMPCL and IMPCOPS only.	Upto Rs.50,000/- on the recommendation of Deputy Director (Tech.)/ Programme Officers	Full on the recommendation of Dy.Dir. (Tech.)/ Programme Officers	Upto Rs.1,00,000/- in case of CRIs and Rs.30,000/- in case of other Units.	Rs.2,00,000/- where OPD and/or IPD are functioning	Subject to budget provision
19.	Power to sanction medical reimbursement claim in respect of officers and staff working at Institutes/Centres/Units.	Upto the limit of Rs.10,000/- in each case.	Full	Upto the limit of Rs.500/- in each case in a year	Full	Claims for treatment taken from private hospitals in emergency to be sanctioned by Director General, CCRAS
20.	Power to purchase raw drugs for preparation of medicine including trial drugs for use in hospital as well as for supply to other projects of the CCRAS.	Upto Rs.50,000/- on the recommendation of Deputy Director (Tech.)	Full on the recommendation of Deputy Director (Tech.)	Rs.50,000/- in case of CRIs and Rs.15,000/- in case of other Units.	Rs.1,00,000/- (subject to obtaining GMP certificate)	Subject to budget provision
21.	Power to sanction annual maintenance contract charges in respect of typewriters, computers, fax, photo copier, duplicating machines, scientific instruments/equipments, ACs, heaters etc.	Full for approved AMCs	Full	Upto Rs.5,000/- in each case with reference to the budget provision	Full	AMCs to be awarded to the manufacturer s or their authorized dealers. In other cases after observing codal formalities.
22.	Power to sanction GPF/CPF advance/ withdrawals.	Full	Full	Not applicable	Not applicable	

23.	Power to sanction cash handling allowance	Full as per rules	Full as per rules	Not applicable	Full as per rules	Fidelity Bond to be kept in safe custody.
<b>Administrative Powers</b>		<b>Deputy Director(Admn.)</b>		<b>In-charges</b>		<b>Remarks</b>
		<b>Existing</b>	<b>Enhanced</b>	<b>Existing</b>	<b>Revised</b>	
24	To transfer an employee from one sanction to another	Full	Full	Full		
25	All kinds of leave except study leave	Upto Assistant Directors	Upto Assistant Directors	Full in respect of an employee working under him.	Full in respect of employees working under him.	
26	Power to sanction all kinds of tours within the State.	Full	Full upto Assistant Directors	Full, except in the case of IN-charge	Full, except in the case of In-charge	Tours to be sanctioned strictly for Institute's work
27	To order closure of the office on the basis of ad-hoc decision of the Central Govt. or respective State Govt.	Not applicable	Not applicable	Full	Full	As per decision of the local Co-ordination Committee
28	Power to maintain service book and leave account.	Full except DD(A)	Full except DD(A)	Full except In-charge	Full except In-charge	
29	Acceptance of Home Town declaration	Full	Full	Full in respect of employees working under them	Full in respect of employees working under them.	
30	Issue of Identity Card to group A,B,C & D staff as per instructions regarding issue of identity card and conditions of issue as may be communicated by Hqrs. from time to time.	Full	Full	Full in respect of employees working under them	Full in respect of employees working under them	
31	Power to sanction special increment for promoting small family norms in respect of all group working under him	Full	Full	Full	Full	Subject to observance of Rules.
32	Power to forward applications for outside employment in respect of staff working under them.	Full in respect of non-technical employees	Full in respect of non-technical employees	Full in respect of employees working under them under intimation to Hqrs. Office.	Withdrawal of power to forward applications for outside employment in r/o staff working under them vide Council's letter	The deputation cases are subject to approval of Hqrs. Office

					No.F.32-33/88-CCRAS/Admn./2534 dated 16/1/2013.	
33	Power to sanction stagnation increment in respect of staff working under them.	Full	Full	Full in respect of employees working under them	Full in respect of employees working under them	As per rules.
34	Power to grant ACP/ Promotion to group C & D employees working under them.	Not applicable	Not applicable	Full in respect of Group C&D employees of maximum scale of pay of Rs.5000-8000/-	Full in respect of Group C&D employees in PB-1 upto Grade pay of Rs.2800/-	
35	Power to fill up the vacancies by promotion in respect of Group C&D arisen due to death/retirement and resignation as per approved RRs.	Not applicable	Not applicable	Full in respect of Group C&D employees	Full in respect of Group C&D employees	Direct recruitment to be made with prior approval of Hqrs. Office.
36	Detention of staff in Hqrs. Office/Institutes beyond normal office hours on working days and holidays and payment of Compensation/ Conveyance allowance as per rules.	Full	Full	Full in respect of employees working under them.	Full in respect of employees working under them.	Detention of female staff should be with their consent
37	Permission for purchase of movable/immovable properties under CCS (Conduct) Rules.	Full upto the level of Assistant Directors	Full upto the level of Assistant Directors	Full in respect of employees working under them.	Full in respect of employees working under them.	In case of Group 'A' and I/cs, information to be sent to Hqrs. Office.
38	NOC for Indian Passport.	Full in respect of employees working at Hqrs. Office	Full in respect of employees working at Hqrs. Office	Full in respect of employees working under them.	Full in respect of employees working under them.	In case of Group 'A' and Incharges, information to be sent to Hqrs. Office
39	To grant permission for attending of local Seminars by the Scientists/Research Officers without TA/DA	Not applicable	Not applicable	Two occasions in a year and not more than 2 Scientists at a time.	Two occasions in a year and not more than 2 Scientists at a time.	Total absence including journey period not to exceed 7 days at a time and 15 days in a year for all Seminars

40	Power to engagement of contractual/ temp. staff against the vacant post for a period of maximum one year.	Not applicable	Not applicable	Not applicable	Full	Subject to availability of vacant posts in respect of group – B,C,D and Research Projects. For Group ‘A’ with approval of Hqrs.
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**The procedure followed in the decision-making process,  
including channels of supervision and accountability**

The Council is taking decision on various issues in the following manners:

The Council is engaged in Research Activities and decisions are arrived at, after having the due deliberation by Scientific Advisory Board/Project Evaluation Committee and some decisions taken by the Director General as per powers delegated to him as per Rule-4(Schedule I) under Memorandum of Association and Rules, Regulations and Bye-Laws of the Council. (Please refer to Council's website i.e. [www.ccras.nic.in](http://www.ccras.nic.in) for Bye-Laws of the Council).

The final decision-making authority is Governing Body of the Council.

**(Section 4(1)(b)(iv))**

**Norms set for discharge of functions**

As per the Bye-Laws of the Council, proposals are implemented after obtaining approval of the Competent Authorities. The Bye-Laws are available on Council's website at [www.ccras.nic.in](http://www.ccras.nic.in).

**The rules, regulations, instructions, manuals and records, held by it or under its control  
or used by its employees for discharging its functions**

1. Manual of Office Procedure
2. Fundamental Rules and Supplementary Rules (FR&SR)
3. CCS (Classification, Control and Appeal) Rules 1965
4. CCS (Conduct) Rules 1964
5. General Financial Rules (GFR)
6. Delegation of Financial Power Rules
7. CCRAS (Pension) rules in line with CCS (Pension) Rules
8. Central Services (Medical Attendance) Rules
9. Central Civil Service Leave Rules
10. Central Civil Services Leave Travel Concession Rules
11. Central Vigilance Commission (CVC) Manual

**(Section 4(1)(b)(vi)}**

**A statement of the categories of documents that are held by it or under its control**

No such documents are held in the Vigilance Section that needs to be disclosed under this Section.

{Section 4(1)(b)(vii)}

**The particulars of any arrangement that exists for consultation with,  
or representation by, the members of the public in relation to the  
formulation of its policy or implementation thereof**

Nil

**{Section 4(1)(b)(viii)}**

A statement of Boards, Councils, Committees and other bodies consisting of two or more persons constituted as its part or for the purpose of its advice, and as to whether meetings of those Boards, Councils, Committees and other bodies are open to the public, or the minutes of such meetings are accessible for public

The following Boards/Committees are constituted:

- i. Governing Body of the Council
- ii. Standing Finance Committee
- iii. Executive Committee
- iv. Scientific Advisory Board
- v. Scientific Advisory Group

(The list of Members of Boards/Committees is available at CCRAS's website i.e. [www.ccras.nic.in](http://www.ccras.nic.in), under the heading Committees.)

**{Section 4(1)(b)(ix)}**

**DIRECTORY OF OFFICERS AND EMPLOYEES  
OF CENTRAL AYURVEDA RESEARCH INSTITUTE, BENGALURU**

<b>Sr. No.</b>	<b>Name of the post</b>	<b>Name of the Employee</b>	<b>Extension Number</b>	<b>GOV/NIC Email</b>	<b>Email ID</b>
1.	Assistant Director (Ay.)	Dr. Sulochana Bhat	201	sulochana.bhat@gov.in	<a href="mailto:dr.sulochana@gmail.com">dr.sulochana@gmail.com</a>
2.	Research Officer (Ay.)	Dr. S.K. Giri		sanjaykumar@ccras.nic.in	giridr@yahoo.co.in
		Dr. S.H. Doddamani	207	shashidhar@ccras.nic.in	shd_ayu@yahoo.co.in
		Dr. M.N. Shubhashree	215	shubhashree@ccras.nic.in	drshubhathejas@gmail.com
		Dr. Raghavendra Naik	214	raghavendra@ccras.nic.in	ayuraghu@gmail.com
		Dr. Bhavya B.M.	218	bhavya@ccras.nic.in	drbhavya25@gmail.com
		Dr. Rajendra Kumar	217	rajendra@ccras.nic.in	rajanpaliwal25@gmail.com
3.	Research Officer (Pathology)	Dr. Anchan Vidyashree Vitthal	227	vidyashree@ccras.nic.in	<a href="mailto:dr.anchan88@gmail.com">dr.anchan88@gmail.com</a>
4.	Research Officer (Bot.)	Dr. V. Rama Rao	210	ramarao@ccras.nic.in	vendrapati@yahoo.com
5.	Research Assistant (Bot.)	Mrs. Nazneen	210	nazneen@ccras.nic.in	<a href="mailto:nazneen.jdpr23@gmail.com">nazneen.jdpr23@gmail.com</a>
		Mrs. R Bhavana		bhavana@ccras.nic.in	<a href="mailto:reddy.bhavana513@gmail.com">reddy.bhavana513@gmail.com</a>
		Mrs. Ritu Sinha		ritu.sinha@ccras.nic.in	ritusinhakk@gmail.com
6.	Research Assistant (Chem.)	Shri Suresh Kumar	211	ksuresh@ccras.nic.in	chhipasuresh@gmail.com
7.	Staff Nurse	Shri Mallikarjun Neelavani	225	NIC ID not available	neelavanimallu@gmail.com
		Shri Srinivas Iliger		NIC ID not available	ksrinivas.iliger0@gmail.com
8.	Pharmacist Grade I	Shri Niloy Banerjee	231	niloyb@ccras.nic.in	niloybanerjeenbx@gmail.com
		Shri Suraj Kumar		NIC ID not available	<a href="mailto:surajkumarimsbhu@gmail.com">surajkumarimsbhu@gmail.com</a>
9.	Laboratory Technician	Mrs. Neetha G	226	neetha.g@ccras.nic.in	neethaa.jithesh@gmail.com
		Mrs. Hemavathi		NIC ID not available	hemaradhish@gmail.com
10.	Laboratory Assistant	Shri A Sathish	226	NIC ID not available	sathishknl@gmail.com
11.	Lower Division Clerk	Mrs. Jyothi G	202	jyothi.g@ccras.nic.in	jyothigopalkrishna13@gmail.com
12.	Laboratory Attendant	Shri Delvin George	206	delvin@ccras.nic.in	delvingeorgejy@gmail.com
13.	Peon	Shri Santhosh J	202	NIC ID not available	<a href="mailto:santhosh.j9933@gmail.com">santhosh.j9933@gmail.com</a>
14.	Driver	Shri H. Yathish Kumar	202	NIC ID not available	hyathishkumar84@gmail.com

**The monthly remuneration received by each of its officers and employees,  
including the system of compensation as provided in its regulations**

**List of Employees with Gross Monthly Remuneration of CCRAS Headquarters**

Sr. No.	Name of Officer/Official	Designation	Pay Level	Gross Monthly Remuneration
1.	Dr. Sulochana Bhat	Assistant Director Incharge	13	363528
2.	Dr. Sanjay Kumar Giri	Research officer (Ay.)	13	289215
3.	Dr. S.H.Doddamani	Research officer (Ay.)	13	281142
4.	Dr. M.N.Shubhashree	Research officer (Ay.)	12	230013
5.	Dr. V.Rama Rao	Research officer (Bot.)	12	177857
6.	Dr. Raghavendra Naik	Research officer (Ay.)	11	159426
7.	Dr. Bhavya. B.M	Research officer (Ay.)	11	159426
8.	Dr. Rajendra Kumar	Research officer (Ay.)	10	137691
9.	Dr. Anchan Vidyashree	Research officer (Ay.)	10	137691
10.	Mr. Mallikarjun Neelavani	Staff Nurse	7	90402
11.	Mr. Srinivas	Staff Nurse	7	87924
12.	Ms. R. Bhavana	Research Assistant (Bot.)	6	73899
13.	Mrs. Nazneen	Research Assistant (Bot.)	6	73899
14.	Mr. Suresh Kumar	Research Assistant (Chem.)	6	73899
15.	Mrs. Ritu Sinha	Research Assistant (Bot.)	6	73899
16.	Sri. Niloy Banerjee	Pharmacist	6	80123
17.	Sri. Suraj kumar	Pharmacist Gr-1	5	61184
18.	Smt. Neetha G	M L T	6	80123
19.	Smt. Hemavathi K.H	M L T	6	80123
20.	Sri. A. Sathish,	Junior M L T	5	67733
21.	Ms. Jyothi. G	L D C	2	39109
22.	Sri.H. Yathish Kumar,	Driver	2	54104
23.	Sri. Delvin George	Lab attdt	2	48251
24.	Sri. J. Santhosh	M T S	1	46481

{Section 4(1)(b)(xi)}

The Budget allocation to each of its agency, indicating the particulars of all plans,

Proposed expenditures and reports on disbursement made

Budget allocation/Budget received for the last five years including current year

Sr. No.	Budget Head	2018-19	2019-20	2020-21	2021-22	2022-23	2023-24
1.	GIA General	0.90	0.68	0.72	1.02	2.06	2.96
2.	GIA Salary	2.60	2.10	2.25	2.63	3.00	3.68
3.	GIA Capital	-	-	-	-	-	-
4.	GIA SCSP	-	-	0.27	0.39	0.35	0.40
5.	GIA TSP	0.19	0.19	0.38	0.66	0.46	0.53
6.	GIA NER	-	-	-	-	-	-
7.	GIA SAP	0.00	0.01	0.01	0.01	0.02	0.02
	<b>Total</b>	<b>3.69</b>	<b>2.98</b>	<b>3.63</b>	<b>4.71</b>	<b>5.89</b>	<b>7.59</b>

**The manner of execution of subsidy programmes, including the amounts allocated and the details of beneficiaries of such programmes**

As such, subsidy programmes are not undertaken by the Council; however, subsidy/discounts are available on user charges for certain stake holders such as bonafide students, govt. organizations, etc.

**{Section 4(1)(b)(xiii)}**

**Particulars of recipients of concessions, permits or authorizations granted by it**

Not applicable

**{Section 4(1)(b)(xiv)}**

**Details in respect of the information available to or held by it,  
reduced in an electronic form**

(Available at CARI Bengaluru's website i.e. [cari.gov.in](http://cari.gov.in))

(Also available at CCRAS's website i.e. [www.ccras.nic.in](http://www.ccras.nic.in))

{Section 4(1)(b)(xv)}

**The particulars of facilities available to citizens for obtaining information, including the working hours of a Library or reading room, if maintained for public use**

Information can be obtained from the CARI Bengaluru Office of the institute situated at the following address:-

**Central Ayurveda Research Institute, Bengaluru**  
Central Council of Research in Ayurvedic Sciences (CCRAS)  
Ministry of Ayush, Govt. of India  
#12, Manavartheekaval, UttarahalliHobli, Kanakapura Main Road,  
Talaghattapura post, Bangalore 560109  
Website- [www.cari.gov.in](http://www.cari.gov.in)

Requisite fee to obtain the information can be remitted either by Cash into the Cash Section of CCRAS's Headquarters or by Demand Draft, Indian Postal Order in favour of Director General, CCRAS, payable at Delhi.

or

Requisite fee to obtain the information can be remitted either by Cash into the Cash Section of CARI Bengaluru or by Demand Draft, Indian Postal Order in favour of Assistant Director Incharge, CARI, Bengaluru, payable at Bengaluru.

#### LIBRARY

The Council is maintaining a Departmental Library where publications on various subjects for preserving and promoting research and knowledge in the field of Ayurvedic Sciences.

#### WEBSITE

The Institute's website [www.cari.gov.in](http://www.cari.gov.in) can be accessed for details of all the schemes and programmes of the Council. CCRAS's Website i.e. [www.ccras.nic.in](http://www.ccras.nic.in) can also be accessed for further information.

{Section 4(1)(b)(xvi)}

**The names, designations, and other particulars of the Public Information Officers**

**Dr. Rajendra Kumar**

Research Officer (Ay.)

Email- [rajanpaliwal25@gmail.com](mailto:rajanpaliwal25@gmail.com), [rajendra@ccras.nic.in](mailto:rajendra@ccras.nic.in)

Phone-080-29535034, 29635035

Extension Number- 217