



# Report of the Modular Training Program on Muculoskeletal Disorders for Ayush Master Trainers

13<sup>th</sup> to 17<sup>th</sup> May, 2024



**Central Health Education Bureau**

Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India  
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## Table of Contents

1. List of abbreviations	4
2. Background	5
3. Objective	
4. Methodology	5
5. Expected outcomes	5
6. Duration	5
7. Participants	6
8. Proceedings of the training program	7-27
9. Inaugural Session	7-11
10. Modular Training Program on Musculoskeletal Disorders for Ayurveda Master Trainers	
<i>10.1. Technical Sessions</i>	11- 13
10.1.1 Objectives of Modular Training on STGs- Musculoskeletal Disorders	
10.1.2 Orientation of Musculoskeletal Program under NAM	
10.1.3 Orientation on Musculoskeletal Disorders through Ayurveda (O.A, R.A. & Cervical Spondylosis)	
10.1.4 Orientation of Musculoskeletal Disorders:	
10.1.5 Orientation on Musculoskeletal Disorders through Ayurveda (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis)	
<i>10.2 Concluding session and certificate distribution</i>	13-14
11. Modular Training Program on Musculoskeletal Disorders for Homeopathy Master Trainers	
<i>11.1 Technical sessions</i>	15-17
11.1.1 Objectives of Modular Training on STGs-Musculoskeletal Disorders	
11.1.2 Orientation of Musculoskeletal Program under NAM	
11.1.3 Orientation on Musculoskeletal Disorders (O.A, R.A. & Cervical Spondylosis) through Homoeopathy	
11.1.4 Orientation on Musculoskeletal Disorders (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis) through Homoeopathy	
11.1.5 Orientation of Musculoskeletal Disorders- Modern Perspective	
<i>11.2 Concluding session and Certificate distribution</i>	17-19

<b>12. Modular Training Program on Musculoskeletal Disorders for Unani Master Trainers</b>	
<b><i>12.1 Technical Sessions</i></b>	<b>20-22</b>
12.1.1 Objectives of modular Training on STGs- Musculo-skeletal Disorders	
12.1.2 Orientation of Musculoskeletal Program under NAM	
12.1.3 Orientation on Musculoskeletal Disorders (O.A, R.A. & Cervical Spondylosis) through Unani	
12.1.4 Orientation on Musculoskeletal Disorders (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis) through Unani	
12.1.5 Orientation of Musculoskeletal Disorders- Modern Perspective	
<b><i>12.2 Concluding Session and Certificate Distribution</i></b>	<b>22-23</b>
<b>13. Modular Training Program on Musculoskeletal Disorders for Siddha Master Trainers</b>	
<b><i>13.1 Technical Sessions</i></b>	<b>24-26</b>
13.1.1 Objectives of Modular Training on STGs-Musculo-skeletal Disorders	
13.1.2 Orientation of Musculoskeletal Program under NAM	
13.1.3 Orientation on Musculoskeletal Disorders (O.A, R.A. & Cervical Spondylosis) through Siddha	
13.1.4 Orientation of Musculoskeletal Disorders- Modern Perspective	
13.1.5 Orientation on Musculoskeletal Disorders (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis) through Siddha	
<b><i>13.2 Concluding Session and Certificate Distribution</i></b>	<b>26-27</b>
<b>14. Glimpses of the training program</b>	<b>27-31</b>
<b>15. Annexure I-IV: Program Schedule</b>	<b>32-35</b>
<b>16. Annexure V-IX :List of participants</b>	<b>36-51</b>

### **List of abbreviations**

CHEB	:Central Health Education Bureau
STGs	:Standard Treatment Guidelines
UT	:Union Territory
IEC	: Information, Education and Communication
DGHS	: Director General of Health Services
AYUSH	: Ayurveda, Yoga, Unani, Siddha, Homeopathy
IRDI	: Insurance Regulatory and Development Authority of India
DDG	:Deputy Director General
NAM	: National Ayush Mission
MSDs	: Musculoskeletal Disorders
CCRAS	: Central Council for Research in Ayurvedic Sciences
CCRH	: Central Council for Research in Homoeopathy
CCRUM	: Central Council for Research in Unani Medicine
Dte.GHS	: Directorate General of Health Services
NABH	: National Accreditation Board for Hospitals & Healthcare Providers
OA	:Osteoarthritis
RA	:Rheumatoid Arthritis

**Background:**

The Central Health Education Bureau in collaboration with the Ministry of Ayush organized a four-day '*Modular Training Program on Musculoskeletal Disorders for Ayush Master Trainers*' at the Central Health Education Bureau (CHEB), 5, Kotla Road, Near Mata Sundri College, New Delhi, from 13<sup>th</sup>-17<sup>th</sup> May 2024.

The training program aimed at the capacity building of master trainers from the Ayurveda, Homoeopathy, Unani, and Siddha streams on the *Standard Treatment Guidelines* (STGs) for Musculoskeletal Disorders. The training program had representations from 26 states and 7 union territories of the country.

**Objectives:**

- a. To enable state-level officers from various streams such as Ayurveda, Homeopathy, Unani, and Siddha to become aware of the standard treatment guidelines for musculoskeletal disorders
- b. To build their capacity to conduct training sessions at the grassroots level.

**Methodology:**

- Experts from each stream—Allopathy, Ayurveda, Homeopathy, Unani, and Siddha—were identified to effectively lead the sessions.
- The training program included interactive lecture sessions where participants actively engaged by asking questions and clarifying their doubts.
- To measure the impact of the training, a pre-assessment questionnaire was administered before the sessions and a post-assessment questionnaire was given afterwards.
- Additionally, feedback was collected from the participants to further enhance the quality of future training programs.

**Expected outcomes:**

- These trained professional State Nodal Officers shall be considered as Master Trainers.
- The mandate of the Master Trainers is to carry out similar training programs in their respective States/UTs for the state level, district and below-district level functionaries.

**Duration:**

The training program was organized for four days to accommodate master trainers from different AYUSH streams. On 13<sup>th</sup> May 2024, the session for Ayurveda Master Trainers was held, followed by the training for Homeopathy Master Trainers on 14<sup>th</sup> May 2024. The program continued with the Unani Master Trainers on 16<sup>th</sup> May 2024, and concluded with the Siddha Master Trainers on 17<sup>th</sup> May 2024. Each session was designed to provide in-depth knowledge and interactive learning opportunities specific to the respective streams. The program schedule for each day has been provided as an annexure (Annexure-I-IV).

**Participants:**

A total of 156 participants from 26 states and 7 Union territories belonging to different streams of AYUSH attended the training program. The distribution of participants was as follows:



A detailed list of participants has been included as an annexure (Annexure-V to VIII) to this document.

## Proceedings of the Modular Training Program for Ayush Master Trainers

Day -1  
13.05.2024

### **Inaugural Session**

The training program commenced with an inaugural session at 10 a.m., where participants and dignitaries were warmly welcomed. The ceremony began with the traditional lighting of the ceremonial lamp by the invited dignitaries. The dignitaries were also greeted with a green welcome, which set a positive and respectful tone for the rest of the training program.





Followed by the green welcome, the master of the ceremonies Dr. Deepa Anil Kumar, Consultant (Research) invited the director, CHEB to deliver welcome address.

**Dr. Gowri Nambiar Sengupta**, Director of the Central Health Education Bureau, welcomed the dignitaries and participants to the training program. Dr. Sengupta informed the participants about the various health education and health promotion activities, as well as the training programs undertaken by the Central Health Education Bureau. She highlighted that, in order to fulfill its mandate of capacity building, CHEB conducts various initiatives, including health education programs, advocacy programs, and



modular training programs. Dr. Sengupta expressed her gratitude to the Director General of Health Services and the Secretary of the Ministry of AYUSH for providing the opportunity to conduct this modular training program. She further added that CHEB would continue to support in conducting similar training programs for other disorders. Further, she proposed to support Ministry of Ayush and the Ayush Vertical in the development of information education and communication (IEC) materials on the musculoskeletal disorders for this and subsequent training programs.



In his introductory address, **Dr. A. Raghu, DDG (Ayush)**, provided an overview to the participants regarding the development of standard treatment guidelines (STGs) on musculoskeletal disorders by the Directorate General of Health Services with the help of Ayush vertical. He emphasized the significance of addressing musculoskeletal disorders, as they are commonly encountered conditions. Therefore, this topic was prioritized in the development of the initial STGs. Dr. Raghu emphasized the significance of

the modular training program to the participants. He instructed the master trainers from different states to continue the training in their respective regions after completing the program. Their task was to lead and expand similar training sessions across the state, ensuring widespread coverage.



In her *Opening Address*, **Smt. Kavita Garg, Joint Secretary (National Ayush Mission)** explained the importance of the modular training program and emphasized the role of master trainers in disseminating the STGs at the grassroots level by spearheading such training programs at the state level.



*The keynote address* was delivered by the **Guest of Honour Prof. (Dr.) Atul Goel**, Director General of Health Services (DGHS), Ministry of Health and Family Welfare. During his address, Prof. (Dr.) Atul Goel mentioned the significance of adopting a patient-centric approach and emphasized the importance of understanding the patients for the effective management of their medical conditions. Hon'able DGHS also highlighted the necessity for treating physicians to have confidence and expertise in their respective fields to ensure the effective management of patients. He added that while standard treatment guidelines are important, different approaches may be required. It depends on the expertise and intelligence of the doctor to determine how the guidelines should be implemented. Further, he emphasized the importance of dialogue exchange between different streams of medicine for integration and effective patient management.

*The Chief Guest, Shri Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush* welcomed the participants to the training program. Sh. Vaidya Rajesh Kotecha emphasized the significance of integrating various streams and the importance of having a platform for such endeavors. He complimented the Directorate of Health Services for establishing an AYUSH vertical and achieving excellent outcomes with minimal resources. He informed the participants about the various roles of the AYUSH vertical. The Hon'able Secretary stated that the AYUSH vertical would focus



on the key areas of the Directorate General of Health Services, aiming to mainstream the AYUSH system of medicine and develop a model for integration. He also highlighted that the

Standard Treatment Guidelines for musculoskeletal diseases is the first of their kind and was reviewed by both Ayurveda and Allopathy experts. Sh. Kotecha provided an overview of collaborative research conducted at Charité University in Germany, where investigators studied the effects of Ayurvedic interventions on osteoarthritis. Sh. Kotecha further informed the gathering about the Insurance Regulatory and Development Authority of India (IRDAI) and the Ministry's efforts to include all streams of medicine in health insurance coverage without any differentiation. He emphasized the importance of providing standard treatment guidelines to the IRDAI for standardization purposes. Sh. Kotecha concluded his address by emphasizing the importance of this modular training program and the need to cascade and implement it at the ground level.

*Dr. Samiksha Arora* proposed the *vote of thanks* to all the dignitaries, organizers, and participants. This was followed by the national anthem.

## **Modular Training Program on Musculoskeletal Disorders for Ayurveda Master Trainers.**

### **Technical Sessions**

#### **1. Objectives of Modular Training on STGs-Musculoskeletal Disorders:**

*Speaker: Dr. A. Raghu, DDG (Ayush)*

In this session, Dr. A. Raghu provided a detailed deliberation of the objectives of modular training on the standard treatment guidelines on musculoskeletal disorders. The highlights included:

- Importance of the Standard Treatment Guidelines
- Ayush Healthcare Infrastructure
- Existing gaps in the standard and quality healthcare
- Methodology adopted for preparing the STGs
- Salient features of the STGs on Musculoskeletal diseases.



#### **2. Orientation of Musculoskeletal Program under NAM**

*Speaker: Dr. Virendrakumar Bhakare, Assistant Adviser (Ayurveda), Ministry of Ayush.*

Dr. Bhakare began the session by providing the background of the National Ayush Mission (NAM), detailing its launch, components, and activities.



- Ayush Public Health Programmes
- National Program for Prevention and Management of Osteoarthritis & other Musculoskeletal Disorders
- Need of Ayush intervention for MSDs – Objectives and strategies
- Levels of service delivery
- Modalities of implementation
- Data collection, documentation and monitoring
- Data reporting format

### 3. **Orientation on Musculoskeletal Disorders through Ayurveda (O.A, R.A. & Cervical Spondylosis)**

Speaker: Anandaraman Sharma PV, Medical Superintendent, HoD, Department of Panchakarma, All India Institute of Ayurveda, New Delhi.



This session focused on Osteoarthritis , Rheumatoid Arthritis, and Cervical Spondylosis with the following highlights;

- Clinical presentations
- Amavata- Lakshana, Exacerbations of Amavata,treatment algorithm
- Algorithm for musculoskeletal complaints
- Cervical Spondylosis- Management Principles
- Samavastha
- Niramaavastha

### 4. **Orientation of Musculoskeletal Disorders:**

Speaker: Dr.V.K. Jain, Professor, Department of Orthopaedics, ABVIMS, New Delhi

The session covered the modern medical perspective on musculoskeletal disorders.

The diseases covered in this session were as follows;

- Osteoarthritis
- Rheumatoid arthritis
- Cervical Spondylosis
- Lumbar Spondylosis
- Fibromyalgia
- Adhesive capsulitis



Each disease was discussed in detail, covering the diagnostic criteria, indicators for suspicion, diagnostic methods, differential diagnosis, treatment options, and red flag signs.

## **5. Orientation on Musculoskeletal Disorders through Ayurveda (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis)**

**Speakers:** *Dr. Raghuram Ayyagiri, Chief Medical Officer (Ay) NFSG, Directorate of AYUSH, Govt of NCT of Delhi & Vd Pavankumar Mali, Chief Medical Officer SAG, Govt of NCT of Delhi*

The speakers led the session by covering topics on lumbar spondylosis, fibromyalgia, and adhesive capsulitis.

### Highlights:

- Incidence, prevalence, morbidity and mortality
- Clinical Presentations
- Diagnostic criteria
- Clinical course, Clinical examination
- Supporting investigations
- Differential diagnosis
- Preventive diet and lifestyle modifications
- Restrictive diet and lifestyle
- Interventions
- Referral system



### **Concluding Session Followed by Certificate Distribution:**

During the concluding session, the participants shared their feedback and shared their queries and concerns with the dignitaries. The participants stated that similar training programs to be conducted on a regular basis as reinforcement will be required. Training plan of action and handholding for conducting similar trainings at state and district level were also solicited. Their concerns were addressed by the dignitaries. **Dr. Rabinarayan Acharya, Director General of the Central Council for Research in Ayurvedic Sciences (CCRAS)**, graced the concluding session and addressed the participants. He congratulated the Ayush Vertical team For developing the standard treatment guidelines. Dr Acharya said that although the Ayush doctors have training and experience to treat and manage patients, there had been no systematic guidelines for disease management till date. He also added that participants are welcome to provide comments and feedback on the guideline, and the document can be revised as needed. Further, Dr Acharya informed about the plans to create guidelines for other disease conditions. He ended his talk by thanking Dr. A. Raghu and Dr. Gowri Nambiar Sengupta for conducting this training program.





The participants received certificates from Dr. Rabinarayan Acharya, Dr. A. Raghu, DDG (Ayush) and Dr. Gowri Nambiar Sengupta, Director, Central Health Education Bureau.

### Group Photograph





**Day-2**  
**Date:14.05.2024**

## **Modular Training Program on Musculoskeletal Disorders for Homeopathy Master Trainers**

The training session began by welcoming the participants and providing an overview of the program. Dr. A. Raghu, DDG (Ayush), asked the participants to introduce themselves. Dr. Gowri Nambiar Sengupta warmly welcomed the expert speakers with a green welcome and greeted the participants, wishing everyone a fruitful session ahead.

### **Technical Sessions**

#### **1. Objectives of Modular Training on STGs-Musculoskeletal Disorders:**

*Speaker: Dr. A. Raghu, DDG (Ayush)*



Dr. A. Raghu began the session by providing a detailed explanation of the objectives of modular training on standard treatment guidelines for musculoskeletal disorders. He also briefed the participants on the development of standard treatment guidelines and emphasized their importance in the process of convergence and mainstreaming the Ayush system of medicine. Dr. Raghu took an in-depth and interactive session covering the objectives of this modular training

program. He also addressed the queries raised by the participants during the session.

#### **2. Orientation of Musculoskeletal Program under NAM**

*Speaker: Dr. Virendrakumar Bhakare, Assistant Adviser (Ayurveda), Ministry of Ayush.*

Dr. Bhakare began the session by providing the background of the National Ayush Mission (NAM), detailing its launch, components, and activities. The session covered several key topics, beginning with an overview of Ayush public health programs and the National Program for Prevention and Management of Osteoarthritis and other Musculoskeletal Disorders. The discussion also included the different levels of service delivery and the modalities of implementation to



ensure effective care. Additionally, the session focused on the importance of data collection, documentation, and monitoring, outlining the data reporting format and the protocols for

maintaining comprehensive records. Dr. Bhakare also addressed queries raised by the participants during the session.

### ***3. Orientation on Musculoskeletal Disorders (O.A, R.A. & Cervical Spondylosis) through Homoeopathy***

*Speaker: Dr Ritika Hassija Narula, Research Officer (H)/ Scientist- 2, Central Council for Research in Homoeopathy (CCRH), New Delhi*

In this session, Dr. Narula provided detailed information to the participants about musculoskeletal disorders, including conditions such as osteoarthritis, rheumatoid arthritis, and cervical spondylosis. Each of these diseases was discussed under the following headings:



- Case definition and introduction of the disease
- Diagnostic guidelines and clinical examination
- Supportive investigations
- Red flag signs
- Interventions- Homoeopathic management
- Recommended diet and lifestyle
- Restricted diet and lifestyle
- Yoga
- Follow-up
- Referral criteria

### ***4. Orientation on Musculoskeletal Disorders (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis) through Homoeopathy***

*Speaker: Dr. Varanasi Roja, Research Officer (H)/ Scientist-3, Central Council for Research in Homoeopathy (CCRH), New Delhi*



Dr. Roja began the session by explaining the efforts undertaken by the Ministry of Ayush to bring all traditional systems of medicine under one umbrella and standardize them across various aspects. She explained the Musculoskeletal Disorders such as Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis under the following headings;

- Case definition
- Introduction- Incidence/ Prevalence, Morbidity/Mortality
- Principles of management-
- Redflag signs
- Prevention management
- Homeopathic management
- Recommended Diet and Lifestyle
- Exercises and Yoga practices
- Referral criteria

### ***5. Orientation of Musculoskeletal Disorders- Modern Perspective***

***Speaker:*** Dr. Vivek Jangira, Professor, Department of Orthopaedics, Lady Hardinge Medical College, New Delhi

The session covered the modern medical perspective on musculoskeletal disorders. The diseases covered were Osteoarthritis, Rheumatoid arthritis, Cervical Spondylosis, Lumbar Spondylosis, Fibromyalgia and Adhesive capsulitis. Each disease was discussed in detail, covering the diagnostic criteria, indicators for suspicion, diagnostic methods, differential diagnosis, treatment options, and red flag signs.



### ***Concluding Session and Certificate Distribution***

The participants provided their feedback and suggestion during the session. The participants appreciated the interactive sessions conducted during the training and one of them also mentioned about the need of a scoring method for the patient assessment. Dr. A. Raghu addressed their queries and concerns, ensuring a comprehensive understanding and satisfaction with the training. This was followed by the felicitation of the speakers and the distribution of certificates to the participants.

The training program concluded with ***Dr. Subhash Kaushik, DG, Central council for Research in Homoeopathy (CCRH)*** addressing the participants. Dr. Kaushik, in his concluding remarks, mentioned that homeopathy, being cost-effective and having minimal side effects, is suitable for all age groups and has been the choice of people in the country for over



two centuries. With a network of homeopathic colleges, hospitals, and dispensaries across the country, the need of the hour is to standardize practices and provide evidence-based patient care. This one-day training program on the STGs for homeopathy, is a necessary attempt to bring uniformity to patient care practices at different levels of healthcare facilities. These guidelines not only bridge the gap between homeopathy and modern

medicine but also foster inclusiveness and collaboration for the benefit of patients. Dr. Kaushik informed the participants about the remarkable achievement of the CCRH in developing standard treatment guidelines for homeopathy for 66 disease conditions based on research and expert findings. The CCRH has also developed the STGH mobile app to provide accessibility to homeopathy in India and overseas, ensuring that practitioners can access it from anywhere at any time. He concluded his talk by stating that such training will serve as an invaluable resource for healthcare providers, empowering them to deliver optimal care and complementing Indian public health standards.



## Group Photograph



**Day-3**  
**Date:16.05.2024**

### **Modular Training Program on Musculoskeletal Disorders for Unani Master Trainers**

The training program began with a warm welcome to the participants, followed by an overview of the training and the various activities of the Central Health Education Bureau. This was followed by brief introductions of the participants. Further, Dr. A. Raghu DDG (Ayush) provided a brief introduction on the standard treatment guidelines.

#### **Technical Sessions:**

##### ***1. Objectives of modular Training on STGs-Musculo-skeletal Disorders***

*Speaker: Dr. A. Raghu, DDG (Ayush)*



Dr. A. Raghu briefed the participants about the development of STGs and its significance. He informed the participants that presently six disease conditions have been chosen since these are some of the most commonly encountered diseases. He further added that once its implementation has been started at the field level, STGs on other disease conditions would also be initiated. Dr. Raghu stated that the STGs would help ensure appropriate quality interventions at various levels of healthcare facilities. He explained to the participants in detail about objectives of the modular training on STGs on Musculo-skeletal Disorders and the roles of the Master Trainers in cascading of the STGs at the ground level.

##### ***2. Orientation of Musculoskeletal Program under NAM***

*Speaker: Dr. Virendrakumar Bhakare, Assistant Adviser (Ayurveda), Ministry of Ayush.*

Dr. Bhakare provided a comprehensive orientation on the musculoskeletal program under the National Ayush Mission. This involved explaining the program's objectives, strategies, and implementation methods aimed at preventing and managing musculoskeletal disorders. Dr. Bhakare explained the eight Ayush public Health Programs catering to various target groups and explained about each one in details. He mentioned about the integration of Ayush with the





National Program for Prevention and Control of Cancer, Diabetes, Cardio-Vascular Diseases and Stroke and its implementation in six states.

### **3. Orientation on Musculoskeletal Disorders (O.A, R.A. & Cervical Spondylosis) through Unani**

*Speakers: Dr.Gazala Javed, Assistant Director, Unani, Central Council for Research in Unani Medicine (CCRUM), & Dr. Bilal Ahmed, Research Officer, Unani, CCRUM.*

The speakers explained in detail about the management of osteoarthritis, rheumatoid arthritis and cervical spondylosis through Unani . Each topic was discussed under the following headings;

- Etiology
- Risk factors
- Pathology
- Clinical examination
- Prevention management
- Intervention and Clinical Diagnosis
- Recommended diet and lifestyle
- Exercises and Yoga
- Restricted Diet and Lifestyle
- Do's and Don'ts as per Unani Medicine
- Follow Up
- Referral criteria



### **4. Orientation on Musculoskeletal Disorders (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis) through Unani**

*Speakers: Dr.Gazala Javed, Assistant Director, Unani, CCRUM, and Dr. Usama Akram, Research Officer, Unani, CCRUM.*

This session covered detailed deliberation on disease such as Lumbar spondylosis, fibromyalgia and adhesive capsulitis by both the speakers. The experts explained about

- The incidence of the diseases
- Etiology
- Risk factors
- Clinical diagnosis and
- Effective management.



They also explained about the referral criteria. The speakers addressed the queries from the participants.

## ***5. Orientation of Musculoskeletal Disorders- Modern Perspective***

**Speaker:** *Dr. Vivek Jangira, Professor, Department of Orthopaedics, Lady Hardinge Medical College, New Delhi*



As discussed in the Day-2, this session provided an orientation of musculoskeletal disorders through a modern perspective. The diseases discussed included Osteoarthritis, Rheumatoid arthritis, Cervical Spondylosis, Lumbar Spondylosis, Fibromyalgia and Adhesive capsulitis. Each disease was discussed in detail, covering the diagnostic criteria, indicators for suspicion, diagnostic methods, differential diagnosis, treatment options, and red flag signs. During the session,

Dr. Jangira interacted with the participants, cleared their doubts and addressed the queries raised by them.

### ***Concluding Session and Certificate Distribution***

The training program concluded with **Dr. N. Zaheer Ahmed**, DG, Central Council for Research in Unani Medicine (CCRUM) as the guest. Dr. Ahmed addressed the participants. In his concluding remarks, Dr. Ahmed congratulated the Dte.GHS, Ayush Vertical and CHEB for organizing the training program. He briefed the participants about the development of STGs on Musculoskeletal Disorders for Unani. Dr. Ahmed emphasized the role of trained officers as Master Trainers, responsible for disseminating such training at the ground level. He also



informed participants about various research activities undertaken by the CCRUM. Dr. Ahmed highlighted the maintenance of high standards in patient care and the status of NABH certification, as well as the GMP-certified pharmacy. He mentioned the recently developed SOP on coughing therapy, the first of its kind, which has been recently released. He mentioned that CCRU is collaborating with reputed universities in India and abroad to generate quality research data. Dr. Ahmed concluded his talk by thanking everyone.

Participants provided their feedback on the sessions and suggestions. Some of them suggested to keep an extended training program having 2-3 days for each stream and the need of development of STGs on other diseases. Dr. A.Raghu, DDG (Ayush) addressed their queries and concerns. He also encouraged the participants to conduct similar training at their respective states. This was followed by the distribution of participation certificates and group photograph.

*Group Photograph*





## **Modular Training Program on Musculoskeletal Disorders for Siddha Master Trainers**

The training program began with welcoming the participants and their brief introduction.

### **Technical Sessions:**

#### **1. Objectives of Modular Training on STGs-Musculo-skeletal Disorders**

*Speaker: Dr. A. Raghu, DDG (Ayush)*



In this session, Dr. A. Raghu provided a detailed deliberation about the objectives of the modular training program and the importance of Standard Treatment Guidelines. He also informed participants about the Indian Public Health Standards for Ayush facilities drafted by the Ministry of Ayush. Dr. Raghu further explained to the participants about their role as Master Trainers. After this national-level orientation training, the Master Trainers need to conduct further training after getting approval from the

organization they are presently working in. The training program could be of one to two days depending on the availability of resources.

#### **2. Orientation of Musculoskeletal Program under NAM**

*Speaker: Dr. Virendrakumar Bhakare, Assistant Adviser (Ayurveda), Ministry of Ayush.*

Dr. Bhakare briefed the participants about the National Ayush Mission – providing details on the background, components, and activities. He further elaborated on the need for Ayush intervention for Musculoskeletal disorders, its objectives, strategies, and the implementation process. Dr. Bhakare also explained in detail about the referral criteria to Ayush facilities and Allopathy facilities.



### ***3. Orientation on Musculoskeletal Disorders (O.A, R.A. & Cervical Spondylosis) through Siddha***

*Speaker: Dr. G.J. Christian, Head of the Department, Department of Noi Naadal, National Institute of Siddha, Chennai.*

In this session, Dr. Christian explained to the participants the Siddha intervention to be undertaken for the management of musculoskeletal diseases such as osteoarthritis, rheumatoid arthritis, and cervical spondylosis. At the end of each session, he addressed the doubts and queries raised by the participants.

The highlights of the session are as follows;

- Case definitions
- Incidence/ prevalence, morbidity/mortality
- Siddha Investigations
- Siddha differential diagnosis
- Interventions- Physiotherapy, exercise, Yoga
- Siddha medications



### ***4. Orientation of Musculoskeletal Disorders- Modern Perspective***

*Speaker: Dr.V.K.Jain, Professor, Department of Orthopaedics, ABVIMS, New Delhi*

Dr V.K Jain, in this session, provided a detailed orientation of Musculoskeletal disorders through a modern perspective. He explained each of the following disease in detail.

- Osteoarthritis
- Rheumatoid arthritis
- Cervical Spondylosis
- Lumbar Spondylosis
- Fibromyalgia
- Adhesive capsulitis.



## **5. Orientation on Musculoskeletal Disorders (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis) through Siddha**

*Speaker: Dr. M.V. Mahadevan, Head of the Department, Department of Puramaruthuvam, National Institute of Siddha.*

In this session, Dr. Mahadevan oriented the participants on musculoskeletal disorders such as lumbar spondylosis, fibromyalgia, and adhesive capsulitis through Siddha. These diseases were explained under the following headings:

- Definition, epidemiology and Causes
- Diagnostic criteria
- Differential diagnosis
- Siddha treatment guidelines- Level 1, Level 2 and Level 3
- Internal Medication
- External Therapy



### **Concluding Session and Certificate Distribution:**

The training program concluded with **Dr. Koustubha Upadhaya** as the guest. The session started with welcoming the guest and felicitation of the expert speakers.

Dr. Upadhaya addressed the participants and congratulated them for being part of the modular training program. He highlighted that this was the first time that STGs for musculoskeletal disorders in Ayush had been developed. Dr. Upadhaya emphasized the positive impact of the training and outlined the crucial role of the trainees in disseminating this knowledge. He further added that STGs are essential for effective patient management and are also important in sectors like insurance. Dr. Upadhaya also encouraged the participants to carry out the training program to effectively implement STGs across different levels.



Dr. Gowri Nambiar Sengupta thanked all the participants and the dignitaries for attending the training program. She further stated that in alignment with the mandate of the Central Health Education Bureau, it will work on the development of awareness generation materials specifically for various sectors and further training. Dr. Sengupta also informed the participants about the availability of IEC materials on the CHEB website and are free to regionalize these materials after obtaining prior consent. The participants shared their feedback on the sessions. The event wrapped up with the distribution of participation certificates and a group photograph.



*Group Photograph*



*Glimpses of the Training Program*

**Day-1**  
**Date:13.05.2024**





**Day-2**  
**Date:14.05.2024**





**Day-3**  
**Date:16.05.2024**





**Day-4**  
**Date:17.05.2024**



*Annexure I*  
(Programme Schedule \_ 13.05.2024)

Programme Schedule		
Time	Session	Speaker
09:30-10:00 AM	Registration	CHEB Team
10:00-11:00 AM	Inaugural Session	
	<ul style="list-style-type: none"> <li>Lamp Lighting - Dignitaries</li> <li>Green Welcome to all the Dignitaries</li> <li>Welcome Address - Dr. Gowri Nambiar Sengupta, Director, CHEB</li> <li>Introductory Remarks - Dr. A. Raghu, DOG (Ayush)</li> <li>Opening Address - Smt. Kavita Garg, JS (NAM) Ministry of Ayush</li> <li>Keynote address - Prof.(Dr.) Atul Goel, Director General of Health Services</li> <li>Inaugural Address - Shri. Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush</li> <li>Vote of thanks - Dr. Samiksha Arora, CHEB</li> <li>National Anthem followed by Group Photograph</li> </ul>	
11:00-11:15 AM	Tea Break	
11:15-11:45 AM	Objectives of modular Training on STGs-Musculo-skeletal Disorders	Dr. A. Raghu DOG (Ayush)
11:45-12:45 PM	Orientation of Musculoskeletal Program under NAM	Dr. Virendra Kumar Bhakre Assistant Advisor Ministry of Ayush
12:45-02:15 PM	Lunch Break	
02:15-03:15 PM	Orientation on Musculoskeletal Disorders (O.A, R.A. & Cervical Spondylosis) through Ayurveda	Dr. Anant Ram Sharma Professor, AIIA
03:15-04:15 PM	Orientation of Musculoskeletal Disorders- Modern Perspective	Dr.V.K. Jain, Professor Department of Orthopaedics, ABVIMS, New Delhi
04:15-04:30 PM	Tea Break	
04:30-05:30 PM	Orientation on Musculoskeletal Disorders (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis) through Ayurveda	Dr.Raghuram Ayyagiri CMO, Govt. of NCT, New Delhi & Dr.Pawan Mali CMO, Govt. of NCT, New Delhi
05:30-05:45 PM	Concluding Session followed by Certificate Distribution	Prof. Rabinarayan Acharya DG, CCRAS

  



## Modular Training Program on Musculoskeletal Disorders for Ayurveda Master Trainers

**Date**  
**13th May 2024**  
**09:30 AM - 05:45 PM**

**Venue -**  
**Conference Hall- Central Health Education Bureau**  
**5, Kotla Road, New Delhi-110002**



**Central Health Education Bureau**  
Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India  
5, Kotla Road, New Delhi-110002

Programme Schedule		
Time	Session	Speaker
09:30-10:00 AM	Registration	CHEB Team
10:00-11:00 AM	Inaugural Session	
	<ul style="list-style-type: none"> <li>Lamp Lighting - Dignitaries</li> <li>Green Welcome to all the Dignitaries</li> <li>Welcome Address - Dr. Gowri Nambiar Sengupta, Director, CHEB</li> <li>Introductory Remarks - Dr. A. Raghu, DOG (Ayush)</li> <li>Opening Address - Smt. Kavita Garg, JS (NAM) Ministry of Ayush</li> <li>Keynote address - Prof.(Dr.) Atul Goel, Director General of Health Services</li> <li>Inaugural Address - Shri. Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush</li> <li>Vote of thanks - Dr. Samiksha Arora, CHEB</li> <li>National Anthem followed by Group Photograph</li> </ul>	
11:00-11:15 AM	Tea Break	
11:15-11:45 AM	Objectives of modular Training on STGs-Musculo-skeletal Disorders	Dr. A. Raghu DOG (Ayush)
11:45-12:45 PM	Orientation of Musculoskeletal Program under NAM	Dr. Virendra Kumar Bhakre Assistant Advisor Ministry of Ayush
12:45-02:15 PM	Lunch Break	
02:15-03:15 PM	Orientation on Musculoskeletal Disorders (O.A, R.A. & Cervical Spondylosis) through Ayurveda	Dr. Anant Ram Sharma Professor, AIIA
03:15-04:15 PM	Orientation of Musculoskeletal Disorders- Modern Perspective	Dr.V.K. Jain, Professor Department of Orthopaedics, ABVIMS, New Delhi
04:15-04:30 PM	Tea Break	
04:30-05:30 PM	Orientation on Musculoskeletal Disorders (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis) through Ayurveda	Dr.Raghuram Ayyagiri CMO, Govt. of NCT, New Delhi & Dr.Pawan Mali CMO, Govt. of NCT, New Delhi
05:30-05:45 PM	Concluding Session followed by Certificate Distribution	Prof. Rabinarayan Acharya DG, CCRAS



*Annexure II*

*(Programme Schedule \_ 14.05.2024)*





## Modular Training Program on Musculoskeletal Disorders for Homoeopathy Master Trainers

**Date**  
**14th May 2024**  
**09:30 AM - 05:30 PM**

**Venue -**  
**Conference Hall- Central Health Education Bureau**  
**5, Kotla Road, New Delhi-110002**



**Central Health Education Bureau**  
Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India  
5, Kotla Road, New Delhi-110002

Programme Schedule		
Time	Session	Speaker
09:30-10:00 AM	Registration	CHEB Team
10:00-10:45 AM	Objectives of modular Training on STGs-Musculo-skeletal Disorders	<b>Dr. A. Raghu</b> DDG (Ayush)
10:45-11:00 AM	Tea Break	
11:00-12:00 PM	Orientation of Musculoskeletal Program under NAM	<b>Dr. Virendra Kumar Bhakre</b> Assistant Advisor Ministry of Ayush
12:00-01:15 PM	Orientation on Musculoskeletal Disorders (O.A, R.A. & Cervical Spondylosis) through Homoeopathy	<b>Dr. Ritika Hassija Narula,</b> Research Officer (H)/ Scientist-2, CCRH, New Delhi
01:15-02:30 PM	Lunch Break	
02:30-03:45 PM	Orientation on Musculoskeletal Disorders (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis) through Homoeopathy	<b>Dr. Roja Varanasi</b> Research Officer (H)/ Scientist-3, CCRH, New Delhi
03:45-04:00 PM	Tea Break	
04:00-05:00 PM	Orientation of Musculoskeletal Disorders- Modern Perspective	<b>Dr. Vivek Jangira,</b> Professor Department of Orthopaedics, Lady Hardinge Medical College, New Delhi
05:00-05:30 PM	Concluding Session followed by Certificate Distribution	<b>Dr. Subhash Kaushik</b> DG, CCRH

*Annexure- III*  
(Programme Schedule \_ 16.05.2024)

		
<h2 align="center">Modular Training Program on Musculoskeletal Disorders for Unani Master Trainers</h2>		
<p align="center"><b>Date</b> <b>16th May 2024</b> <b>09:30 AM - 05:30 PM</b></p> <p align="center"><b>Venue -</b> <b>Conference Hall- Central Health Education Bureau</b> <b>5, Kotla Road, New Delhi-110002</b></p> 		
<p align="center"><b>Central Health Education Bureau</b> Directorate General of Health Services, Ministry of Health &amp; Family Welfare, Government of India 5, Kotla Road, New Delhi-110002</p>		
Programme Schedule		
Time	Session	Speaker
09:30-10:00 AM	Registration	CHEB Team
10:00-10:45 AM	Objectives of modular Training on STGs-Musculo-skeletal Disorders	<b>Dr. A. Raghu DDG (Ayush)</b>
10:45-11:00 AM <b>Tea Break</b>		
11:00-12:00 PM	Orientation of Musculoskeletal Program under NAM	<b>Dr. Virendra Kumar Bhakre</b> Assistant Advisor Ministry of Ayush
12:00-01:15 PM	Orientation on Musculoskeletal Disorders (O.A, R.A. & Cervical Spondylosis) through Unani	<b>Dr. Gazala Javed</b> Assistant Director, Unani, CCRUM & <b>Dr. Bilal Ahmed</b> Research Officer, Unani, CCRUM
01:15-02:30 PM <b>Lunch Break</b>		
02:30-03:45 PM	Orientation on Musculoskeletal Disorders (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis) through Unani	<b>Dr. Gazala Javed</b> Assistant Director, Unani, CCRUM & <b>Dr. Usama Akram</b> Research Officer, Unani, CCRUM
03:45-04:00 PM <b>Tea Break</b>		
04:00-05:00 PM	Orientation of Musculoskeletal Disorders- Modern Perspective	<b>Dr. Vivek Jangira</b> , Professor Department of Orthopaedics, Lady Hardinge Medical College, New Delhi
05:00-05:30 PM	Concluding Session followed by Certificate Distribution	<b>Dr. N Zaheer Ahmed</b> DG, CCRUM



*Annexure- IV  
(Programme Schedule \_ 17.05.2024)*





## Modular Training Program on Musculoskeletal Disorders for Siddha Master Trainers

**Date**  
**17th May 2024**  
**09:30 AM - 05:30 PM**

**Venue -**  
**Conference Hall- Central Health Education Bureau**  
**5, Kotla Road, New Delhi-110002**



**Central Health Education Bureau**  
Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India  
5, Kotla Road, New Delhi-110002

Programme Schedule		
Time	Session	Speaker
09:30-10:00 AM	Registration	CHEB Team
10:00-10:45 AM	Objectives of modular Training on STGs-Musculo-skeletal Disorders	<b>Dr. A. Raghu</b> DDG (Ayush)
10:45-11:00 AM	Tea Break	
11:00-12:00 PM	Orientation of Musculoskeletal Program under NAM	<b>Dr. Virendra Kumar Bhakre</b> Assistant Advisor Ministry of Ayush
12:00-01:15 PM	Orientation on Musculoskeletal Disorders (O.A, R.A. & Cervical Spondylosis) through Siddha	<b>Prof. Dr. G.J. Christian</b> Hospital Superintendent, National Institute of Siddha, Chennai
01:15-02:30 PM	Lunch Break	
02:30-03:45 PM	Orientation of Musculoskeletal Disorders- Modern Perspective	<b>Dr. V. K. Jain</b> , Professor, Department of Orthopedics, AIIVIMS, New Delhi
03:45-04:00 PM	Tea Break	
04:00-05:00 PM	Orientation on Musculoskeletal Disorders (Lumbar Spondylosis, Fibromyalgia & Adhesive Capsulitis) through Siddha	<b>Dr. M. V. Mahadevan</b> HOD of Pura Maruthuvam, National Institute of Siddha, Chennai
05:00-05:30 PM	Concluding Session followed by Certificate Distribution	<b>Dr. Kousthubha Upadhyaya</b> Advisor (Ayurveda), Ministry of Ayush

*Annexure V:*

*List of participants on 13.05.2024*

<b>Sl. No</b>	<b>States</b>	<b>Name</b>	<b>Designation</b>	<b>Department/Institute</b>
1.	Mizoram	Dr. Laltlankimi Ralte	Medical Officer	Directorate of Ayush, Mizoram
2.	Goa	Dr. Deepali Naik	Ayurvedic Physician	DHS, Goa
3.		Dr. Aditya Barve	Ayurvedic Physician	DHS, Goa
4.	West Bengal	Dr. Shawan Barik	Lecturer,	Dept. of Panchakarma, Institute of Post Graduate Ayurvedic Education and Research at SVSP, Kolkata
5.		Dr. Pabitra Kr. Bera	Senior Ayurvedic Medical Officer,	Palta State Ayurvedic Dispensary, North 24 Parganas
6.	Karnataka	Dr. Vikram G.R.	Medical Officer,	Govt Ayurveda Dispensary, Melina Huluvathi, Chikkamagaluru District
7.		Dr. Shiva Kumar T	Medical Officer	Govt Ayurveda Hospital, Hiriya Chitradurga District
8.	Manipur	Dr. Thounaojam Ritamadhuri Devi	Specialist (Ayurveda)	Ayush Directorate, Manipur
9.		Dr. Huidrom Rosyna	Specialist (Ayurveda)	Ayush Directorate, Manipur
10.		Dr. Lairikyengbam Sujalata Devi	Medical Officer(Ayurveda)	Ayush Directorate, Manipur



11.	Andhra Pradesh	Dr. K. Srinivas MD (Ay)	Associate Professor(Kaya Chikitsa)	Dr. NRS Government Ayurvedic College, <b>Vijayawada</b>
12.		Dr. M. Ananda Rao BAMS	Senior Medical Officer -	Ayurveda, GAD Kakinada
13.	Kerala	Dr. Jasir Ahammed N	Medical officer (MARMA)	(Marma) District Ayurveda Hospital Kozhikode
14.		Dr. Rohytt John	Medical Officer (MARMA)	(Marma) Government Ayurveda Hospital, Nedumangad. TVPM
15.	Lakshadweep	Dr. AK Mohammed Riyaz	Medical Officer	(Ayurveda) & Nodal Officer (National Programme for Prevention & Management of Osteoarthritis & MSD)
16.	Meghalaya	Dr. (Mrs) Sumitra Kharmawphlang	AYURVEDIC PHYSICIAN	Civil Hospital, Nongpoh, Govt. of <b>Meghalaya</b>
17.		Dr. Juban Kharkongor	AYURVEDIC PHYSICIAN	DMCH, Tura West, Garohills, Health & Family Welfare
18.	Nagaland	Dr. Vibino Sabina Chasie	Consultant HMIS, NAM	SPHU, DoHFW, Kohima, Nagaland
19.	Haryana	Dr. Harsh	Medical Officer	AMO Subhri Karnal
20.		Dr. Rekha Sharma	Medical Officer	GAD Dhurkada, Ambala
21.	Rajasthan	Dr. Vinod Saini	Medical Officer	Govt. AYU Disp. Kankadli, Raisamand (Rajasthan)
22.		Dr. Surendra Singh	Medical Officer	Government Ayurved Ausadhalay ek chat Government hospital Barmer

23.	Jammu and Kashmir	Dr. Arun Gupta	Medical Officer	Govt. Ayd. Hospital, J&K
24.		Dr. Harbaksh Singh	Medical Officer	Govt. Ayd. Hospital, J&K
25.	Telangana	Dr. A.Swaroop	Professor,	Dr. B.R.K.R. Govt. Ayurvedic College, Hyderabad
26.		Dr. S Durga Bai	Professor &HoD,	AL Govt. Ayurvedic College, Warangal
27.	Madhya Pradesh	Dr. Neeraj Kanungo	Nodal Officer,	Musculoskeletal Programme Homeopathy
28.	Andaman and Nicobar	Dr. Rekha	Specialist Ay (NAM)	Ayush Hospital, Portblair, Andaman Nicobar Islands
29.	Tripura	Dr. Nilanjan Datta	Medical Officer	(Ayurveda) under H&FW Deptt. cum DNO, AYUSH (Ayurveda), West Tripura District, posted at State Ayurvedic Hospital, Agartala, West Tripura
30.	Jharkhand	Dr. Shiv Shankar Pandey	District Ayush Medical Officer	DAMO Bokaro, Jharkhand
31.		Dr. Parbhu Narayan Jain	District Ayush Medical Officer	Health Department, Jharkhand
32.	Uttarakhand	Dr. Anand Kumar Srivastava	Medical Officer	Ayush Deptt. Uttarakhand
33.		Vaidya K. K Pandey	Assistant Drug Controller	Directorate of Ayurved, Uttarkhand

34.	Maharashtra	Dr. BalajiLakade	Medical Superintendent,	District Integrated Ayush Hospital, Aundh, Pune
35.		Dr. ShaunakMirikar	Medical Officer	District Integrated Ayush Hospital, Ahmadnagar
36.	Delhi	Dr. Guruprasad Vagga	Chief Medical Officer (SAG)	Directorate of Ayush
37.		Dr. Roopashree	Chief Medical Officer (SAG)	Dte of Ayush. Govt. NCT of Delhi
38.		Dr. Sandhya P Tuppekar	Chief Medical Officer (NFSG)	Dte. Of Ayush, GNCT, Delhi
39.		Dr. Parul Gupta	Chief Medical Officer	Dte. Of Ayush, GNCT, Delhi
40.	Uttar Pradesh	Dr. Adil Rais	Medical Officer	State Ayurvedic Hospital, Maharajganj, District-Sultanpur
41.		Dr. Anant Krishna Patel	Lecturer	State Ayurvedic College, Lucknow
42.	Tamil Nadu	Dr. M.Radhika	Superintendent,	Arignar Anna Hospital of Indian Medicine, Arumbkkam, Chennai
43.		Dr. T.Ashok Kumar	Asst. Medical Officer	District Head Quakars Hospital, Puthur, Trichy, T.N.
44.	Chattisgarh	Dr. Manish Khare,	Specialist	Ayush Department, Chattisgarh
45.		Dr. Goldy Lanjewar	Visheshagya Chikitasak	Ayush Department, Chattisgarh

46.	Bihar	Dr. Chandradeo Prasad Shekhar	Medical Officer	State Ayu. Dispensary Denijapur, Patna
47.	Chandigarh	Dr. Rajiv Kapila	Sr. Ayurved Physician	AAM Sect. 37, Ayush Chandigarh
48.	Gujrat	Vd. Hitesh D. Limbachiya	Medical Officer(Ayu),	Narsihpur (Kheda)
49.		Vd. Jignesh Kumar H. Thakkar	Medical Officer(Ayu),	Lodai (Kutch)
50.	Arunachal Pradesh	Dr. Tassar Tania	SMO,	Rajbhawan Dispensary, Itanagar
51.	Assam	Dr. Jyotirmay Choudhury	Medical Officer(Ayur),	Mainakhurung MH Kamrup, Assam
52.		Dr. Karabee Hazarika Choudhury	Medical Officer(Ayur),	Satgoan USD, Kamrup (Metro)
53.	Himachal Pradesh	Dr. Manik Soni	Lecturer,	PG department of Kayachikitsa, Paprola
54.		Dr. Dheeraj Mehra	Ayush Medical Officer	PG Deptt. of Shalya Tantra
55.	Odisha	Dr. Vinod Chandra Singh	Associate Professor,	GAM, Puri
56.	Dadra and Nagar Haveli Daman ,Diu	Dr. Shivani D. Samber	Medical Officer	NAM, Dadra and Nagar Haveli, Daman & Diu



*Annexure VI*

*List of participants on 14.05.2024*

<b>SI No</b>	<b>States</b>	<b>Name</b>	<b>Designation</b>	<b>Department/Institute</b>
1	Mizoram	Dr. Lalhlimpuii Pachuau	Medical Officer	Ayush Directorate Health And Family Welfare Dept , Mizoram
2	Goa	Dr. Shweta Gandhi	Homeopathy Physician	North Goa Distric Hospital, Ayush Cell, DHS, Goa
3		Dr. Froila Fernandes	Homeopathy CHO	AAM (Ayush) ANJUNA PHC, SIOLIM Goa
4	West Bengal	Dr. Arup Das	Homoeopathic Medical Officer	(WBHHS), Chakdaha State General Hospital, Nadia, WB
5		Dr. Samrat Mukherjee	Homoeopathic Medical Officer (	WBHHS), Haripal Rural Hospital, Haripal, Hooghly, WB

6	Karnataka	Dr. Shivappa B Janagouda	Deputy Chief Medical Officer,	Govt Homoeopathy Medical College, Bangalore
7		Dr. Anil Kumar Kalashetty	Deputy Chief Medical Officer,	Govt Homoeopathy Medical College, Bangalore
8	Manipur	Dr. Kriparani Devi Ashem	Sr. Medical Officer (Homoeopathy)	Ayush Directorate, Manipur
9		Dr. Athia Sylvia Saprunamei	Medical Officer (Homoeopathy)	AYUSH Directorate, Manipur
10	Andhra Pradesh	Dr. P. Naga Manikanta MD (Homoeopathy)	Assistant Professor	Organon of Medicine,GHD,C.K.Dinne, AYUSH Dept, Asst Professor , GHMC, KADAPA, AP
11		Dr. P. Shakeer Hussian MD (Homoeopathy)	Medical Officer,	Ayush dept. Govt Homeo Dispensary, C K Dinne, KADAPPA, AP
12	Kerala	Dr. Harish Babu	Chief Medical Officer,	Govt Homeo Dispensary, Thrikkakara, Ernakulam
13		Dr. Mohammed Thansneem KN	Medical Officer,	Govt Homeo Dispensary, Kavilumpara, Kozhikode,Kerala
14	Meghalaya	Dr. (Mrs) Badahunshisha Nongtraw	HOMOEOPATHIC PHYSICIAN	CIVIL Hospital, Shillong, Meghalaya
15		Dr. Bertha Bercya. Sangma	HOMOEOPATHIC PHYSICIAN	Govt. Homeo Dispensary DMCH, Tura, Meghalaya

16	Nagaland	Dr. Francis Rai	MO Ayush-cum- CHO	AHWC ,NAM, DOHFW, NAGALAND
17		Dr. Sungtiben Amlari	MO Ayush-cum- CHO	AHWC/HTC,PADUMPUKKURI, DIMAPUR (NAM, DOHFW, NAGALAND
18	Haryana	Dr. Rajesh Kumar	Medical Officer	Dist. Civil Hospital Ambala City, Haryana
19	Rajasthan	Dr. Suresh Kumar	Sr. Medical Officer	Homeopathic Chikitsa Vibhag, Rajasthan , JAIPUR
20		Dr. Mukesh Solanki	Medical Officer	Homeopathic Chikitsa Vibhag, Rajasthan , JAIPUR
21	Jammu and Kashmir	Dr. Ghulam Nabi Wani	Medical Officer	Dept of AYUSH, Jammu & Kashmir
22		Dr. Nitin Magotra	Medical Officer	Directorate of Ayush, J and K
23	Telangana	Dr. B. Bhavana	Associate Professor & P.G. Guide,	JSPS Govt.Homeopathic Medical College, Hyderabad Telangana
24		Dr. C. Nandakishori	Associate Professor & P.G. Guide	, JSPS Govt.Homeopathic Medical College, Hyderabad, Telangana
25	Madhya Pradesh	Dr. Sunita Tomar	Professor & Nodal Officer	Musculoskeletal Programme Homeopathy
26	Andaman & Nicobar	Dr. Kirtika Chander	MO (Homoeopathy, NHM)	Ayush Hospital, Port Blair

27	Tripura	Dr. Ayan Ray	Medical Officer (AYUSH)	Homoeopathy under NHM cum DNO, AYUSH (Homoeopathy), Unakoti District, posted at O/o the CMO (Unakoti), Tripura
28		Dr. Malay Rudrapal	Medical Officer (AYUSH)	Homoeopathy under NHM cum DNO, AYUSH (Homoeopathy), Khowai District, posted at Uttar Maharaniapur PHC, Khowai Tripura
29	Jharkhand	Dr. Ashok Paswan	District Medical Officer	Dist joint dispensary Deogarh, Jharkhand
30		Dr. Nirmal Kumar	Medical Officer Lecturer	GHMCH, Godda, Jharkhand
31	Uttarakhand	Dr. Satish Pingal	Medical Officer	Govt. Homeopathic Hospital Uttarakhand
32		Dr Pankaj Pant	Medical Officer	H.W.C Sirihot, Bageshwar
33	Maharashtra	Dr.Fauziya Salim	Assistant District Ayush Officer	SDH, Kampti,Nagpur, MH
34		Dr.Bhaskar Khedikar	District Ayush Officer	I.P Bhandara
35	Delhi	Dr. Meeta Gupta	Chief Medical Officer (SAG)	Dte. of Ayush (Homeopathy Wing)
36		Dr. Kavita Sharma		Dte. of Ayush (Homeopathy Wing)
37		Dr. Shipra Goel		Dte. of Ayush (Homeopathy Wing)
38		Dr. Chander Mohan Arya		Dte. of Ayush (Homeopathy Wing)



39	Uttar Pradesh	Dr. Om Prakash Singh	Lecturer	State Homeopathic Medical College & Hospital, Ghazipur, UP
40		Dr. Ashish Verma	Medical Officer	State Homeopathic Dispensary, Dist. Hospital, Barabanki, UP
41		Dr. Awdhesh Dwivedi	Senior Medical Officer	State Homeopathic Dispensary, Manwa, Sitapur, UP
42	Tamil Nadu	Dr. Vidhyaranjani	Assistant Medical Officer,	Government Hospital, Tambaram, TN
43		Dr. P. B. Naganivetha	Assistant Professor	Government Homeo Medical College, TN
44	Chhattisgarh	Dr. Umesh Kumar Balani	HMO	Ayush Department, Chhattisgarh
45		Dr. Alok Kalchuri	HMO	Govt Homeo Dispensary, Chhattisgarh
46	Bihar	Dr. Om Prakash Mahto	Medical Officer	Bihar Health Dept, Ayush, Bihar
47	Chandigarh	Dr. Pankaj Kaul	Medical Officer	AYUSH, Chandigarh
48	Gujarat	Dr. Krushna Prajapati	Medical Officer (Homeo.),	Gandhinagar, Gujarat
49		Dr. Blessy Mathews	Medical Officer (Homeo.),	Krushnakunj (Surat), Gujarat
50	Arunachal Pradesh	Dr. Pradeep Denbath	SMO (Homeo),	TRIHMS, Naharlagun

51	Assam	Dr.Dhrubajyoti Chakravarty	Medical Officer	Uweongso ,CHC, Hasao, Assam
52		Dr. Thaneshwar Dutta	Medical Officer	BB Town Dispensary, Jorhat, Assam
53	Himachal Pradesh	Dr. Ashutosh Bhardwaj	Senior Medical Officer	Dept of Ayush, Govt of Himachal Pradesh, Himachal Pradesh
54		Dr. Raj Kumar Sharma	Senior Medical Officer	Ayush, Himachal Pradesh
55	Odisha	Dr. Rajendra Kumar Dash	HMO	ACHMC, Bhubaneshwar, Odisha

*Annexure VII*

*List of participants on 16.05.2024*

<b>Sl. No.</b>	<b>States/UTs</b>	<b>Name</b>	<b>Designation</b>	<b>Department/Institute</b>
1	Karnataka	Dr. Jameela Begum	Deputy Director (Unani)	Ayush Directorate, Bangalore
2		Dr. Naila	Associate Professor (Unani)	Government Unani Medical College, Bangalore
3	Manipur	Dr. Ajima Begum	Medical Officer	Ayush Hospital, Manipur
4	Andhra Pradesh	Dr. L. Jagadish	Medical Officer,	GUD, Chittoor
5		Dr. B. Prathibha MD (Unani)	Medical Officer,	GUD, Bheemunipatnam
6	Kerala	Dr. Shakkeerali KA	Medical officer,	Govt. Unani Dispensary, AHWC, Mogral, Kerala
7	Rajasthan	Dr. Mohd Akmal	SMO-II	Directorate of Unani Medicine, Govt. Rajasthan
8		Dr. Nisar Ahmed Khan	SMO-II	Directorate of Unani, Medicine Department , Rajasthan

9	Jammu and Kashmir	Dr. Irfan Hussain Banday	Medical Officer	Directorate of Ayush, J&K
10	Telangana	Prof. Mohd. Ahsan Faroqui	Professor,	Govt. Nizamia Tibbi College, Hyderabad
11		Dr. M.A. Lateef Siddiqui	Assistant Professor	Govt. Nizamia Tibbi College, Hyderabad
12	Madhya Pradesh	Dr. Ehsan Ahmad	Lecturer	Unani Medical College, Bhopal
13	Jharkhand	Dr. Gulam Mustafa Ansari	District Medical Officer	District Joingt Dispansary, Giridih, Jharkhand
14		Dr. Fazlus Sami	Principal I/C	Govt. Unani Medical College & Hospital, Jharkhand
15	Uttarakhand	Dr. Shayni Khan	Medical Officer	Govt. Unani Hospital, Kaliyar Sharef, Haridwar,
16	Maharashtra	Dr. Moenuddin Farooqui	Medical Officer,	District Hospital, Jalgaon
17	Delhi	Dr. Habibullah	Chief Medical Officer (NFSG)	Dte. Of Ayush, New Delhi
18		Dr. Mohd. Amir	Chief Medical Officer (NFSG)	Dte. Of Ayush, New Delhi



19		Dr. Paras Wani	Senior Medical Officer	Dte. Of Ayush, New Delhi
20		Dr. Mobashshera Khan	Senior Medical Officer	Dte. Of Ayush, New Delhi
21	Uttar Pradesh	Dr. Mohd. Zubair	Lecturer	State Takmil-Uttib Medical College & Hospital, Lucknow
22	Tamil Nadu	Dr. V. Muzammil Ahmed	Assistant Medical Officer	Government Primary Health Centre, Nagapattinam
23		Dr. Tabassiya Kowser R.	Assistant Medical Officer,	Government Primary Health Centre, Cuddalore
24	Bihar	Dr. Jawed Ahmad	Medical Officer	Govt. of Bihar, Govt. Tibbi College, Patna
25	Himachal Pradesh	Dr. Akhter Abbas	Medical Officer (Unani)	Ayush Deptt. HP Govt. Unani Health Centre Lower Bazar, Shimla
26	Chandigarh	Dr. Sudhanshu	Unani Medical Officer	I/c GUD Sector-26, Chandigarh

*Annexure VIII*

*List of participants on 17.05.2024*

<b>Sl. No.</b>	<b>States/UTs</b>	<b>Name</b>	<b>Designation</b>	<b>Department/Institute</b>
1	Kerala	Dr. Smitha.A	Senior Medical Officer	Govt Siddha Hospital, Vallakkadavu, Thiruvananthapuram
2		Dr.Jijimol.V.C	Medical Officer	Govt Siddha Hospital, Vallakkadavu, Thiruvananthapuram
3		Dr.Chandraprabhu.M	Medical Officer	Govt Siddha Dispensary, Pallivasal, Idukki
4		Dr Mithun.C	Medical Officer	Govt Siddha Dispensary, Elamkulam, Malappuram
5		Dr.Sreeraj.E.R	Medical Officer	District Ayurveda Hospital, Kalpetta, Wayanad
6	Puducherry	Dr.S.Thiagarajan	Medical Officer	Health & Wellness Centre Varichikudy Karaikal 609609
7		Dr.B.Rajalakshmi	Medical Officer	Health & Wellness Centre Reddiar Palayam Directorate Of Ayush Govt Of Puducherry

8		Dr.K.Jayanthi	Medical Officer	Siddha Unit- Main Centre Directorate Of Ayush Govt Of Puducherry
9	Tamil Nadu	Dr.S.Punitha	Assistant Medical Officer (Siddha)	Government Primary Health Centre, Chellampatti Madurai
10		Dr.A.Muneeswaran.	Professor	Government Siddha Medical College, Palayamkottai.
11		Dr. R. Vetrivendan	Assistant Medical Officer	GH. Vembadithalam Salem. TN
12		Dr.K.Dhiviya	Assistant Medical Officer	Thirupathur Govt. Primary Health Centre Gajjalnaickenpatti
13		Dr.P.Thavamani	Assistant Medical Officer	Cuddalore GH, Virudhachalam
14		Dr.M.Elangovan	Assistant Medical Officer	Erode Govt. Primary Health Centre, Nathakadaiyur, Erode District
15		Dr.Pari	Assistant Medical Officer	Sivagangai Govt. Primary Health Centre
16		Dr.S.Vasanth	Assistant Medical Officer	Thanjavur Govt. Primary Health Centre, Patteeswaram
17		Dr.S.Saranyashalini	Assistant Medical Officer	Tiruvallur Govt. Primary Health Centre,
18		Dr.Thamaraiselvi	Assistant Medical Officer	Karipatti, Salem
19		Dr. A. Shakthi Paargavi	Assistant Professor	National Institute Of Siddha, Tambaram Sanatorium



## Mandate of CHEB



## Divisions and Objectives

### Health Promotion and Education Division

Render technical help in Health Promotion and Health Education.  
Collaborating with National & International agencies for Health Promotion and Health Education.

### Training, Research, Evaluation Division

To train health/allied professionals in the field of Health Promotion and Health Education.

### Media and Editorial division

Awareness generation/ develop & disseminate Health Education, IEC material for various programs of the Ministry of Health and Family Welfare.

### School Health Education division

Hel schools and teacher training institutes for Health Education of the school population.





# Central Health Education Bureau

Directorate General of Health Services, Ministry of Health & Family Welfare, Government of India  
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