

**REPORT**  
**On**  
**Two-day**  
**International**  
**Conference**  
**On**  
**AYUSH for Healthy Living: Integrating Indian &**  
**Modern Systems of Medicine**  
**Organized**  
**by**  
*Centre for Ayush Science*



**Islamic University of Science and Technology**  
**Awantipora Kashmir-192122 (J&K)**

**In collaboration with**



**CCRUM, UDMA, JK-STIC, Directorate of Ayush**

**VENUE: NUND RESH AUDITORIUM, AB-VII, IUST**  
**17<sup>th</sup> – 18<sup>th</sup> October, 2024**

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# FLYER



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## Objectives

1. Promote the integration of AYUSH with modern medicine for holistic healthcare.
2. Encourage research and development in AYUSH, identifying opportunities for collaboration with the scientific community.
3. Discuss the role of AYUSH in preventing non-communicable and chronic diseases.
4. Facilitate knowledge exchange and research collaboration between traditional and modern medical systems

## Themes

1. AYUSH: Bridging Traditional and Modern Medicine
2. Empowering Healthcare with AYUSH
3. Future Trends and Opportunities in AYUSH
4. Natural product drug discovery and medicinal plants
5. Entrepreneurship opportunities of medicinal and Aromatic plants
6. Quality and Safety assurance of Ethno-medicines
7. Validation of Communities based Indigenous Knowledge
8. Significance of Himalayan Medicinal plants in different herbal formulations

## Call for Abstracts

The conference solicits contributions of abstracts for oral/poster presentations that address themes and topics of the conference. Participants are required to submit their research abstracts online.



AHL-2024

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## International Conference on AYUSH for Healthy Living Integrating Indian and Modern Systems of Medicine

17 - 19 October,  
2024

Islamic University of Science and Technology,  
Awantipora, J&K, India



**Patron**  
Prof. Shakil Ahmad Ramshoo  
Vice Chancellor, IUST



**Guest of Honour**  
Dr. N. Zaheer Ahmed  
Director General, CCRUM



**Guest of Honour**  
Dr. M. A. Qasmi  
Advisor (Unani) MoA

### Important Dates

**Receipt of Abstract**  
05 October, 2024  
**Intimation of Acceptance**  
10 October, 2024  
**Registration Closes**  
15 October, 2024

### Event Schedule

Day 1	Day 2	Day 3
Invited Talks Oral Presentation Poster Pitching Interactive Session Valedictory Session Closing Ceremony	Inaugural Talk Invited Talks Oral Presentation Poster Pitching Interactive Session	Visit to High Altitude Medicinal Park Picnic

## Speakers

 Asim Ali Khan Prof. & Ex-DC, CCRUM	 Ghulamuddin Sofi Prof. M.N. Baramulla	 Mubashir Hussain Masoodi Prof., University of Kashmir	 Anhar Jabrin PhD., Jammu University	 Bashir Ahmad Ganai Chair, Faculty of Unani Medicine, University of Kashmir
 Muzaffar Din Ahmad Bhat Jr. Prof., M.N. Baramulla	 Sayeed Ahmad Director, C.E. Jammu	 Khurshood Ahmad Bhat Sr. Principal Scientist, SDR-UM, Jammu	 Farooq Ahmad Dar Assoc. Prof., Luzern, AUI	 Amit Nargotra Senior Principal Scientist
 Praseon Kumar Gupta Sr. Principal Scientist, CCRUM, Jammu	 Anindya Goswami Sr. Principal Scientist, CCRUM, Jammu	 Foyaz A Malik Sr. Principal Scientist, CCRUM, Srinagar	 Shameem Ahmad Rather Assoc. Prof., CCRUM	 M. Alisabul Kalam Assoc. Prof., CCRUM, Srinagar, India
 Uneshi Kumar Sagara Asst. Prof., Gita, Babard Singh Indraprastha University	 S. ARHAM HUSAIN ENT Surgeon, Anam Hospital	and more...		

### Registration Fee

Student	₹ 500
PhD/ Post Doc Researcher	₹ 700
Faculty	₹ 1000

### Bank Details

Account Number 0693040520000160  
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Bank Name Jammu and Kashmir Bank  
Account Holder Centre for Ayush Science Awantipora

### Sponsors



Award for best poster and Young Scientists

Ube Siva Award for outstanding contribution in AUSH Science.

Organising Centre: Centre for Ayush Science IUST in Collaboration With RRIJUN Srinagar & UDMA New Delhi

## **ABOUT IUST**

The Islamic University of Science and Technology (IUST), located in Awantipora, Kashmir, is a premier higher education institution established with the aim of advancing knowledge and fostering innovation in science, technology, and other academic disciplines. Founded in 2005, the university has become a hub for academic excellence, research, and professional development in the region, playing a pivotal role in addressing local and global challenges. IUST offers a wide range of undergraduate, postgraduate, and doctoral programs across various disciplines, including engineering, technology, social sciences, business, humanities, and architecture. The university emphasizes a multidisciplinary approach to education, integrating modern research and teaching methodologies to enhance students' knowledge and skill sets. The university is deeply committed to promoting research and innovation. It has established several research centres and initiatives to tackle emerging issues, including the Centre for Ayush Science, with a mandate of providing high quality research in the traditional medicine. IUST prioritizes student engagement and development, offering numerous co-curricular activities, workshops, and seminars to enhance student's leadership skills, critical thinking, and professional growth. The university fosters a dynamic campus culture, encouraging students to participate in debates, sports, and other extracurricular activities. IUST maintains strong collaborations with national and international universities, research institutions, and industries. These partnerships aim to foster academic exchange, joint research projects, and knowledge-sharing in different areas. IUST envisions becoming a leader in higher education and research, not just within Jammu & Kashmir but at the global stage. It is committed to empowering students to meet the needs of the modern world, with a strong emphasis on innovation, sustainability, and community service. The university's growing reputation as a centre of learning is reflected in its expanding academic programs, world-class faculty, and cutting-edge research facilities, all contributing to its goal of shaping the future of education and development in the region.

## **ABOUT CCRUM**

The Central Council for Research in Unani Medicine (CCRUM) is an autonomous organization under the Ministry of Ayush, Government of India. Since its establishment in 1978, the CCRUM as the apex government organization for research in Unani Medicine has been engaged in conducting scientific research on the applied as well as fundamental aspects of Unani system of medicine. Consequently, over the past four decades of its existence, the Council has made significant strides in clinical research, drug standardization, survey and cultivation of medicinal plants, and literary research. Besides, research-oriented health extension services, and information, education and communication (IEC) activities have also been part of the Council's programmes. Extension of Healthcare services under the scheme of collocation of AYUSH centres in Allopathic Hospital in Delhi, several Unani Medical Centres were established at RML Hospital, DDU Hospital, AIIA and at Safdarjung Hospital. With the efforts of the scientists and technical manpower at its 23 research centres spread across the country, the Council has won appreciation from various quarters for its patents which are 19 in number, innovative research outcomes, and scientific publications.

## **ABOUT UDMA**

Unani Drugs Manufacturers Association (UDMA), a registered society, registered in New Delhi on 11th – 13th October, 2017 under the Societies Registration Act XXI of 1860, is a coherent voice of the Unani Industry in India. Currently over 88 manufacturers (including manufacturers of Sharbats and Health Supplements under FSSAI) from across the length and breadth of our country are members of this esteemed body.

## **ABOUT Directorate of Ayush**

Directorate of I.S.M was established in 1987, before which it was a part of Department of Health Services J&K and used to function under the administrative control of Directorate of Health services. Since then the Directorate has been rendering yeomanly service in the Health care delivery system despite the fact that the Department gets only 4.61% of budgetary allocation when compared to health department. The Department provides health care to the people all over the State particularly in remote and to far-flung areas through a network of 417 sanctioned Ayurvedic and Unani dispensaries and 68 internal-arrangement ISM Institutions.

## **ABOUT JK-STIC**

J&K Science, Technology & Innovation Council (erstwhile J&K Council for Science & Technology) was established during the year 1989 under Department of Science & Technology J&K government, with the objective of promotion and dissemination of science, technology and innovation in the UT of J&K, Science & Technology innovation council also plays role of a nodal Department for organizing and promoting S&T activities across the length and breadth of J&K.

## ORGANIZINGTEAM

Name	Designation	
<b>Advisory Committee</b>		
Prof. Shakil Ahmad Romshoo	Hon'ble Vice-Chancellor, IUST	Chair Patron
Dr. N Zaheer Ahmad	DG CCRUM	
Director Ayush	J&K Govt.	
Prof. Sheikh Javid Ahmed	Dean Research	
Prof. M. Ayub Qadri	Dean School of Health Science	
Mr. Sameer Wazir	Finance Officer, IUST	
Mr. Hamid Ahmed	Director, Hamdard India (Food Div)	
Prof. Zamrooda Akhter	Principal, AMCN&MT	
Ms. Neelofar Jan	I/C Principal, SMMC&MT	
Prof. Shakil Ahmad Romshoo	Hon'ble Vice-Chancellor, IUST	
Dr. N Zaheer Ahmad	DG CCRUM	
<b>Convener</b>		
Dr. Arsheed Ahmad Ganaie	Coordinator, Centre for AYUSH Science, IUST.	<b>Chairman</b>
Dr. Mohsin Delhvi	General Secretary, UDMA	
<b>Organizing Committee</b>		
Prof. A. H. Moon	Dean Academic Affairs, IUST	<b>Chairman</b>
Prof. Ab. Waheed Makhdoomi	Registrar, IUST	
Dr. Mohan Singh	Directorate Ayush J and K	
Dr. Abid Hussain Shalla	H.O.D, Department of Chemistry	
Prof. Peer Zada Amin	I/C Rinchen Shah Centre	
Dr. Younis Munshi	Incharge Director, National Research Institute of Unani Medicine	
Dr. Mushtaq Ahmad Parray	District Nodal Officer, AYUSH Pulwama,	
Dr. Hakeem Naseer	Owner Unani Hospital	
Dr. Muzafar A. Macha	Head, WCCMM	
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Dr. Kaiser Javeed	Dean School of Engineering.	<b>Chairman</b>
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Dr. Mujeeb Liyakat	Assistant Professor, Deptt. Of Journalism & Mass Communication	
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Bashir Ahmad Ganie	University of Kashmir	
Assif Assad	Assistant Professor, Deptt. Of CSE	

Muzafar Rasool Bhat	Assistant Professor, Deptt. Of Computer Science	
Mir Aijaz Ahmad	Assistant Professor, Deptt. Of Civil Engineering	
Tabasum Fatima	Centre for AYUSH Science	
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Moazam Ul Shawkat Qadiri	Network Engineer, DIT & SS	
Sarfraz Ahmad Bhat	IT Assistant	
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Mohd Afsahul Kalam	Research Officer (Unani), CCRUM	
Towseef Amin Rafeeqi	Scientist, RRIUM	
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Tariq Abdullah	Deptt. Of Planning & Geomatics	
Agha Shahee	Coordinator, FRIS	
Suhail Yousuf	Ramanujan Fellow, FRIS	
Shakeel Ahmad Khanday	Ramanujan Fellow, FRIS	
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Manzoor Ahmad Dar	A. P. Deptt. Of Chemistry	
Mohammad Saleem Gojer	Deptt. Of Planning & Geomatics	
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Dr. Mir Hashim Rasool	Dept of Physics. Assistant Professor	
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Dr. Hilal Ahmad Makroo	Assistant Professor, Department of Food Technology	
Mr. Farooq Ahmad Dar	Technical Assistant, Department of Food Technology	
Mr. Rafiq Ahmad Trumboo	Jr. Assistant, Dean Research	
<b>AYUSH Mela Coordinator</b>		
Mr. Mohd. Naushad	Prop. Auliya Herbals	





## International Conference on AYUSH for Healthy Living: Integrating Indian & Modern Systems of Medicine



**17-18 October 2024, Day 1.**  
**Venue: Nund Rishi Auditorium, Block ABVII**

Activity	Time	Programme	Remarks
Ribbon Cutting	10:30-10:40 am	Inauguration of UDMA exhibition by the Hon'ble Vice Chancellor, IUST and Director General, CCRUM.	
<b>Inaugural Session</b>	10:40-10:43 am	University Tarana	
	10:43-10:48 am	Welcome by Prof. Ayub Qadri, Dean School of Health Science, IUST	
	10:48-10:53 am	Felicitation of Guests	
	10:53-10:58 am	Remarks by Syed Muneer Azmat, UDMA	
	10:58-11:03 am	Remarks by Prof. A.H. Moon, Dean Academics, IUST	
	11:03-11:14 am	Address by Dr. Ashraf Ganie, (Guest of Honor) Director, SKIMS Soura	
	11:14-11:25 am	Address by Dr. N. Zaheer Ahmad (Chief Guest) DG CCRUM, New Delhi.	
	11: 25-11:37 am	Address by Prof. Shakil Ahmad Romshoo, Vice Chancellor, IUST.	
	11: 37-11:40 am	Vote of thanks by Dr. Rais A. Ganai	
	11:40-11:55 pm	<b>Tea break</b>	
<b>Session 1</b>	11.55-12.25 pm	<b>Keynote Lecture</b> <b>Dr. Younis Munshi</b> Director in-charge, NRIUMSD, Hyderabad. <i>Title: Pharmacovigilance in Ayush with special reference to Unani System of Medicine</i>	<b>Chair</b> Prof. Ayub Qadri  <b>Co-Chair</b> Dr. Muzafar A. Macha
	<b>12:25-1.05 pm</b> <i>Note: All invited talks will be for 20 minutes.</i>	<b>Invited Lecture S1L1:</b> <b>Dr. Umesh Kumar Sapra</b> <i>M.D. (Ayu.) Assistant Professor at Guru Gobind Singh Indraprastha University</i> <i>Title: Recent advances in management of patients in AYUSH</i>  <b>Invited lecture S1L2:</b> <b>Mrs. S. Nafees Bano</b> , Head, Department of Amraze Niswan wa Ilmul Qabala, HSZH Govt. Unani Medical College, Bhopal, <i>Title: Changing Diseases Pattern in the females – Changing lifestyle</i>	
<b>Session 2</b>	12.30-2:10 pm	<b>Poster Session</b> <b>Evaluators:</b> Dr. Irfat Ara Gurko, Dr. Arsheed A. Ganaie	
	1:05-2:10 pm	<b>Lunch break</b>	

Session 3	2.10-2.40 pm	<b>Special Invited Lecture-I</b> <b>Dr. Arham</b> , Endoscopic Ear Surgeon, Bhopal <b>Title:</b> <i>Integrating Ayush with Modern system of medicine to promote Global health</i>	<b>Chair</b> Prof. Parvez A. Mir  <b>Co-Chair</b> Dr. Rais A. Ganai
	2.40-3:40 pm  <i>Note: All invited talks will be for 20 minutes.</i>	<b>Invited Lecture S3L1: Dr. Firdous Ahmad</b> , Associate Professor, Department of Jarahat, NIUM, Bengluru. <b>Title:</b> <i>Clinical trial-based management of Fissure in Ano, an evidence-based approach in Unani Medicine</i>  <b>Invited lecture S3L2: Dr. Muzafar D. A. Bhat</b> Asst Prof. Dept. of Moalajat, National Institute of Unani Medicine, Bangalore, Karnataka, India. <b>Title:</b> <i>Post Stroke Depression: Management in Unani Medicine, traditional to evidence-based scientific approaches</i>  <b>Invited lecture S3L3: Dr. Fayaz A. Malik</b> Sr. Principal Scientist, CSIR-IIIM, Srinagar. <b>Title:</b> <i>Discovery of Natural Product Small Molecule Targeting Drug Resistant Cancer Stem Cells in Breast Cancer.</i>	
Session 4  (Parallel Session)  <b>Venue:</b> <b>Food Tech Board Room, Ground Floor</b>	2:40-4:00 pm  <b>Note:</b> All oral presentations will be for 10 minutes.	<b>1. Md Shakeel Ahmed Shoaib</b> <b>Title:</b> <i>Conquering Skin Ailments: Hijama and Unani Medicine combination therapy</i>  <b>2. Dr. Mohammad Danish</b> <b>Title:</b> <i>Therapeutic Evaluation of Badranjboya (Melissa Officinalis) in Fasade Tashahhum Fid Dam (Dyslipidaemia) in Comparison to Atorvastatin-A Research Article</i>  <b>3. Shafia Mushtaq</b> <b>Title:</b> <i>Effect of Unani smedicine in management of various skin disease (Case Series Study)</i>  <b>4. Abdul Rafeh Wani</b> <b>Title:</b> <i>Review of the Therapeutic Potential of Khayar Shambar (Cassia fistula Lim.) in the Management of Tonsillitis</i>  <b>5. Mir Abbas Ali</b> <b>Title:</b> <i>Planning for a 100 bedded Unani Hospital with Allopathic Emergency Services – A feasibility study</i> <b>Oral Presentation 3</b>  <b>6. Azra Anjum</b> <b>Title:</b> <i>Nutraceuticals: A case study of Combinatorial Effect of Macrotyloma uniflorum extract and Vorinostat (Commercially available anti-cancer drug)</i>  <b>7. Ameen Obaidullah</b> <b>Title:</b> <i>Unlocking the Potential of Collaborative Research and Development (R&amp;D) of various disciplines to enhance AYUSH Healthcare System</i>  <b>8. Md. Misbahuddin</b> <b>Title:</b> <i>Holistic Approach Through the Integration of AYUSH and Modern Medicine: Scope and Challenges</i>  <b>9. Dr. Mohd Zahoor Bhat</b> <b>Title:</b> <i>Management of Recurrent Fistula-In-Ano with underlying Osteomyelitis Partial Fistulectomy, Ksharsuta and Antibiotics- A Case Study</i>	<b>Evaluators</b> Dr. Basharat. N. Dar Dr. Muzafar A. Macha Dr. Arsheed A. Ganaai Dr. Peer Bilal Ahmad
	4:00-4:10	Tea Break outside Nund Reshi Auditorium	
	4:15-5:00	Cultural Program	



## International Conference on AYUSH for Healthy Living: Integrating Indian & Modern Systems of Medicine



17-18 October, 2024, Day 2  
Venue: Nund Rishi Auditorium, Block ABVII

Date	Time:	Programme	Remarks
Session 5	10:30-11:00 am	<p><b>Plenary Lecture: Prof. Mubashir H. Masoodi</b> Department of Pharmaceutical Sciences, University of Kashmir. <i>Title: AYUSH Integration in Global Healthcare: Challenges, Opportunities, and the Way Forward</i></p>	<p><b>Chair</b> Dr. Aabid A. Shala</p> <p><b>Co-Chair</b> Dr. Muzafar Rasool</p>
	11:00-11:40 am  Note: All invited talks will be for 20 minutes	<p><b>Invited lecture S5L1: Dr. Azhar Jabin</b> Associate Professor, Moalajat, Jamia Hamdard <i>Title: A clinical study on a unani formulation in the management of liver cirrhosis</i></p> <p><b>Invited Lecture S5L2: Dr. Muzamil Rehman</b> CMO, Central Govt. Health Scheme <i>Title: "Integrating Ayush with conventional medicine- a way forward for a robust HealthCare".</i></p>	
	11.40-12.00 noon	<b>Tea Break</b>	
Session 6	12:00- 1:00 pm  Note: All invited talks will be for 20 minutes	<p><b>Invited Talk S6L1: Dr Gh Nabi wani</b> Medical Officer Homoeopathy, JLNH Hospital Rainawari Srinagar. <i>Title: An Evidence Based Clinical study of vitiligo patients through Homoeopathy</i></p> <p><b>Invited talk S6L2: Dr Farooq Naqshbandi,</b> Medical Superintendent, Govt Unani Hospital, Shalteng. <i>Title: DNA Fragmentation and apoptosis in Human colorectal cancer cell lines by Sesamum indicum dried seeds</i></p> <p><b>Invited talk S6L3: Dr Vipin Kumar Sharma</b> Research Officer (Ayu), Regional Ayurveda Research Institute, Jammu <i>Title: Integrative approach in the management of osteoarthritis- a case study.</i></p>	<p><b>Chair</b> Dr. Peer Bilal Ahmad</p> <p><b>Co-Chair</b> Dr. Assif Assad</p>
Session 7	12:00-1:00 pm (Parallel Session) Venue: Meeting Room Rumi Library	<p style="text-align: center;"><b>Panel Discussion</b></p> <p><b>Panelists</b> Dr Younis Munshi, Dr. Vipin Kumar Sharma, Dr. Umesh Kumar Sapra and Dr. Farooq Naqshbandi <i>Title: Way forward on integration of AYUSH and Modern Medicine</i></p>	<p><b>Moderator</b> Dr. Muzammil Rehman</p>
Session 8	11:00-1:00 pm	<b>Poster Session</b>	<p><b>Evaluators</b> Dr. Irfat Ara Gurkoo Dr. Muzafar A. Macha Dr. Rais A. Ganai</p>
	1:00-2.15 pm	<b>Lunch Break and Friday Break</b>	

<p><b>Session 9</b></p>	<p>2:15- 3:15 pm</p> <p><b>Note:</b> All invited talks will be for 15 minutes</p>	<p><b>Invited talk S9L1: Dr Farooq Dar</b> Associate Professor, Department of Tashreeh wa Munafeul aza, AMU <b>Title:</b> <i>Models for Integration of AYUSH with Conventional Health Care System: Challenges and Opportunities.</i></p> <p><b>Invited talk S9L2: Dr Arshad Iqbal</b> Research officer (Scientist- iv, RRIUM, Srinagar. <b>Title:</b> <i>Elucidating the Modulatory Impact of Wet Cupping on TRPV4 Receptor Dynamics and Heat Shock Protein Regulation in Osteoarthritic Inflammation</i></p> <p><b>Invited talk S9L3:</b> <b>Dr Tariq A. Bhatt</b>, Research Officer, RRIUM, Srinagar. <b>Title:</b> <i>Medicinal Plants in the folkmedicine of kashmir Himalayas and their potential for trade and further research</i></p> <p><b>Invited talk S9L4:</b> <b>Mr. Hakeem Naseer Hakim</b>, Director Naseer groups of Hospitals. <b>Title:</b> <i>Man is not designed to accept chemicals in unnatural form, human wisdom is designed to recognize the natural things and reject the un-natural drugs/chemicals. A Scientific interpretation with Quranic verses.</i></p>	<p><b>Chair:</b> Dr. Asifa Baba</p> <p><b>Co-Chair:</b> Mr. Mir Aijaz Ahmad</p>
	<p>3:15-3:25 pm</p>	<p><b>Tea Break</b></p>	
<p><b>Session 10</b></p>	<p>3:25-3:55 pm</p> <p><b>Note:</b> All invited talks will be for 15 minutes</p>	<p><b>Invited talk S10L1:</b> <b>Dr Shameem A. Rather</b>, Professor, Department of Moalajat, RRIUM, Srinagar. <b>Title:</b> <i>Evaluation of compound Unani formulation in the management of Rheumatoid Arthritis, Randomized, Single blind, Standard Controlled Trial.</i></p> <p><b>Invited talk S10L2:</b> <b>Dr. Afsahul Kalam</b>, Associate Professor, Department of Ilmul Adviya, RRIUM, Srinagar. <b>Title:</b> <i>Effect of Hijāma bi'l Sharṭ (wet cupping) and Itrīfal Ustukhuddus in a patient of Shaqīqa-i-Muzmin (Chronic migraine)''</i></p>	<p><b>Chair</b> Dr Irfat Gurkoo</p> <p><b>Co-Chair</b> Dr. Tabasum Fatima</p>
<p><b>Valedictory Function</b></p>	<p>4:00-4:40 pm</p>	<p>Welcome by Dr. Arsheed Ahmad Ganaie</p> <p>Prof. (Dr) Rukhsana Najeeb, Principal GMC, Anantnag (<b>Guest of Honor</b>)</p> <p>Dr. N. Zaheer Ahmad, Director General CCRUM, (<b>Guest of Honor</b>)</p> <p>Prof A. Ravinder Nath, Vice Chancellor CUK (<b>Chief Guest</b>)</p> <p>Prof. Shakil Ahmad Romshoo, Vice Chancellor, IUST</p> <p>Award Ceremony for best Oral Presentation &amp; Poster Presentation</p> <p>Vote of thanks</p>	

## **1.INTRODUCTION:**

AYUSH stands for Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy, representing the traditional systems of medicine in India. These practices have been part of Indian culture for thousands of years, and their evolution reflects a blend of ancient wisdom and modern scientific research. In the year 1970 the Indian Medicine Central Council Act was enacted to regulate Ayurveda, Siddha, and Unani systems. In the year 1995 of Department of Indian Systems of Medicine and Homeopathy (ISM&H) was created by the Government of India which was renamed in 2003 to Department of AYUSH under the Ministry of Health and Family Welfare. In the year 2014 a separate Ministry of AYUSH was created to promote and regulate traditional systems of medicine. Jammu and Kashmir has a rich tradition of indigenous medical practices, particularly Unani and Ayurveda, which have been an integral part of healthcare for centuries. The region's diverse flora supports the availability of various medicinal plants used in these systems. The Directorate of Indian Systems of Medicine (ISM) was formally established to promote and regulate Unani and Ayurveda practices in the year 1987 and in 2015 the National AYUSH Mission (NAM) was launched in J&K to expand AYUSH services and integrate them with modern medical practices. The Centre for AYUSH Science was established at the Islamic University of Science and Technology on 5-06-2023. The Centre is established to promote development and scientific research in the field of AYUSH system of medicine. The Centre of AYUSH Science is a research oriented centre with a mandate of providing high quality research in the traditional medicine. The centre has an associated health and wellness centre at the university campus with a fully functional OPD and regimenal therapy unit, which provides clinical services to research and general patients. The Centre has ongoing clinical trials where patients are enrolled in research projects provided at no cost. The centre also has main focus on areas like tribal medicine, non communicable, and life style disorders.

In today's rapidly evolving healthcare landscape, the importance of a holistic, patient-centered approach cannot be overstated. AYUSH systems, with their rich history and emphasis on natural healing, offer unique and time-tested methodologies for disease prevention, wellness promotion, and chronic disease management. When combined with modern medical advancements, these approaches can create comprehensive and effective healthcare models that address the diverse health needs of society. Integration of AYUSH with Modern Medicine is a progressive step toward providing comprehensive and holistic healthcare. By combining the strengths of traditional systems like Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homeopathy (AYUSH) with evidence-based modern medicine, patients receive a broader range of treatment options. This integrative approach enhances patient care by offering preventive, promotive, and curative solutions for chronic and lifestyle-related diseases. It also supports personalized medicine, where treatment is tailored to individual needs using both scientific advancements and time-tested traditional practices. Initiatives such as AYUSH Health & Wellness Centres (HWCs) and co-located facilities in government hospitals aim to make integrated healthcare accessible and affordable. Furthermore, collaborative research and clinical trials are strengthening the scientific validation of AYUSH therapies, fostering trust and acceptance among healthcare providers and the public. This synergy between AYUSH and modern medicine paves the way for a more inclusive, patient-centered healthcare system. Thus a conference was organized by Centre for AYUSH Science IUST in coordination with RRIUM Srinagar &UDMA, New Delhi, with the theme **“AYUSH FOR HEALTHY LIVING- INTEGRATING INDIAN AND MODERN SYSTEM OF MEDICINE”** from 17-19 October 2024. The conference emphasized on the increasing recognition and integration of AYUSH systems in global healthcare, highlighting their potential in addressing contemporary health challenges through holistic and traditional approaches.

## **2. OBJECTIVES**

The objective of the international conference on "AYUSH for Healthy Living: Integrating Indian and Modern Systems of Medicine" 2024, at the Islamic University of Science and Technology (IUST) in Awantipora, was to bring experts and medical professionals from around the world to discuss and explore the integration of traditional AYUSH sciences with modern healthcare practices. The event aimed to:

1. **Promote Integration of AYUSH with Modern Medicine:** Facilitate discussions and strategies to harmonize traditional AYUSH practices with contemporary medical systems, aiming for a holistic healthcare approach.
2. **Encourage Research and Development in AYUSH:** Highlight the importance of scientific research in AYUSH to validate and innovate traditional practices, ensuring their relevance in modern healthcare.
3. **Explore the Role of AYUSH in Preventive and Promotive Health:** Discuss how AYUSH can contribute to preventive healthcare measures and promote overall well-being, addressing lifestyle-related health issues.
4. **Foster Collaboration Between Practitioners:** Create a platform for practitioners of both AYUSH and modern medicine to share knowledge, experiences, and best practices, enhancing patient care.
5. **Address Global Health Challenges:** Examine how integrated medical approaches can tackle global health issues, including non-communicable diseases and emerging health threats.

## **1. TARGET AUDIENCE**

Researchers, doctors, scholars, students from both modern and traditional medicine were encouraged to participate in the conference. The event aimed to discuss and understand the importance of AYUSH in for healthy living and special emphasis was made on the discussion of all the possibilities of integration of AYUSH with modern medicine. Academic professionals and researches from all over the world participated and the event offered them a platform to discuss the strategies and polices for integration of AYUSH with modern medicine. By bringing together this diverse audience, the main aim was to disseminate knowledge and benefit the health sector.

## **4.SCOPE**

The international conference titled "AYUSH for Healthy Living: Integrating Indian and Modern Systems of Medicine" aimed to explore the convergence of traditional Indian healthcare practices with contemporary medical science. The scope of this conference encompassed discussing strategies to harmonize AYUSH systems such as Ayurveda, Yoga, Unani, Siddha, and Homeopathy with modern medicine to provide comprehensive patient care, promoting preventive health measures highlighting the role of AYUSH in preventive medicine, focusing on lifestyle modifications, mental well-being, and holistic health approaches also encouraging collaborative research facilitating joint research initiatives to validate traditional practices, ensuring their efficacy and safety within the modern healthcare framework. The conference aimed at exploring policies and frameworks for incorporating AYUSH into national health systems, aiming to improve accessibility and affordability of holistic healthcare services and addressing global health challenges, assessing the potential of integrated medical approaches in tackling non-communicable diseases and emerging health issues on a global scale. This conference served as a platform for practitioners, researchers, policymakers, and academicians to collaborate, share

insights, and chart a course for the future of integrative medicine.

## **5. SUMMARY**

The Centre for AYUSH Science, Islamic University of Science and Technology (IUST) organized a three day International Conference on "AYUSH for Good Life: Integrating Indian and Modern Systems of Medicine" on 17-19 October 2024. The three-day event brought together experts and medical professionals from around the world to discuss and explore the fusion of traditional AYUSH sciences with modern healthcare practices.

### **5.1 Inaugural Session**

The chief guest of the inaugural session was Dr. N. Zaheer Ahmed, Director CCRUM and Prof. Ashraf Ganaie, Director SKIMS Srinagar was the Guest of Honour. Prof. Shakil A. Romshoo, Vice Chancellor, IUST, called for a collective effort in making AYUSH more accessible through modern technology. He said that we must leverage technological advancements to promote AYUSH sciences widely, and urged on creating a consortium of medical professionals from diverse fields to work towards this goal. In his address, Dr. Zaheer Ahmed, discussed the expanding influence of AYUSH both nationally and internationally. He said that AYUSH is not only gaining recognition in India but also gaining traction across the globe as an effective system for holistic health. He also noted that the AYUSH Centre at IUST has already served over 3,000 individuals, underlining its impact on community health. Prof. Ashraf Ganie, praised IUST for establishing centers of excellence like the Centre for AYUSH Sciences. He said that combining the strengths of allopathic and Unani medicine is crucial in tackling widespread diseases like diabetes, which is on the rise in Kashmir. Prof. A. H. Moon, Dean of Academics, reiterated IUST's commitment to bridging the gap between traditional and contemporary medicine. He said that the university is dedicated to finding practical solutions to societal problems and by integrating the strengths of both traditional and modern medical systems, the university aim to elevate the region's health standards. Dr. Hakim Mohsin Dehlvi, General Secretary of UDMA, who was a special invitee of the program, highlighted the importance of promoting AYUSH for a healthier life. Prof. Ayub Qadri emphasized the importance of AYUSH in enhancing overall health and well-being. He further said that AYUSH sciences have a deep-rooted connection to our heritage, and their relevance in today's healthcare landscape is more crucial than ever. Adding to the conference's agenda, a health mela is being organized, providing free medical consultations and healthcare services to the public, reinforcing the practical benefits of AYUSH in community health. The Vote of thanks was given by Dr. Rais Ganai, Coordinator Centre for Vocational studies, IUST. The conference was coordinated by Dr. Arsheed Ahmad Ganaie, Coordinator of the Centre for AYUSH Science, IUST. The inaugural session was moderated by Dr. Aanisa Nazir, faculty member at the Centre for Vocational Studies.

### **5.2 Health Mela**

A two day health mela was also held as a key highlight of the event, was also organized in collaboration with Unani Drugs Manufacturers Association (UDMA). During the Health Media, free medical consultations and healthcare services were provided to the public.

### **5.3 Poster Session**

A poster session was also conducted where various researchers showcased their work on various diseases. A four member jury evaluated the posters, leading to the facilitation of three best posters.

### **5.4 Technical Sessions**

The technical sessions started after the inaugr2111110a.1 session. There were a total of ten technical sessions where different researchers from the field of Ayurveda, Unani, Homeopathy and Modern Medicine delivered lectures. There also was a panel discussion with various panelist on the title : Way forward on integration of AYUSH and Modern Medicine.

### **5.5 Valedictory Session**

The session was coordinated by Dr. Aanisa Nazir, and the welcome address was given by Dr. Arsheed Ahmed Ganaie. The Guests of Honor for the session was Prof Rukhsana Najeeb, Principal GMC Ananatnag, and the Chief Guest was Prof. A. Ravinder Nath, Vice Chancellor,

Central University. The awards were distributed among the best poster and oral presentations. The inaugural session ended with a vote of thanks.

### **5.6 Tour to Herbal Garden**

The Centre for Ayush Sciences, Islamic University of Science and Technology organized an extension tour of scholars, conference delegates, UDMA members and medical professionals to the High-Altitude Daksum Herbal Garden. Led by Dr. Arsheed A. Ganaie, Coordinator Centre for AYUSH, the tour was aimed to introduce participants to the cultivation, management, and therapeutic applications of various high-altitude medicinal plants. Over thirty different medicinal plant species were identified and discussed.

## **6. KEY TAKEAWAYS**

The conference focused on harmonizing traditional Indian medical practices with modern healthcare methodologies. Discussions emphasized incorporating advanced technologies such as telemedicine, artificial intelligence, and big data analytics into traditional medicine to enhance diagnostics, treatment, and patient outcomes. The conference highlighted the importance of international collaborations, signing various Memorandums of Understanding (MoUs) for country-to-country cooperation, and establishing AYUSH academic chairs in foreign institutions to promote traditional medicine globally. Speakers underscored the need for a comprehensive healthcare system that combines the strengths of both conventional and AYUSH systems, focusing on wellness and preventive care. The importance of integrating AYUSH into mainstream public healthcare delivery was discussed, aiming to offer a more holistic approach to patient care by combining the strengths of both conventional medicine and AYUSH systems. These insights reflect a concerted effort to blend traditional and modern medical practices, aiming to enhance healthcare delivery and patient well-being.

## **LIST OF REGISTERED PARTICIPANTS**

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66	Firdhaus rumana		student
67	Dr. Saima majeed		student
68	Dr. Musadiq ahmad		student
69	Heena amin		student
70	Dr. Anwar ul haq		student
71	Dr. Abdul kader riyaz		student
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88	Syed wajahat ali		Faculty
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**CERTIFICATE OF PARTICIPATION**



International Conference on  
**AYUSH for Healthy Living:**  
Integrating Indian and Modern System of Medicine



**CERTIFICATE**  
OF PARTICIPATION

This Certificate is hereby awarded to Prof./Dr./Mr./Ms. \_\_\_\_\_  
\_\_\_\_\_ from Department / Centre \_\_\_\_\_

Institute \_\_\_\_\_ for the best Poster award  
in the International Conference on **AYUSH for Healthy Living: Integrating Indian and Modern Systems of Medicine** organized by the Centre for AYUSH Science, Islamic University of Science and Technology, Awantipora, Kashmir from October 17-19, 2024.

  
**Dr. Arsheed A. Ganaie**  
Convener,  
AHL 24

**Prof. Ayub Qadri**  
Dean,  
School of Health Sciences, IUST

**Prof. A. H. Moon**  
Dean,  
Academic Affairs, IUST

## PHOTOGALLERY



*Inaugural Session*



*Welcome Address by Dr. Rais A. Ganai, Coordinator, B.VoC, IUST*



*Presidential Address Prof. Shakeel Ahmad, VC, IUST*



*Address by, Prof. M. Ayub Qadri, DSoHS, IUST*



*Attendees at AHL Conference 2024*



*Felicitating of the Chief Guest Prof. Ravinder Nath (VC Central University of Kashmir) by Prof. Shakil Ahmad Romshoo, VC, IUST*



*Felicitation of the Chief Guest Dr. N Zaheer Ahmad by Prof. Shakil Ahmad Romshoo, VC, IUST*



*Felicitation of Guests by Prof. Shakil Ahmad Romsho, VC, IUST*



*Poster session at Ground Floor of Rumi Library, IUST*



*Poster session at Ground Floor of Rumi Library, IUST*



*Poster session at Ground Floor of Rumi Library, IUST*



*Technical session*



*Technical session*



*Panel Discussion*





*Technical session*



*Key-note Speech-by Prof. Shakil Ahmad Romshoo, VC, IUST*



*Technical session*





International Conference on  
**AYUSH for Healthy Living:**  
**Integrating Indian and Modern Systems of Medicine**



Organised by

Centre for AYUSH Science, Islamic University of Science and Technology Kashmir



**Patron**  
**Prof. Shakil Ahmad Romshoo**  
 Vice Chancellor, IUST



**NUND RESHI AUDITORIUM**  
**(AB- VII)**



**Chief Guest**  
**Dr. N. Zaheer Ahmed**  
 Director General, CCRUM



**Guest of Honour**  
**Prof. M. Ashraf Ganie**  
 Director, SKIMS



**Special Guest**  
**Hakeem Mohsin Dehlvi**  
 General Secretary, UDMA



**17-19**  
**October**  
**2024**

