



Islamic University of Science & Technology
Awantipora, Kashmir.
Centre for Ayush Science

Minutes of the 1st Advisory Council Meeting of the Centre for AYUSH Science, IUST,
Awantipora, Kashmir

The 1st advisory council meeting of the Center for Ayush Science was held on 22nd November, 2023 in Vice Chancellor's Secretariat. Following members attended the meeting.

	Name	Designation
1	Prof. Shakil Ahmad Romshoo Hon'ble Vice Chancellor	Chairman
2	Prof. Sheikh Javed Ahmad	Dean Research
3	Prof Ayub Qadri	Dean School of Health Science
4	Dr Waseem Bari	Registrar
5	Dr. Mohan Singh*	Director AYUSH, (J & K)
6	Dr. Younis Munshi*	Director, National Research Institute of Unani Medicine for Skin Disorders, Hyderabad
7	Dr. Irfat Ara.	Director RRIUM Srinagar
8	Hakeem Naseer Ahmad	Director, Unani and Panchakarma Group of Hospitals
9	Dr. Abid H. Shalla	Associate Dean School of Science
10	Dr. Rais Ahmad Ganai	Coordinator BVOC
11	Dr. Zahida Rasool	Medical officer IUST
12	Mr. Mohsin Dehlvi*	General Secretary Unani Drugs Manufacturers Association (UDMA)
13	Dr. Arsheed A Ganaie	Member Secretary

Prof. A. H Moon, Dean Academic Affairs, IUST, Dr. M. A Qasimi (Advisor (Unani) Ministry of AYUSH, Dr. D.C Katoch, Ex. Advisor, Ministry of AYUSH and Dr. Pawan Kumar, Chief Scientist IV (Pathology) could not attend due to their prior scheduled meetings.

* Attended meeting through virtual mode

Special Invitees

- Dr. Sujad Hussain Suja, Assistant Director, (Unani) J & K
- Dr. Arsheed Iqbal (Research officer, Scientist IV and Nodal officer, IUST- CCRUM)
- Dr. Tariq Butt, (Scientific Officer, RRIUM, Srinagar)
- Dr Tabasum Fatima (M.D, Moalijat, Research Associate IUST).
- Dr. Aijaz Qureshi (Research Officer, IUST)

Professor Shakil Ahmad Romshoo, the esteemed Vice Chancellor and Chairman of the Advisory Committee, extended a warm welcome to all attendees and provided an overview of the forthcoming initiatives for the Center of AYUSH Science. Dr. Arsheed A Ganaie, the Coordinator of the Center for AYUSH Science, introduced the esteemed members of the advisory council and delivered a concise overview of the Center. Subsequently, with the chairperson's approval, the meeting proceeded to deliberate on the proposed agenda.



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Agenda 1:

To consider a proposal on starting the 'Ilāj bi'l-Tadbīr (regimenal therapy) unit and to fix charges for various therapies at the AYUSH Health & Wellness Centre, IUST.

The Advisory Council engaged in a thorough discussion regarding the potential introduction of the 'Ilāj bi'l-Tadbīr,' or regimenal therapy unit at the AYUSH Health and Wellness Centre, IUST. The deliberations extended to the formulation of charges for the outpatient department (OPD) ticket, fees for various regimenal therapies, and the prospect of entering into a Memorandum of Understanding (MOU).

The Council considered the imposition of nominal fees for OPD tickets to enhance the efficiency of dispensary operations and generate revenue. Notably, the current practice involved a one-time fee of Rs. 30/person for patients availing services at the dispensary.

The second point of discussion centered on the proposed charges for various regimenal therapies, aligning with the recommendations of the Directorate of AYUSH J&K. Reference was made to the directive from the Assistant District Medical Officer, bearing reference number ADMO/ISM/Pul-Spn/1246, dated 24/03/2018, which outlined charges for different regimenal therapies. These discussions were crucial to strike a balance between ensuring accessibility and maintaining the quality and efficiency of the proposed regimenal therapy services.

Additionally, the Council members emphasized the necessity of entering into a Memorandum of Understanding (MOU) with the Directorate of AYUSH-J&K. The purpose of this MOU is to delineate and allocate specific roles and responsibilities to each party involved, establishing a transparent framework for collaboration between IUST and AYUSH J&K.

After detailed deliberation, the council adopted the following resolution:

The OPD ticket and regimenal therapy charges rates are revised as follows.

S.No.	Type of Services	Patient Charges
1.	OPD Ticket Charges	Rs.30/-
2.	Dry and Massage Cupping	Rs.30/sitting
3.	Leeching (Irsal e Alaq)	Rs.100/sitting
4.	Full Steam (Hammam)	Rs.100/sitting
5.	Wet Cupping (Hijamah)	Rs.50/cup
6.	Natool/ Shiro-Dhara	Rs.100/sitting
7.	Local Steam (Inkebab)	Rs.40/sitting
8.	Hot Fomentation (Takmeed)	Rs.40/sitting
9.	Aromatherapy	Rs.150/sitting

A MOU between IUST and AYUSH J&K would be signed soon.

Agenda 2:

To consider a proposal on starting clinical trials in collaboration with the Directorate of AYUSH (J&K) and RRIUM (UOK) after obtaining ethical clearance from the institutional ethical committee and Clinical Trial Registration of India (CTRI)

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- A signature in the center, possibly "Rai Ahmad".
- A signature on the right, possibly "Zahida".
- A signature at the bottom right, possibly "hbx".
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Initiating the discussion, Coordinator AYUSH Sciences informed that Centre intends to initiate following clinical trials.

1. A Single Blind Randomized Controlled Clinical Trial on Seborrheic Dermatitis/Dandruff (Huzāz/Abriya/Bafā) and Its Management by Roghan Arand
2. Clinical Study to Evaluate the Efficacy of Hijamah Bis Shurt (Wet Cupping) in the Management of Niqris (Gout)
3. A Clinical Study on Sinusitis (Waram-Tajaweef al-Anf) and the Therapeutic Evaluation of Aromatherapy (Shamoom) in Its Management.
4. A Clinical Trial to Evaluate the Safety and Efficacy of Hijamah Bil Shurt (Wet Cupping) in Tassamum Fid Dam (Hyperlipidemia)
5. A Clinical Trial on Novel Unani Formulation for the Treatment of Chilblains (Intifakh al-Asab): A Randomized Controlled Trial

The Council members lauded the commendable efforts of the Centre and conveyed their appreciation for the research initiatives. Following meticulous deliberations, the Council formally adopted the ensuing resolutions:

"Clinical trials are advised to be discussed with colleagues from the Regional Research Institute of Unani Medicine (RRIUM) and the Directorate of AYUSH J&K. Moreover, innovative collaborative projects are encouraged to be submitted to diverse funding agencies."

"The strategic focus for clinical trials is recommended to be on pivotal areas, particularly non-communicable diseases such as metabolic disorders and neurological disorders. Additionally, a special emphasis is urged to be placed on research pertaining to tribal folklore."

Agenda 3:

To deliberate on the strategic areas of research focus at the Center for AYUSH Science.

The Coordinator of the Centre for AYUSH Sciences apprised the Council of the prioritized research domains delineated by the Centre. The research initiatives within the Centre will be categorized into three principal sections:

- a. The first segment will entail fundamental basic Lab-Based Pre-Clinical Research, emphasizing the dedication to advancing research in AYUSH.
- b. The second segment will concentrate on Clinical Trials in both communicable and non-communicable diseases. Initially, the center will focus on Bronchial Asthma, Urinary Tract Infection, Arthritis, and Anemia.
- c. The third area will involve Community Research and a Mobile Clinical Research Program. During discussions, the Council acknowledged the proactive approach of organizing mobile camps to collect valuable data, utilizing it for publications and grant submissions.

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Zahida

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Following meticulous deliberations, the Council adopted the subsequent resolutions:

"Commencement of lab-based research in selected areas, such as Non-Communicable Diseases, Metabolic Diseases, Arthritis, and respiratory diseases etc. with emphasis on exploring collaborations with engineering departments to establish links between AYUSH and Artificial Intelligence. Advisory council members advocated for a heightened focus on academic and sponsored research."

"Furthermore, it was suggested that the Centre should undertake research on tribal folklore medicine. There was also an emphasis on the initiation of efforts by the AYUSH center to investigate the role of AYUSH in chronic diseases (Cancer, Diabetes, Chronic Kidney Disease, Chronic Lung Disease, Arthritis etc.) and target these ailments."

Agenda 4:

To consider starting multidisciplinary open elective courses as per NEP- 2020 at the Centre for AYUSH Science

The coordinator apprised the Council that Centre for AYUSH Sciences intends to introduce following three open elective courses:

- The first-course "Infectious Diseases and Human Health" with the code OEA1 (3 credit course for Semester 1)
- The second open elective, "Herbal Medicine in Healthcare," with the code OEA2 (3 credit course for Semester 2)
- The third open elective Titled: Microbiome and Health with the code OEA3 (3 credit course for Semester 3)

The Coordinator underscored that the syllabi for these elective courses were meticulously crafted to ensure relevance to contemporary healthcare practices and adherence to the guidelines outlined in the National Education Policy of 2020.

Following a comprehensive discussion, the Council adopted the subsequent resolution:

"The center is advised to concentrate on two open elective courses, each carrying 2 credits, featuring a syllabus that imparts fundamental knowledge."

Agenda 5:

To consider starting a collaborative Ph.D. program between the Centre for AYUSH Science at the Islamic University of Science and Technology (IUST) and the Regional Research Institute of Unani Medicine at the University of Kashmir (UOK) and AYUSH J&K

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Rai Ahmad

Zahida

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Opening the discussion, the Coordinator of AYUSH Sciences apprised the Council the proposal to establish a collaborative Ph.D. Program between the Centre for AYUSH Science at the Islamic University of Science and Technology (IUST) and the Regional Research Institute of Unani Medicine at the University of Kashmir (UOK).

During the deliberations, Council members recommended the identification of potential research areas encompassing AYUSH Sciences and Unani Medicine. The discussion further delved into aspects of supervision and mentorship, with a specific emphasis on appointing supervisors from AYUSH disciplines. The prospect of including an adjunct faculty member from neighboring institutes to serve as a co-guide for Ph.D. candidates was also explored.

The Council adopted the following resolution:

"The initiation of the Ph.D. program is endorsed, and the selection of guides and co-guides will be addressed in consultation with collaborative departments."

Agenda 6:

To initiate short courses at the Centre for AYUSH Science. Following skill courses were proposed:

The Coordinator of AYUSH Sciences presented information regarding the Center's intention to introduce a series of following short courses:

- I. Masseurs
- II. Prakiti Analysts
- III. Marma Therapists
- IV. Yoga Therapy Assistant
- V. Panchkarma Technician
- VI. Unani/Ayurveda Dietician
- VII. Unani/Ayurveda Aahar and Poshan Sahayak
- VIII. Kshara Karma Technician
- IX. Cupping Therapy Assistant
- X. Any other skilling course identified by the Ministry of AYUSH

The Council, recognizing the potential impact of these courses in advancing practical skills and enhancing the dimensions of traditional healthcare education at the Centre for AYUSH Sciences

After through deliberation, the Council adopted the following resolution:

"The aforementioned skill courses shall be established in collaboration with the Kalam Academy of Skill Development & Training, IUST. Initially, the introduction of two skill courses is recommended to commence from the Center."

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Zahida



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Agenda 7:

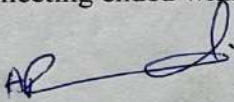
To have an AYUSH related conference and workshop on the campus

The Coordinator of AYUSH Sciences apprised the Council of the Center's strategic initiative to host conferences and workshops with a focus on AYUSH disciplines within the campus. The Council duly acknowledged the significance of fostering scholarly and professional discourse within the domain of AYUSH.

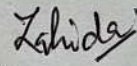
After detailed deliberations following resolution was adopted:

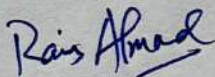
The Council members proposed the collaborative organization of AYUSH conferences and workshops with the Regional Research Institute of Unani Medicine (RRIUM). Funding endeavors are intended to be pursued through applications to diverse funding agencies. The President of the Unani Drugs Manufacturers Association (UDMA) conveyed the association's willingness to offer support for such events.

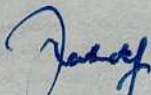
The meeting ended with a vote of thanks.


Dr. Arsheed A Ganaie


Mr. Mohsin Dehlvi


Dr. Zahida Rasool


Dr. Rais Ahmad Ganai

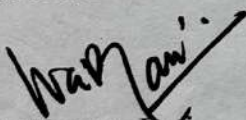

Dr. Abid H. Shalla

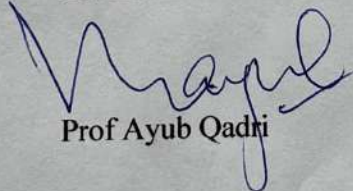

Hakeem Naseer Ahmad

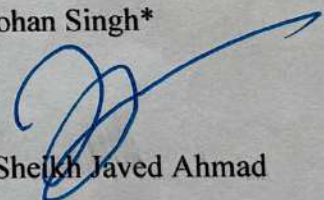

Dr. Irfat Ara

Dr. Younis Munshi

Dr. Mohan Singh*


Dr Waseem Bari


Prof Ayub Qadri


Prof. Sheikh Javed Ahmad

Prof. Shakil Ahmad Romshoo