



## क्षेत्रीय आयुर्वेद खनिज एवं समुद्री औषधीय संपदा अनुसंधान संस्थान

(केन्द्रीय आयुर्वेदीय विज्ञान अनुसन्धान परिषद्, आयुष मंत्रालय, भारत सरकार)

REGIONAL AYURVEDA RESEARCH INSTITUTE FOR MINERAL AND MARINE  
MEDICINAL RESOURCES (RARIM&MMR)

(Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH, Govt. of India)

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### **RARIM&MMR, Goa**

#### **Dr. G V Ramana**

Research Officer (Ayurveda) S-4, In-charge



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**Dr. G V Ramana, R O (Ay)** presently the in charge at **RARIM&MMR, Goa**. He completed his BAMS degree from Dr BRKR Govt Ayurveda College under Osmania University, Hyderabad in 1991, and post graduation M D (Ay) Swasthavritta in 1995 from Govt Ayurveda College, Trivandrum under University of Kerala. He started his teaching career as Lecturer/Asst professor at SDM College of Ayurveda, Hassan in Oct 1995. He was subsequently promoted as Professor and also held additional responsibilities as Dy Medical Supdt and Medical Supdt of SDM Ayurveda hospital, Hassan from 1997 to 2006. He is an approved PG & PhD guide in Swasthavritta subject under RGUHS, Karnataka. He was a PG & UG examiner and attended duties at various teaching institutes in India.

He joined CCRAS in Aug 2006 and worked as Research officer at MSCRI, Jaipur and later at Advanced centre for Ayurveda in Mental health and Neurosciences, NIMHANS, Bengaluru. Presently he is involved in conduction of 2 IMR projects and one collaborative research Projects as PI. As Principal Investigator/Co-Investigator he worked in more than 10 projects. He has participated in various training programmes.

He has about 51 publications as author / Co author and guided eight Post Graduate thesis in Swasthavritta under Rajiv Gandhi University of Health Sciences, Karnataka. He is a member of Editorial Board of few indexed journals and engaged as reviewer.

## Dr. Sudha Kumari K.G

Research Officer (Ayurveda)



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**Dr. Sudha** graduated with first rank and a gold medal from Government Ayurveda College, Thiruvananthapuram in 2001, securing the top position at the University of Kerala. She also got gold medal for being state topper and was also adjudged as the best outgoing BAMS student from Kerala–2001 receiving the Vaidyan KGK Panicker award from Kerala Ayurveda Pvt Ltd. Additionally, she earned the Aranmula M.K. Narayana Pillai Scholarship & Dr. K.K. Nambiar Scholarship from the University of Kerala and

Nagarjuna Research Foundation award. She has also secured best International White paper award by The Ayurveda Foundation South Africa (TAFSA).

She has completed her M. D. in Ayurveda (Manovijana evam Manasaroga) from Vaidyaratnam P.S Varrier Ayurveda College, Kottakkal, in 2004. She began her career as a Lecturer at Ayurveda College, Coimbatore, and has held various academic positions in Ayurveda colleges. In 2017, while serving as the Professor and Head of the Department of Kayachikitsa at Pankaja Kasthuri Ayurveda Medical College and Post Graduate Centre, she joined the Central Council for Research in Ayurvedic Sciences (CCRAS) as a Research Officer in Ayurveda at the Advanced Centre for Ayurveda in Mental Health and Neuro Sciences, NIMHANS, Bengaluru. Later worked as the Centre In-Charge at the Ayurveda Treatment Centre, ABVIMS, Dr. RML Hospital, under CARI, CCRAS, New Delhi. Dr. Sudha is currently working as Research Officer at Regional Ayurveda Research Institute for Mineral and Marime Medicinal resources (RARIM & MMR), Goa.

Dr. Sudha has pursued various capacity-building trainings, including the “Health Research Fundamentals” (NIE-ICMR e-Certificate Course), “Scientific Writing in Health Research” (NIE-ICMR e-Certificate Course), “Introduction to Systematic Review and Meta-Analysis (online non-credit course)” from Johns Hopkins University, “Introduction to Principles, Practice of Clinical Research” (IPPCR) by the National Institutes of Health (NIH), “Systematic Review and Meta-analysis using Rev Man” and “Proposal Writing for Grant Submission and Report Writing for Ayurveda Researchers” from Indian Institute of Public Health (IIPH), ‘Research Integrity and Publication Ethics’ conducted from Savitribai Phule Pune University’s Centre for Publication Ethics (CPE) & Centre for Complementary and Integrative Health (CCIH) etc.

She has completed one RCT, one systematic review project and one Literary study as P-I under Intra Mural Research (IMR) scheme of the Council and worked as Co-I of two collaborative projects. She is Co-I of four IMR projects currently. She is also nominated as one of the members of expert Committee to frame the Competency Based Curriculum and Syllabus for the subject the subject “Manasaroga (Postgraduate Programme)” by the Board of Ayurveda, National Commission for Indian System of Medicine (NCISM), New Delhi.

She has published 15 research papers and one seminar proceeding as Author/co-author in

different national and international journals; a book chapter published by VPSV Ayurveda College, and contributed as content developer of a book published by the Council and another one under publication by Oxford University Press. She is also serving as reviewer for 4 national and international indexed journals and is interested in Clinical Research in Adult and Child Psychiatry with special focus on ASD and ADHD. she is a member of professional associations such as National Ayurveda Psychiatrists Association (NAPA) and Ayurveda Medical Association of India (AMAI).

# Dr. Nandini.Murli.Jadhav

Research officer (Ay)



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**Dr. Nandini. Murli. Jadhav** is currently working as Research officer (Ayurveda), Regional ayurveda research institute for mineral and marine medicinal resources (RARIM&MMR), old G.M.C.building, Ribandar, Goa- 403006 Central Council for Research in **Ayurvedic Sciences (ccras)**, Ministry of Ayush, Government of India, new Delhi. she completed her M.S from govt. ayurveda college, trippunithura, mahatmagandhi university, kerala and ph.d. shalakyatantra degree from Ipgt & ra, jamnagar, gujarat Ayurved university she has done mscit and diploma in yoga and ayurveda. she started her career as an assistant professor from Dr. D.Y. Patil college of Ayurved and Research Centre, pimpri, pune for 2 years. she joined in central council for research in **ayurvedic sciences (ccras)**, Ministry of AYUSH in the year 2017, **as Research Officer (Ayurveda) at Central Ayurveda Research Institute PunjabiBagh New Delhi**. Her research focused on successfully ran exclusive ophthalmic opd of ccra at CARI, Punjabi Bagh New Delhi for 6 years with average daily OPD of 70-90 during this tenure also started IPD for eye patients which was running very successfully, separate kriyakalpa section for therapies for eye diseases, worked as in charge of Eye OPD and IPD. she was involved as principal investigator and co-investigators in various intramural & collaborative research projects such as Ayush pe eye drops, systematic review on dry eye syndrome, dryARMD, covid-19- Ayush 64 collaborative project.

Currently working as Research officer (Ay) in RARIMMMR GOA of Central Council for Research in Ayurvedic Sciences, Ministry of Ayush, Govt. of india. She initiated general ayurvedic OPD as OPD i/c at RARI Ribandar goa on 15.12.22 and also initiated AHMIS in RARIMMMR OPD as admin /program officer in RARIMMMR goa Dr. Nandini jadhav also worked in organizing team as committee member in WAC and Arogya Expo 2022. Social media(newsletters) as nodal officer at RARI goa and as nodal officer for ayurveda day in the year of 2023 in RARIMMMR GOA. She organized camps and lectures ICAR and CSIR goa as coordinator in 2023 and conducted NAM field visit at north and south goa as central team in 2023. She organized number of health camps in area of RARIMMMR, GOA. she is part of different committees of RARIMMMR, GOA. she delivered lectures as expertise in ayurvedic ophthalmology in various seminars and conferences. she is overall coordinator of event schedule planned in RARIMMMR GOA. she published more than 15 articles in national as well as international journals. she participated more than 120 seminars or workshops.

## **Officers working at RARIM&MMR** **camp office at Bengaluru.**

### **Dr. G. Venkateshwarlu**

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Dr. G. Venkateshwarlu is currently working as Research Officer (S-4) Ayurveda at Regional Research Institute for Marine, Mineral and Medicinal Resources (RRIMMR), Goa presently posted at Central Ayurveda Research Centre (CARI), Bengaluru. His roles and responsibilities mainly including attending OPD and IMR projects.

He completed his BAMS and MD (Ayurveda) degree from Kerala University, Trivandrum (Kerala) and PGDND from Karnataka State Open University (KSOU), Mysuru. He started his career as Assistant Professor at ALN Rao Ayurveda Medical College, Koppa, Chickmagalur district (Karnataka) before joining CCRAS.

He joined the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush in the year 2000, as Assistant Research Officer (Ayurveda) at Regional Research Centre, Mandi (Himachal Pradesh). Later, he served at various CCRAS peripheral institutes viz. as Research Officer (Ayurveda) at Regional Research Centre, Nagpur; National Ayurveda Dietetics Research Institute, Bengaluru; Central Research Institute for Panchakarma, Cheruthurthy (Kerala). He also served as Assistant Director In-charge at Central Ayurveda Research Centre (CARI), Bengaluru and Advance Centre for Ayurveda, NIMHANS, Bengaluru. His research focused on developing quality standards, SOP, Pharmacopeial Standards of ASU Drugs.

He has been actively involved in IMR/EMR/Collaborative Research projects as Principal Investigator/Co-Investigator viz completed: more than 25 projects. He has participated in various training programmes viz training on Ayurveda Dietetics, Food and Nutrition, etc.

He has published more than **100** research papers in International / National Journals, 10 Book Chapters in National/ International Books. Additionally, he has also presented 80 Scientific papers in International Seminar/Conference, organized more than 25 Seminar/ Conference/ Workshop/ Webinars, and attended more than 65 Seminar/Workshop. He is a reviewer for 4 International /National Journals.

## **Dr. Srinibash Sahoo**

Research Officer (Ayurveda)



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Dr. Srinibash Sahoo is currently working as Research Officer (Ayurveda) at RARIM&MMR, Bengaluru under Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Government of India, New Delhi. His roles and responsibilities mainly includes as Principal Investigator, Co-Investigator & Coordinator of various IMR, EMR and Collaborative Projects, attending OPD and IPD patients. Working as active member in various Institutional Committees.

He completed his BAMS from Gopabandhu Ayurveda Mahavidyalaya, Puri, under Utkal University, Bhubaneswar, Odisha in the year 1994. After graduation he completed his P.G Diploma in Panchakarma from Gujrat Ayurveda University, Jamnagar in the year 1997 and MD in Manovijnanam and Manasaroga from RGUHS, Bangalore, Karnataka in the year 2004. He completed his Ph. D from Utkal University, Bhubaneswar, Odisha in the year 2019. Dr. Sahoo started his career as Lecturer in the Dept. of Kayachikitsa at Ganga Ayurveda Medical College, Kolahapur, Maharastra in the year 1997. Then in the year 1999 he joined as Lecturer in the Dept. of Kayachikitsa at SDM College of Ayurveda & Hospital, Hassan, Karnataka and in 2005 promoted as Lecturer in the Dept. of P.G Studies in Manasaroga. In the year 2006 January he joined as Research Officer (Ayurveda) in Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Govt. of India and posted at Ayurveda Research Unit, NIMHANS, Bengaluru (Presently RARIM&MMR, Bengaluru). He has served as Research Officer

(Ayurveda) at National Ayurveda Research Institute for Panchakarma (NRIP), Cheruthuruthy, Kerala for a period of 10 months. His research area focused on Manasa Roga, Vata Vyadhi and Outreach activities.

He has been actively involved in IMR/EMR/Collaborative Research projects as Principal Investigator/Co-Investigator/Coordinator. He worked as Principal Investigator for more than 06 completed and ongoing IMR projects and Co-Investigator for more than 13 completed and ongoing IMR projects. He is also working as co-investigator and coordinator for 03 Collaborative Projects.

He has participated in various training programmes like NABH, Fire Safety, AHMS, AYUSH Prakriti Portal, Research methodology, Scientific writing, etc. He has also given training to the staffs and students of various Ayurveda Colleges on “How to use AyushPrakriti Web portal for assessment of individual’s Prakriti. Dr. Sahoo applied for approved Ph.D. guide to Dutta Megha University, Mumbai, Maharashtra which is under process. He has published more than 53 papers in various National and International Journals. He has also participated and presented papers in various National and International conferences and workshops.

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## **Dr. Thejaswini. C**

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**Dr. Thejaswini. C** is working as Research Officer (Ay) in RARIM&MMR Bengaluru of Central Council for Research in Ayurvedic Sciences, Ministry of AYUSH, Govt. of India. She has served to CCRAS, Ministry of AYUSH, Govt. of India since January 2017. She is appointed as Research officer (Ayu) at Advance Centre for Ayurveda in Mental Health and Neurosciences, Central Council for Research in Ayurvedic Sciences NIMHANS, Bengaluru from January 2017 to September 2019. Later continued working at RARIM&MMR/CARI, Bengaluru till date.

She has completed her graduation and Post graduation from Govt. Ayurveda Medical College, Bengaluru in Dravyaguna Vignana.

Currently working at RARIM&MMR/CARI, Bengaluru as Research Officer (Ay). During this tenure She has worked as principal investigator of “Ayurveda Mobile Health Care Research Project” under Scheduled Cast Sub Plan for Bengaluru from 2017-till date.

She has worked on various public health related areas such as Anemia (Pandu), Quality of life in Schedule Caste population in India, impact of Ayuraksha Kit in COVID-19, prevalence of Non-Communicable Diseases and their risk factors among scheduled castes, Ayush SR in Perceived stress under Scheduled Cast Sub Plan.

She has also worked as principal investigator for various projects - Pharmacoepidemiology study on safety and effectiveness of Rasaushadhis- A Retrospective Analysis, Ayurveda Interventions for Anxiety Disorders - A Systematic Review, an open label clinical trial to evaluate clinical efficacy and safety of Ayush AGT in Dandruff (Darunaka).



She is working as Co-Investigator in one of the collaborative IMR project with CSIR-CFTRI, Mysore on Formulation and product development of Ayurveda recipes and nutritional evaluation of selected products.

She is part of different committees of CCRAS - Ayurveda Day Celebration, Poshan Abhiyan, etc. She delivered lectures in virtual mode as expertise in medicinal plants and on mental health. Core interest area is public health, Drug research, Traditional Medicine.