

Central Council for Research in Yoga and Naturopathy

Minutes of the 11th meeting of Scientific Advisory Committee (SAC) of the Council held on 20.03.2024 at 03:30 p.m. (Hybrid Mode)

The 11th meeting of Scientific Advisory Committee (SAC) of CCRYN was held on 20.03.2024 at 03:30 p.m. on hybrid mode under the Chairmanship of Dr. H.R. Nagendra, Chancellor, SVYASA University, Bangalore.

The following members attended the meeting in person:

1. **Dr. H.R. Nagendra** - **Chairman**
Chancellor, SVYASA, Bangalore
2. **Dr. N. K. Manjunath** - Member
Prof. & Research Director, SVYASA
3. **Dr. D. N. Sharma** - Member
Aditya Naturopathy Hospital and Research Institute, Kichha
4. **Dr. Ganesh Shankar Giri,** - Member
Prof. & HOD, Dr. Harisingh Gour Central University, Sagar (MP)
5. **Dr. Raghavendra M. Rao** - Member Secretary
Director, Central Council for Research in Yoga & Naturopathy

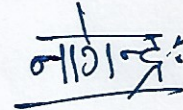
Following Member attended the meeting on line:

1. **Dr. Piyush Ranjan** - Member
Professor, Dept. of Medicine, AIIMS, New Delhi

Following Members did not attend the meeting.

1. **Dr. Navdeep Joshi** - Member
Founder, Navyoga Gram
2. **Dr. Balakrishnan Menon** - Member
Director Professor, V. P. Chest Institute, University of Delhi, Delhi

Director, CCRYN and Member Secretary, Scientific Advisory Committee (SAC) welcomed the Chairman and Members of the Committee. He briefed about various activities of the Council. Thereafter, the agenda items were taken up for discussion.



Agenda Item No. 11.01**TO CONFIRM THE MINUTES OF 10th MEETING OF SCIENTIFIC ADVISORY COMMITTEE (SAC) HELD ON 20.02.2023**

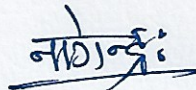
The Minutes of meeting the 10th SAC were circulated to all the members and since there were no objections the minutes were accepted unanimously. Dr Ganesh Shankar Giri pointed out that he was present online and his presence was concurred by the members of SAC. The Committee confirmed the minutes of 10th meeting of SAC held on 22.02.2023.

Agenda Item No. 11.02**ACTION TAKEN REPORT ON THE RECOMMENDATIONS OF SCIENTIFIC ADVISORY COMMITTEE (SAC) IN ITS 10th MEETING HELD ON 20.02.2023**

Director, CCRYN explained the action taken report following the last meeting including the setting up of the equipments and lab at Jhajjar and Nagamangala CRIYNs. The members congratulated the Director on opening of these institutes and wished to have their next meeting at these institutes. The above Agenda items/Action Taken report have also been ratified by 22nd GB in its 22nd August, 2023.

Agenda Item No. 11.03**TO CONSIDER THE FINAL REPORT OF COLLABORATIVE RESEARCH CENTER (CRC) ESTABLISHED AT SAMSKRITI FOUNDATION, MYSORE, KARNATAKA.**

The director gave a presentation on CRC project by Sanskriti Foundation and elucidated the various literary research activities undertaken by the institute and the books brought about. A total of 02 Apps and 13 Books have been brought about during the last five years. The members congratulated on the work done and accepted the project completion report. The Chairman Dr HR Nagendraji opined that these are valuable books and can be come part of text books in Yoga education. Dr Manjunath suggested to have different versions for Certificate, Diploma, UG and PG courses of the same so that these can be recommended by a committee to UGC and AICTE for implementation in Universities. Further they wanted to know who will publish these books. Director said that CCRYN is in talks with National Book Trust (NBT) and Sahitya Academy and they will publish and distribute giving CCRYN and Sanskriti Foundation royalty. Chairman also suggested to have e-books for publication and further suggested to have these books disseminated to all Universities where there are Yoga courses. The committee has also suggested that if any, remaining amount (10%) will be released.

Agenda Item No. 11.04

TO CONSIDER ESTABLISHMENT OF “CCRYN COLLABORATIVE CENTRE FOR MIND-BODY INTERVENTIONS THROUGH YOGA”

The Director also appraised them of the intramural projects that have been approved by SAC and SFC and are ongoing in different places. The director emphasised that the minutes of SAC have approved by SFC with exception of the agenda on CMBIY and further ratified by the Governing Body (GB) in its 22nd meeting on 22nd August, 2023. However, the GB has given in principle approval for starting the CMBIY in following institutes:-

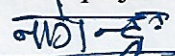
1. AIIMS-National Cancer Institute - Jhajjar, Haryana (as given in their letter head and pointed out by SAC member Dr Piyush Ranjan) .
2. All India Institute of Medical Sciences (AIIMS), Delhi.
3. All India Institute of Medical Sciences (AIIMS), Jodhpur, Rajasthan.
4. All India Institute of Medical Sciences (AIIMS), Bibinagar, Telangana.
5. All India Institute of Medical Sciences (AIIMS), Bhopal, Madhya Pradesh
6. National Institute of Mental Health and Neurosciences, Bangalore, Karnataka.
7. Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore, Karnataka.

SFC members also noted that the CMBIY were approved by expert committee of Dr HR Nagendraji (Chairman, SAC, CCRYN) and Dr BN Gangadhar (Member Governing body, CCRYN, President ethics, National Medical Commission). They also noted that Service delivery is an essential requirement as without yoga classes and no patients it is impossible to run yoga department and get research subjects for yoga studies. They pointed out that even in CIMR and all COE projects of yoga “service delivery- i.e yoga classes” is a part of the activity and is integrated with the research activities of the institute. Therefore SAC members recommend to start CMBIY centers in the above mentioned institutes along with imparting yoga services i.e service delivery with exiting manpower. The SAC also went through the report submitted to the ministry and expressed satisfaction with the technical advancements in these centers through the scheme approved earlier by SFC of CCRYN. Dr. HR Nagendraji and Dr Manjunath recused from the agenda for consideration of CMBIY -SVYASA and other members took a decision to also consider SVYASA for CMBIY as it is a leading research institute. The Committee recommended a total of Rs 65,80,000/ year per center for each CMBIY and a total expenditure of is 4,60,60,000/- (i.e 4.6 Crores) for 7 centers is needed to start the CMBIY schemes in these institutes for the next financial year. SAC also noted that CCRYN has surrendered more than 60% of the sanctioned budget for FY2023-24 and this could have been used in the development of new CMBIYs as per their original budget plan.

Agenda Item No. 11.05

TO PROPOSAL FOR CONSIDERATION JRF AS PROJECT RESEARCH SCIENTIST I (NON-MEDICAL/MEDICAL) AND RESEARCH ASSISTANT AS PROJECT TECHNICAL SUPPORT III ENGAGED IN IMR PROJECT, ALLMS DELHI AS PER GUIDELINES ISSUED BY ICMR WITHOUT ANY FINANCIAL IMPLICATIONS.

Dr. Piyush Ranjan has requested to name the JRF as project scientist 01 in his study in line with other ICMR funded studies and ICMR guidelines for SRF to be renamed as project scientist in



ICMR funded projects and also change in designation of research assistant as project technical support III without change in financial implications. The members asked if Ayush had adopted these guidelines to which the director replied that this change was recent and Ayush is yet to adopt the same. The members agreed to the change without any additional financial implication.

Agenda Item No. 11.06

TO CONSIDER THE ANNUAL PROGRESS REPORTS SUBMITTED UNDER THE SCHEME OF INTRA MURAL RESEARCH.

S.No	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	<p>Effect of yogic kriya on functional competence of immune system, brain functions and personality: A prospective multi methods study in healthy volunteers</p> <p>PI: Dr Sarika Chaturvedi, Senior Scientist, Dr D Y Patil Vidyapeeth, Pune</p> <p>Co-PI: Dr. Raghavendra Rao M, Director, Central Council for Research in Yoga & Naturopathy, New Delhi</p>	<p>PI: Dr. Sarika Chaturvedi, Senior Scientist, Dr. D Y Patil Vidyapeeth, Pune the progress report of the project “Effect of yogic kriya on functional competence of immune system, brain functions and personality: A prospective multi methods study in healthy volunteers”. The Committee after detailed discussion recommended to accept the progress report. The committee has also recommended to release funds for next year as per the study and sanction.</p>
2	<p>A randomized control trial of six months of Yoga based comprehensive treatment module vs. standard therapy in improving severity of symptoms, disability and quality of life in patients with medically unexplained physical symptoms.</p> <p>PI: Dr. Piyush Ranjan, Prof., Dept. of Medicine, AIIMS, New Delhi</p> <p>Co-PI: Dr. Raghavendra Rao M, Director, Central Council for Research in Yoga & Naturopathy, New Delhi</p> <p>Co-I: Dr. Raj Kumar Yadav, Dept. of Physiology, AIIMS, New Delhi Dr. Gauri Shankar Kaloiya, Dept. of Psychiatry, AIIMS, New Delhi Dr. Kaushik Sinha Deb, Dept. of Psychiatry, AIIMS, New Delhi Dr. Upendra Baitha, Dept. of Medicine, AIIMS, New Delhi</p>	<p>PI: Dr. Piyush Ranjan, Prof., Dept. of Medicine, AIIMS, New Delhi the One Year Progress report of the project “A randomized control trial of six months of Yoga based comprehensive treatment module vs. standard therapy in improving severity of symptoms, disability and quality of life in patients with medically unexplained physical symptoms.”. The Committee after detailed discussion recommended to accept the progress report and release funds for next year as per the study and sanction.</p>

Agenda Item No. 11.07**TO CONSIDER PROPOSAL FOR CAPACITY BUILDING PROGRAMS THROUGH RESEARCH FELLOWSHIP AND INTERNSHIP PROGRAMS IN YOGA & NATUROPATHY IN CENTRAL RESEARCH INSTITUTE OF YOGA & NATUROPATHY (CRIYNs) JHAJJAR AND NAGAMANGALA.**

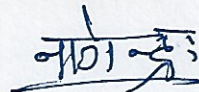
To consider the proposal for Research Internship program, Research Fellowship program and Yoga Internship program for CRIYNs and CCRYN, Head Quarters. Dr Manjunath opined that for internship there should be posting in different departments for which the director said that they have hydrotherapy, yoga and physiotherapy, Clinical nutrition, acupressure and acupuncture postings apart from postings in CCRYN collaborative centers for cardiac rehabilitation, pulmonary rehabilitation and cancer rehabilitation. Dr. Manjunath opined that the research internship program for six months was sufficient for BNYS interns and that we need to work out if MD students would be able to do project work as a part of their thesis in CCRYN for six months. Further they reiterated that the one year program for research fellowships was a good idea and should culminate in research publications. They lauded the idea of mentorship program for these fellowships in line with the mentorship program in RAV as this will help students to have access to qualified experts in various fields and will facilitate capacity building in yoga and naturopathy as some of the oldest colleges and institutions are located in various parts of the country and getting experts to CRIYN for in person training and online training for mentorship will be beneficial.

The mentors will be chosen and recommended by the SAC of CCRYN and mentors from Yoga and Naturopathy fields should have minimum 15 years experience in the field after UG/PG and should be working in any center, university, college or hospital or research institution and should possess a skillset or have contributed to the knowledge of yoga and naturopathy. Mentors can also be from diverse fields like allopathy, biostatistics, life sciences, nutrition, rehabilitation, scientists etc. with willingness to teach and mentor students in each CRIYN.

SAC recommends an expenditure of Rs. 1,22,00,000/- (1.22 Crores) for both CRIYNs for the coming financial year.

Agenda Item No. 11.08**TO CONSIDER THE PROPOSAL FOR STARTING PH.D FELLOWSHIP PROGRAMS IN CENTRAL RESEARCH INSTITUTE OF YOGA & NATUROPATHY (CRIYNs) JHAJJAR AND NAGAMANGALA.**

The members pointed out that CRIYNs should take affiliation to state universities and both Ph.D programs and Post Doctoral Fellowships programs should be offered. The members also noted that the CRIYNs were supposed to be Post Graduate Institutes and should function as PGIs in future. It is towards this goal that they should start research oriented courses and have Ph.D Scholars and Post Doctoral Fellows. Members opined that there are lot of Universities offering Ph.D courses in yoga and naturopathy but sadly there are no institutions taking Post Doctoral Fellows in Yoga & Naturopathy and CRIYNs can be a platform for Post Doctoral Fellows wishing to pursue research in this field.



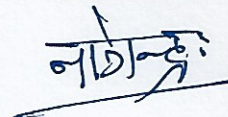
SAC recommends an expenditure of Rs 27,84,000/- +HRA for both CRIYN (Rs 13,92,000/-for each CRIYN)

Agenda Item No. 11.09

TO CONSIDER THE REQUIREMENT OF 03 DOMAIN EXPERTS IN HQ-CCRYN, CENTRAL RESEARCH INSTITUTE OF YOGA & NATUROPATHY (CRIYNs) NAGAMANGALA AND JHAJJAR.

The Director briefed the SAC members regarding the lack of technical manpower in CCRYN and CRIYNs and the members agreed to the need to have Domain Experts in the field to supervise research programs also suggested to take the Guideline for engagement of consultants in the Ministry of AYUSH (F. No. A-41020/4/2020-E-II Dated 01.04.2023).

SAC recommended a total expenditure of Rs 27,00,000/- (27 lakh only) per year for 3 domain experts in CCRYN and CRIYNs.



Agenda Item No. 11.10

TO CONSIDER AS A CONTINUATION OF THE COLLABORATIVE RESEARCH CENTRE (FOR LITERARY RESEARCH) BETWEEN CCRYN AND SAMSKRITI FOUNDATION@, MYSORE, KARNATAKA

The SAC recommended for extension of Collaborative Research Centre (CRC) for next five years to Samskriti Foundation and suggested to delve into the scriptural basis for Naturopathy Philosophy along with Yoga. They asked the Director to have the foundation give a detailed presentation after the extension is done on the way forward in its next SAC meeting. SAC recommends for extension of CRC for a further period of 5 years for an amount of Rs. 1,30,00,000/-.

Agenda Item No. 11.11

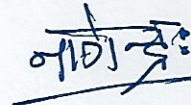
TO CONSIDER THE PROPOSAL FOR EFFECT OF YOGA BASED CARDIAC REHABILITATION (YOGA-CARE) ON STRUCTURAL AND FUNCTIONAL CHANGES IN HEART USING BCG AND ECHOCARDIOGRAPHY (SUB STUDY OF YOGA-CARE HF TRIAL)

The Director CCRYN appraised the SAC members regarding the Yoga Care trial funded by ICMR. This was an important sub study where in a detailed GLS protocol of echocardiography was to be carried out at 5 cardiology centers which have the facility. This sub study will be done on 450 subjects with heart failure. We will also validate an algorithm developed by a Make in India initiative startup for LVET or Tei Index calculation so that this can be used in field settings to monitor patients with heart failure where Echo cardiography is not available. The SAC approved the project proposal and noted that the project cost would have been expensive if done stand alone without ICMR study in place. The SAC recommends the Project proposal for approval by SFC for an amount of Rs 83, 92,104/ over 18 months.

Agenda Item No. 11.12

TO ENHANCE THE REMUNERATION OF JRF AND SRF IN CCRYN IN LINE WITH ICMR O.M 16/139/2014-ADMIN.II DATED 26.10.2023.

The SAC members agreed to enhance the remuneration of JRF and SRF in CCRYN in line with ICMR and noted that the remuneration of 12 SRFs to be enhanced as per ICMR guidelines. Dr Ganesh Shankar Giri opined that the remuneration is low and has to be enhanced. The SAC recommended an increase in the salary of SRF to 42000+ HRA from earlier 35000+HRA. There are 12 SRFs in CCRYN and total salary will increase by Rs 10,08,000/- +HRA.



Agenda Item No. 11.13**ANY OTHER ITEM WITH PERMISSION OF CHAIR**

The committee noted the request of CMBIY- PGI Chandigarh and agreed to change yoga spokes (part time yoga instructors) to full time yoga therapists without having any bearing on the financial implications . They said that instead of every 3 spokes one yoga therapist can be taken full time and since there are 6 ongoing studies at present 3 more full time yoga therapists are needed and instead of 10 spokes we will be recruiting 3 more yoga therapists full time for the study without any change in financial implications.

Supplementary Agenda**Agenda Item No. 01 (11.14)**

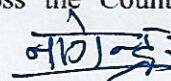
TO CONSIDER AND RECOMMEND TO RELEASE OF PH.D FELLOWSHIP TO SVAYSA UNIVERSITY IN RESPECT OF DR. ARUN THULASI, SRF INCLUDING GRANTING PERMISSION FOR CHANGE OF GUIDE, CHANGE RESEARCH TOPIC AND TIME EXTENSION OF ONE YEAR UPTO 31.06.2022 WITH PH.D FELLOWSHIP GRANT.

The matter of Ph.D fellowship of Dr Arun Tulasi was taken up in the committee and committee noted that the topic title and design of the study was modified on account of covid and guide change was inevitable as the change was necessitated due to resignation of the faculty from the University. The committee noted that the candidate has successfully completed the study and published a paper as well. The SAC recommended to award the arrears of Ph.D fellowship to Dr. Arun Tulasi with immediate effect for the duration of his fellowship i.e. 03 years. (as per the fellowship norms)

Agenda Item No. 02 (11.14)**ANY OTHER ITEM WITH PERMISSION OF CHAIR**

11.14.1. The committee noted the request of CMBIY- PGI Chandigarh and agreed to change yoga spokes (part time yoga instructors) to full time yoga therapists without having any bearing on the financial implications. They said that instead of every 3 spokes one yoga therapist can be taken full time and since there are 6 ongoing studies at present 3 more full time yoga therapists can be taken instead of spokes.

11.14.2. Director CCRYN was asked to present the activities of CCRYN done so far in the last four years of his office. Dr Raghavendra gave a presentation on the achievements of CCRYN in the last 4 years. The committee noted that there has been a quantum jump in CCRYNs research activities since his joining and lauded the efforts of the director in increasing the number of research publications in PubMed and literary research as well. They noted that the number of publications in last four years exceeded the number of publications done in the last 3 decades upto 2019 in CCRYN. They also lauded the efforts of CCRYN director in starting new CRYNs and the future vision of CCRYN in expanding its foot print across the Country. They

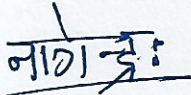


recommended to start CMBIY centers in all AIIMS and PGIs in the country and start incubation centers for startups in IITs going forward. They also suggested to increase the technical manpower in CCRYN headquarters. Dr Piyush Ranjan also lauded the efforts of CCRYN in taking the institution forward. Noting the exceptional progress in activities of CCRYN, The members unanimously recommended to extend the tenure of Dr Raghavendra Rao as Director General of CCRYN for another Term following completion of his current term in October 2024. They said that the future plans and vision of CCRYN is well laid out and to maintain continuity and leadership to take this forward the extension of Incumbent director is necessary.

11.14.3. Research on Common Yoga Protocol

S.No	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	<p>The efficacy of AYUHS common yoga protocol in the new training recruits of Police Department: Occupational stree, neurophysiological, Neuropsychological and Molecular signatures analysis”</p> <p>PI: Dr. Pramod K Avti, PGIMER, Chandigarh</p> <p>Co-PI: Dr. Akshay Anand, Dr. Ashish Bhalla</p>	<p>PI: Dr. Pramod K Avti, PGIMER, Chandigarh the first year progress report of the titled “The efficacy of AYUHS common yoga protocol in the new training recruits of Police Department: Occupational stree, neurophysiological, Neuropsychological and Molecular signatures analysis”. The Committee after detailed discussion recommended to accept the first year progress report. The committee has also recommended to release funds for next year as per the study and sanction.</p>

The meeting ended with vote of thanks to the Chair.


HR NAGENDRA
 Chairman, SAC

Central Council for Research in Yoga and Naturopathy**Minutes of the 10th meeting of Scientific Advisory Committee (SAC) of the Council
held on 20.02.2023 at 02:30 p.m. (Hybrid Mode)**

The 10th meeting of Scientific Advisory Committee (SAC) of CCRYN was held on 20.02.2023 at 02:30 p.m. on hybrid mode under the Chairmanship of Dr. H.R. Nagendra, Chancellor, SVYASA University, Bangalore.

The following members attended the meeting in person:

1. **Dr. H.R. Nagendra** - **Chairman**
Chancellor, SVYASA, Bangalore
2. **Dr. N. K. Manjunath** - Member
Prof. & Research Director, SVYASA
3. **Dr. D. N. Sharma** - Member
Aditya Naturopathy Hospital and Research Institute, Kichha
4. **Dr. Navdeep Joshi** - Member
Founder, Navyoga Gram
5. **Dr. Piyush Ranjan** - Member
Professor, Dept. of Medicine, AIIMS, New Delhi
6. **Dr. Raghavendra M. Rao** - Member Secretary
Director, Central Council for Research in Yoga & Naturopathy

Following Member attended the meeting on line:

1. **Dr. Balakrishnan Menon** - Member
Director Professor, V. P. Chest Institute, University of Delhi, Delhi

Following Member did not attend the meeting.

1. **Dr. Ganesh Shankar Giri,** - Member
Prof. & HOD, Dr. Harisingh Gour Central University, Sagar (MP)

Director, CCRYN and Member Secretary, Scientific Advisory Committee (SAC) welcomed the Chairman and Members of the Committee. He briefed about various activities of the Council. Thereafter, the agenda items were taken up for discussion.

Agenda Item No. 10.01

TO CONFIRM THE MINUTES OF 9th MEETING OF SCIENTIFIC ADVISORY COMMITTEE (SAC) HELD ON 22.09.2022

The Committee confirmed the minutes of 9th meeting of SAC held on 22.09.2022.

Agenda Item No. 10.02

ACTION TAKEN REPORT ON THE RECOMMENDATIONS OF SCIENTIFIC ADVISORY COMMITTEE (SAC) IN ITS 9th MEETING HELD ON 22nd SEPTEMBER, 2022

The Committee has approved the Action Taken Report on the recommendations of the 9th meeting of Scientific Advisory Committee (SAC).

Agenda Item No. 10.03

TO CONSIDER THE REVISED RESEARCH PROPOSALS SUBMITTED BY COLLABORATIVE CENTRE FOR MIND-BODY INTERVENTIONS THROUGH YOGA (CCMBIY), ESTABLISHED AT AIIMS-RAIPUR

Dr. Vikram Pai, Coordinator, Centre for Mind Body Interventions through Yoga (CMBIY), AIIMS, Raipur presented the revised research projects.

S. No	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	Effect of Yoga-based lifestyle changes on epicardial fat thickness, intima-media thickness, pulse wave velocity, VO2 max and anthropometric parameters in obese young adults PI: Dr. Avinash S. Ingle, Additional Professor, Dept. of Physiology	<ul style="list-style-type: none"> • The committee discussed the submitted revised research proposal and opined that there are single arm studies available on Yoga with respect to Carotid Intima Media Thickness (CIMT). Therefore, the committee suggested & approved the Randomized Control Trial (RCT) instead of single group study. • Committee also suggested to develop standard module for Yoga as well as diet and validate the same from experts. <p>Committee recommended the revised proposal. with above suggested modifications.</p>
2	Impact of Yoga on Quality of life of Eng-stage Renal disease patients on maintenance Hemodialysis-A mixed-methods study PI: Dr. Vinay Rathore, Assistant	The committee noted the revisions made by the PI and recommended to consider the revised proposal and approved the same.

	Professor, Dept. of Nephrology	
3	Effect of Yoga Therapy in Management of Post-operative Myofascial Pain in Breast Cancer Patients PI: Dr. Amit Kumar, Assistant Professor, Dept. of Medical Oncology	The committee noted the revisions made by the PI. The committee also suggested to reduce the duration of intervention to 03 months instead of 06 months and recommended to consider and approve the revised proposal.

Agenda Item No. 10.04

TO CONSIDER THE REVISED RESEARCH PROPOSALS SUBMITTED BY COLLABORATIVE CENTRE FOR MIND-BODY INTERVENTIONS THROUGH YOGA (CCMBIY), ESTABLISHED AT PGIMER, CHANDIGARH

Dr. Akshay Anand, Coordinator, Centre for Mind Body Interventions through Yoga (CMBIY), PGIMER, Chandigarh presented the revised research projects.

S.No	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	The effect of yoga intervention in subjects with tinnitus on Ayurmolecular and Audiological parameter brain imaging, tinnitus handicap and stress PI: Dr. Anuradha Sharma, Lecturer, Dept. of ENT	<ul style="list-style-type: none"> • Dr. Anuradha Sharma PI of the project presented the revised proposal. <p>The committee noted the revisions made by the PI. The committee also suggested to change the title as molecular parameters and brain imaging have been deleted and recommended to consider the revised proposal.</p>
2	Effect of Yoga on pregnancy outcome and on Umbilical Cord Blood derived stem cells. PI: Dr. Akshay Anand, Professor, Dept. of Neurology	<ul style="list-style-type: none"> • Dr. Akshay Anand, Coordinator, CMBIY-PGIMER, Chandigarh appraised the committee regarding change of PI to Dr. Tulika Singh, Prof., Dept. of Radiology the committee accepted the change of PI. • Dr. Tulika Singh presented the revised research proposal. <p>The committee noted the revisions made by the PI and recommended to consider the revised proposal and suggested to have Doppler as primary marker and stem cell marker as secondary outcome.</p>
3	A randomized controlled trial to assess the impact of yoga on health-related quality of life in hematopoietic cell transplant recipients PI: Dr. Deepesh Lad, Associate	<ul style="list-style-type: none"> • Dr. Deepesh Lad presented the revised research proposal. <p>The committee noted the revisions made by the PI and recommended to consider</p>

	Professor, Dept. of Clinical Hematology & Medical Oncology	the revised proposal.
4	<p>Comparison of Yoga and usual care in CAD</p> <p>PI: Dr. Neelam Dahiya, Associate Professor, Dept. of Cardiology</p>	<ul style="list-style-type: none"> • Dr. Neelam Dahiya presented the revised research proposal. <p>The committee noted the revisions made by the PI and recommended to consider the revised proposal.</p>
5	<p>Effects of a multimodal 24-week yoga intervention in patients with non-alcoholic fatty liver disease (NAFLD) - A non-inferiority randomized clinical trial</p> <p>PI: Dr. Sunil Taneja, Associate Professor, Dept. of Hepatology.</p>	<ul style="list-style-type: none"> • Dr. Sunil Taneja presented the newly submitted research proposal. • The committee after detailed discussion requested the PI to clarify the inclusion of cytokines in the study. PI clarified that cytokines plays major role of inflammation in NAFLD. The committee accepted the justification. • The committee also suggested to revise the Yoga Protocol to include Obesity Yoga Protocol rather than proposed Diabetes Protocol. <p>The committee recommended the proposal with above suggested modifications.</p>

Agenda Item No. 10.05**TO CONSIDER THE REVISED RESEARCH PROPOSALS SUBMITTED UNDER THE SCHEME OF INTRA MURAL RESEARCH**

S.No	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	<p>Effect of yogic kriya on functional competence of immune system, brain functions and personality: A prospective multi methods study in healthy volunteers</p> <p>PI: Dr Sarika Chaturvedi, Senior Scientist, Dr D Y Patil Vidyapeeth, Pune</p> <p>Co-PI: Dr. Raghavendra Rao M, Director, Central Council for Research in Yoga & Naturopathy, New Delhi</p>	<ul style="list-style-type: none"> • Dr. Sarika Chaturvedi presented the revised research proposal. • The committee noted the revisions made by the PI. The committee also recommended to replace the term Yogic Kriya with Yoga in the title as the revised proposed Yoga Protocol contains other components such as Pranayama, Bandha etc., <p>The committee recommended the proposal with above suggested modification.-</p>
2	<p>To explore the effects of ischemic remote conditioning along with yoga and pulmonary rehabilitation in patients with Interstitial lung disease and examine their molecular basis.</p> <p>PI: Dr. Vishal Bansal, Professor & Head, Dept. of Physiology, VPCI, Delhi</p> <p>Co-PI: Dr. Raghavendra Rao M, Director, Central Council for Research in Yoga & Naturopathy, New Delhi Dr. Aastha Mishra, Senior Scientist, CSIR-Institute of Genomics & Integrative Biology, Delhi</p>	<ul style="list-style-type: none"> • Dr. Raghavendra Rao, Co-PI of the project presented the revised research proposal. • The committee noted the revisions made by the PI. The Co-PI also appraised the committee that an interim analysis will be done after completion of 20 subjects (Yoga = 10, control =10). If any significant improvement in clinical parameters are found, the study will continue with molecular mechanism analysis with prior approval of SAC with financial implication. <p>The committee recommended the revise proposal.</p>

Agenda Item No. 10.06

TO CONSIDER THE PROPOSAL FOR PURCHASE OF RESEARCH LABORATORY EQUIPMENTS IN PLACE OF ALREADY APPROVED CHROMATOGRAPHY AT POST GRADUATE INSTITUTE OF YOGA & NATUROPATHY EDUCATION AND RESEARCH (PGIYNER)/CENTRE RESEARCH INSTITUTE (CRI) AT NAGAMANGALA, KARNATAKA AND JHAJJAR, HARYANA

Director, CCRYN appraised the committee about the use of proposed laboratory equipments instead of previously proposed equipment chromatography for conducting routine laboratory investigations. The Committee after detailed discussion recommended to procure the proposed Lab equipments in place of chromatography as there is not much difference in the financial implication and these equipments will be more useful to conduct routine blood tests in the 200 bed hospital.

Agenda Item No. 10.07

ANY OTHER ITEM WITH PERMISSION OF CHAIR

Supplementary Agenda**Agenda Item No. 01 (10.08)****TO CONSIDER THE NEW RESEARCH PROPOSAL SUBMITTED
UNDER THE SCHEME OF INTRA MURAL RESEARCH**

S.No	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	<p>A randomized control trail of six months of Yoga based comprehensive treatment module vs. standard therapy in improving severity of symptoms, disability and quality of life in patients with medically unexplained physical symptoms.</p> <p>PI: Dr. Piyush Ranjan, Dept. of Medicine, AIIMS, New Delhi</p> <p>Co-PI: Dr. Raghavendra Rao M, Director, Central Council for Research in Yoga & Naturopathy, New Delhi</p> <p>Co-I: Dr. Raj Kumar Yadav, Dept. of Physiology, AIIMS, New Delhi Dr. Gauri Shankar Kaloiya, Dept. of Psychiatry, AIIMS, New Delhi Dr. Kaushik Sinha Deb, Dept. of Psychiatry, AIIMS, New Delhi Dr. Upendra Baitha, Dept. of Medicine, AIIMS, New Delhi</p>	<ul style="list-style-type: none"> • Dr. Piyush Ranjan presented the new research proposal. • The committee after detailed discussion suggested to restrict the inclusion of subjects to following three types of medically unexplained physical symptoms. <ol style="list-style-type: none"> 1. Pain related MUPS. 2. Non-Neurology related MUPS. 3. Gastro-Intestinal related MUPS. • Scores of PHQ above 9 are to be included under inclusion criteria. • Distress thermometer to be used to measure distress score as outcome measure. • To make the intervention period to three months instead of six months. • To reduce the duration of study from 3 years to 2.5 years <p>The committee recommended the proposal with above mentioned modifications.</p>

Agenda Item No. 02 (10.09)**TO CONSIDER THE PROPOSAL OF CONDUCTING TWO DAY
'NATIONAL WORKSHOP ON SYSTEMATIC REVIEW AND META
ANALYSIS'**

The proposal was withdrawn. Director, CCRYN informed the committee that the approval for conducting the above mentioned workshop has already obtained from the Ministry.

Agenda Item No. 03 (10.10)

**TO CONSIDER THE REVISED COST OF LABORATORY EQUIPMENTS
TO ESTABLISH MOLECULAR BIOLOGY LABORATORY AT CRIYN
JHAJJAR AND NAGAMANGALA**

Director, CCRYN appraised the committee about the increase of cost of proposed molecular biology laboratory equipments to be procured from GeM. Initially CCRYN had obtained approval of SAC and SFC for the same. It was also informed that procurement of laboratory equipments from GeM/ CPP is mandatory

The committee after detailed discussion and justification provided by Director, CCRYN recommended the proposal of revised cost of laboratory equipments to establish molecular biology laboratory at CRIYN Jhajjar and Nagamangala.

Agenda Item No. 04 (10.11)

**TO CONSIDER THE REVISED COST OF PHYSIOTHERAPY
EQUIPMENTS TO ESTABLISH PHYSIOTHERAPY UNIT AT CRIYN
JHAJJAR AND NAGAMANGALA**

Director, CCRYN justified the change in equipments for better functionality and usage. The new equipments in place of old ones were with an intent to add neuro rehabilitation for stroke patients which was not there earlier. The addition of new equipments marginally increased the cost by one and half lakh rupees.

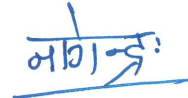
Agenda Item No. 05 (10.12)**TO CONSIDER THE REVISED COST OF LABORATORY EQUIPMENTS
TO ESTABLISH NEUROPSYCHOLOGY AND NEUROPHYSIOLOGY
LABORATORY AT CRIYN JHAJJAR AND NAGAMANGALA**

Director, CCRYN appraised the committee about the increase of cost of proposed Neuropsychology and Neurophysiology laboratory equipments to be procured from GeM compared to open market cost. It was also informed that procurement of laboratory equipments from GeM is mandatory.

Committee also suggested to purchase local make of polysomnography which costs less instead of costly imported machine as these high end imported machines require qualified technicians and also the validity of the software is of short duration. They also suggested to have portable FDA approved polysomnography machine 3-4 instead of one high end polysomnography machine as it can be done at patient bedside and home instead of laboratory environment.

The committee after detailed discussion and justification provided by Director, CCRYN recommended the proposal of revised cost of laboratory equipments to establish Neuropsychology and Neurophysiology laboratory at CRIYN Jhajjar and Nagamangala with above mentioned suggestion.

The meeting ended with vote of thanks to the Chair.



HR NAGENDRA
Chairman, SAC

Minutes of meeting the 9th Scientific Advisory Committee (SAC)

Central Council for Research in Yoga and Naturopathy

Minutes of the 9th meeting of Scientific Advisory Committee (SAC) of the Council held on 22.09.2022 at 10:30 a.m. (Hybrid Mode)

The 9th meeting of Scientific Advisory Committee (SAC) of CCRYN was held on 22.09.2022 at 10:30 a.m. on hybrid mode under the Chairmanship of Dr. H.R. Nagendra, Chancellor, SVYASA University, Bangalore.

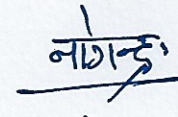
The following members attended the meeting in person:

1. **Dr. H.R. Nagendra** - Chairman
Chancellor, SVYASA, Bangalore
2. **Dr. N. K. Manjunath** - Member
Prof. & Research Director, SVYASA
3. **Dr. D. N. Sharma** - Member
Aditya Naturopathy Hospital and Research Institute, Kichha
4. **Dr. Navdeep Joshi** - Member
Founder, Navyoga Gram
5. **Dr. Piyush Ranjan** - Member
Additional Prof., Dept. of Medicine, AIIMS, Delhi
6. **Dr. Raghavendra M. Rao** - Member Secretary
Director, Central Council for Research in Yoga & Naturopathy

Following Members attended the meeting on line:

1. **Dr. Ganesh Shankar Giri**, - Member
Prof. & HOD, Dr. Harisingh Gour Central University, Sagar (MP)
2. **Dr. Balakrishnan Menon** - Member
Director Professor, V. P. Chest Institute, University of Delhi, Delhi

Director, CCRYN and Member Secretary, Scientific Advisory Committee (SAC) welcomed the Chairman and Members of the Committee. He briefed about various activities of the Council. Thereafter, the agenda items were taken up for discussion.



Agenda Item No. 09.01

Minutes of meeting the 9th Scientific Advisory Committee (SAC)

TO CONFIRM THE MINUTES OF 8th MEETING OF SCIENTIFIC ADVISORY COMMITTEE (SAC) HELD ON 26.06.2021

The Committee confirmed the minutes of 8th meeting of SAC held on 26.06.2021.

Agenda Item No. 09.02

ACTION TAKEN REPORT ON THE RECOMMENDATIONS OF SCIENTIFIC ADVISORY COMMITTEE (SAC) IN ITS 8th MEETING HELD ON 28th JUNE, 2021

The Committee has approved the Action Taken Report on the recommendations of the 8th meeting of Scientific Advisory Committee (SAC). The committee also suggested to hasten the process of onboarding of new CMBIYs in Jhajjar, Bibinagar and Bhopal.

Agenda Item No. 09.03

TO CONSIDER THE RESEARCH PROJECTS SUBMITTED BY COLLABORATIVE CENTRE FOR MIND-BODY INTERVENTIONS THROUGH YOGA (CCMBIY), RAIPUR

The PI's of the respective research projects along with Coordinator Dr. Vikram Pai presented the proposed research projects.

S.No	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	Effect of Yoga-based lifestyle changes on epicardial fat thickness, intima-media thickness, pulse wave velocity, VO ₂ max and anthropometric parameters in obese young adults PI: Dr. Avinash S. Ingle, Additional Professor, Dept. of Physiology	<ul style="list-style-type: none">• Revise the study with primary and secondary outcomes.• To have study hypothesis using PICOT method.• To explore meaningful clinical outcomes• Revise the Inclusion and Exclusion Criteria• Validate the proposed Yoga protocol
2	Impact of Yoga on Quality of life of Eng-stage Renal disease patients on maintenance Hemodialysis-A mixed-methods study PI: Dr. Vinay Rathore, Assistant Professor, Dept. of Nephrology	Recommended the proposal with following suggestion: <ul style="list-style-type: none">• To pick up the domains of quality of life questionnaire which are relevant to Yoga only• Validate the proposed Yoga

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Minutes of meeting the 9th Scientific Advisory Committee (SAC)

		protocol with experts using a standard method.
3	<p>Effect of Yoga Therapy in Management of Post-operative Myofascial Pain in Breast Cancer Patients</p> <p>PI: Dr. Amit Kumar, Assistant Professor, Dept. of Medical Oncology</p>	<p>Recommended the proposal with following suggestion:</p> <ul style="list-style-type: none"> • To include Meditation in the proposed Yoga protocol • Justify the Sample size based on mean difference and standard error of the primary outcome measure based on the study quoted. • Add H0 and Ha hypothesis <p>Validate the proposed Yoga protocol with experts using a standard method</p>

Agenda Item No. 09.04

TO CONSIDER THE RESEARCH PROJECTS SUBMITTED BY COLLABORATIVE CENTRE FOR MIND-BODY INTERVENTIONS THROUGH YOGA (CCMBIY), RISHIKESH

S.No	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	<p>Efficacy of Yoga therapy in addition to pharmacological intervention versus usual care in Frozen Shoulder in a Tertiary Care Hospital in Rishikesh, Uttarakhand: A randomized controlled trial.</p> <p>PI: Dr. Ranjeeta Kumari, Additional Professor, Dept. of Community & Family Medicine</p>	<ul style="list-style-type: none"> • Recommended the proposal
2	<p>Efficacy of Yoga <i>Nidra</i> versus Educational care for Sleep quality among students in a tertiary care health center at Rishikesh, Uttarakhand: A randomized control trial</p> <p>PI: Dr. Ranjeeta Kumari, Additional Professor, Dept. of Community & Family Medicine</p>	<p>Recommended the proposal with following minor modifications:</p> <ul style="list-style-type: none"> • Suggested to monitor the use of mobile phones as it is one of the major concern for sleep disturbance among the youngsters if possible • To assess the feasibility of practicing Yoga <i>Nidra</i> of one hour duration and mention the time

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Minutes of meeting the 9th Scientific Advisory Committee (SAC)

	taken for each step of Yoga Nidra practice.
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Agenda Item No. 09.05

TO CONSIDER THE RESEARCH PROJECTS SUBMITTED BY COLLABORATIVE CENTRE FOR MIND-BODY INTERVENTIONS THROUGH YOGA (CCMBIY), PGIMER, CHANDIGARH

S.No	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	The effect of yoga intervention in subjects with tinnitus on Ayurmolecular and Audiological parameter brain imaging, tinnitus handicap and stress PI: Dr. Anuradha Sharma, Lecturer, Dept. of ENT	<ul style="list-style-type: none"> • Study only with clinical parameters • Proposed parameters such as HRV, BDNF, VEGF, Salivary Cortisol, rsfMRI etc are not clinically significant and need adequate justification as it increases the cost of the research study
2	To Study The Role of Yoga in Management of Psychological and Behavioral Issues in Adolescents PI: Dr. Krishan Kumar, Associate Professor, Dept. of Psychiatry	Dr. Pramod Avti presented the proposal on behalf of PI and Coordinator. The Committee after detailed discussion said there were similar studies already in the area. The committee left it to discretion of the director, CCRYN.
3	Effect of Yoga on pregnancy outcome and on Umbilical Cord Blood derived stem cells. PI: Dr. Akshay Anand, Professor, Dept. of Neurology	Dr. Pramod Avti presented the proposal on behalf of PI and Coordinator. The Committee after detailed discussion deferred the proposal with a request to present the proposal by PI or Coordinator only.
4	A randomized controlled trial to assess the impact of yoga on health-related quality of life in hematopoietic cell transplant recipients PI: Dr. Deepesh Lad, Associate Professor, Dept. of Clinical Hematology & Medical Oncology	Dr. Pramod Avti presented the proposal on behalf of PI and Coordinator. The committee suggested to validate the yoga module with experts.
5	Comparison of Yoga and usual care in CAD	The committee suggested to change the primary outcome variable such as MACE as the prevalence of events is

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Minutes of meeting the 9th Scientific Advisory Committee (SAC)

	PI: Dr. Neelam Dahiya, Associate Professor, Dept. of Cardiology	15% only in two groups and the number of events may not be enough to have a significant change in between groups.
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Agenda Item No. 09.06

TO CONSIDER THE FINAL REPORT OF COLLABORATIVE RESEARCH CENTER (CRC) ESTABLISHED AT NATIONAL INSTITUTE OF MENTAL HEALTH AND NEUROSCIENCES (NIMHANS), BANGALORE, KARNATAKA

PI and Coordinator of the established Collaborative Research Centre of CCRYN at NIMHANS, Bengaluru Dr. Shivarama Varambally, Professor, Dept. of Psychiatry presented the final report of the CRC. The Committee after detailed discussion recommended to accept the final report and suggested to compile a list of research papers published along with their Impact Factor in a separate sheet and submit to CCRYN.

Agenda Item No. 09.07

TO CONSIDER THE PROGRESS REPORT OF COLLABORATIVE RESEARCH CENTER (CRC) ESTABLISHED AT SAMSKRITI FOUNDATION, MYSORE, KARNATAKA

The Committee was briefed about the progress of the established Collaborative Research Centre of CCRYN at Samskriti Foundation, Mysuru, Karnataka. The Committee recommended to accept the progress report.

Agenda Item No. 09.08

TO CONSIDER THE PROGRESS REPORT OF COLLABORATIVE RESEARCH CENTER (CRC) ESTABLISHED AT KAIVALYADHAMA, LONAVLA, MAHARASHTRA

The Committee was briefed about the progress of the established Collaborative Research Centre of CCRYN at Kaivalyadhama, Lonavla, Maharashtra. The Committee recommended to accept the progress report.

Agenda Item No. 09.09

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Minutes of meeting the 9th Scientific Advisory Committee (SAC)

Agenda Item No. 09.12

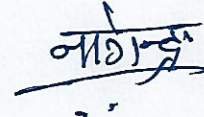
TO PROVIDE OPINION AND RECOMMENDATION OF SAC FOR ESTABLISHMENT OF FOUR CENTRAL RESEARCH INSTITUTE OF YOGA & NATUROPATHY ON PPP MODE

The committee observed that this is a research institute that would require funds from the government and as such PPP model would not be justifiable when the mandate is research. Secondly they also observed that no other ongoing or past ayush centers or proposed new centers in Ayush are on this PPP mode. They also observed that the suggestion to explore PPP mode suggested by GB CCRYN in 2008 was only for Nagamangala and Jhajjar projects which probably were ruled out and funded fully by Ministry and not for these CRIYNs.

Agenda Item No. 09.13

ANY OTHER ITEM WITH PERMISSION OF CHAIR

Director, CCRYN informed the committee that the list of Physiotherapy equipments planning to procure at CRIYN, Rohini are quite old and newer equipments along with updated technology specifications are available for the same cost. The director, CCRYN also showed the updated list of equipments. The committee after detailed discussion, recommended to procure the latest updated equipments.



Minutes of meeting the 9th Scientific Advisory Committee (SAC)

TO CONSIDER INCLUSION OF STUDENTS PURSUING MASTER OF PUBLIC HEALTH (MPH) DEGREE FOR THE FELLOWSHIP GRANT UNDER THE SCHEME COLLABORATIVE CENTRE FOR MIND-BODY INTERVENTIONS THROUGH YOGA (CCMBIY).

The committee after detailed discussion recommended to include students pursuing Master in Public Health (MPH) following MBBS/AYUSH degree for obtaining the fellowship grant under the scheme of Collaborative Center for Mind Body Interventions through Yoga. The Committee also suggested to make Yoga Instructor Course (YIC)/YCB recognized course compulsory as a part of the fellowship so as to sensitize them to Yoga.

Agenda Item No. 09.10

TO CONSIDER THE RESEARCH PROPOSALS SUBMITTED UNDER THE SCHEME OF INTRA MURAL RESEARCH

S.No	Title of the proposed research projects and name of PI	Recommendations of SAC Committee
1	<p>Effect of yogic kriya on functional competence of immune system, brain functions and personality: A prospective multi methods study in healthy volunteers</p> <p>PI: Dr Sarika Chaturvedi, Senior Scientist, Dr D Y Patil Vidyapeeth, Pune</p> <p>Co-PI: Dr. Raghavendra Rao M, Director, Central Council for Research in Yoga & Naturopathy, New Delhi</p>	<ul style="list-style-type: none">• The committee after detailed discussion felt that the Yoga protocol proposed “Shambhavi Mahamudra Kriya” is a personalized secluded practice of one particular organization, and if study finds a significant beneficial effect of the proposed intervention, it will not be made freely available to the public, hence such research projects cannot be funded by Government.• Suggested to drop the proprietary name of intervention.• Suggested to incorporate the primary and secondary outcome measures in the first phase – a pilot study• The sample size was too low considering the number of variables. The sample size needs to be justified by a primary outcome variable. If this is a pilot study then measures for mechanism are not justified. Others are at best

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Minutes of meeting the 9th Scientific Advisory Committee (SAC)

		<p>exploratory in nature.</p> <ul style="list-style-type: none">• Suggested to conduct mechanism of action study later with immunological measures. Suggested to explore possibility of using EEG than Fmri.• Suggested to revise the projects in the light of the comments
2	<p>To compare and evaluate the effects of Pulmonary Rehabilitation, Yoga and Remote ischemic conditioning on Physical Function, Quality of Life, Stress, Heart rate variability, Hypoxia response, Cognitive function and molecular mechanisms in patients with Interstitial lung disease.</p> <p>PI: Dr. Vishal Bansal, Professor & Head, Dept. of Physiology, VPCI, Delhi</p> <p>Co-PI: Dr. Raghavendra Rao M, Director, Central Council for Research in Yoga & Naturopathy, New Delhi</p> <p>Dr. Aastha Mishra, Senior Scientist, CSIR-Institute of Genomics & Integrative Biology, Delhi</p>	<p>Recommended the proposal with following modifications:</p> <ul style="list-style-type: none">• To include only two groups Standard care with pulmonary rehabilitation and Standard care with pulmonary rehabilitation and Yoga instead of three groups. NO RIC• Conduct the study initially to evaluate the beneficial effect of Yoga on physical function parameters and clinical parameters in the first phase.• The Molecular Mechanism aspect of the study can be assessed in the second phase.

Agenda Item No. 09.11

TO CONSIDER THE PROPOSAL TO START NEW OPD OF YOGA AND NATUROPATHY AT GOVERNMENT INSTITUTE OF MEDICAL SCIENCE, GREATER NODIA, G.B. NAGAR, U.P.

The Committee after detailed discussion recommended the proposal. The committee also appreciated such initiatives of the Council in establishing such OPDs in Medical Colleges, which helps in integrating the therapies in the management of various disorders. The committee also suggested to have a vision of initiating research projects apart from providing clinical services.

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Minutes of meeting the 9th Scientific Advisory Committee (SAC)

Supplementary Agenda

Agenda Item No. 09.01(14)

**TO CONSIDER THE FINAL REPORT OF THE RESEARCH PROJECT
TITLED YOGA & DIABETES: A MULTI CENTRIC RESEARCH STUDY.
SANCTIONED TO INDIAN YOGA ASSOCIATION, DELHI**

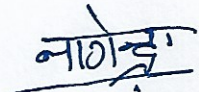
Dr. Amit Singh, Research Associate presented the final report of the project Yoga & Diabetes: A Multi centric research study awarded to Indian Yoga Association, Delhi. The Committee after detailed discussion recommended to accept the final report. Dr HR Nagendra recused from this part of the discussion.

Agenda Item No. 09.01(15)

**TO CONSIDER THE PROPOSAL FOR ESTABLISHMENT OF RESEARCH
LABORATORY AT UPCOMING POST GRADUATE INSTITUTE OF YOGA
AND NATUROPATHY EDUCATION AND RESEARCH AT
NAGAMANGALA, KARNATAKA AND JHAJJAR, HARYANA**

The Committee after detailed discussion recommended the list of research equipments proposed to establish research laboratory at both PGIYNERs at Nagamangala, Karnataka and Jhajjar, Haryana. The committee suggested to explore the current rates.

The meeting ended with vote of thanks to the Chair.


HR NAGENDRA
Chairman, SAC

Central Council for Research in Yoga and Naturopathy

Minutes of the 8th meeting of Scientific Advisory Committee (SAC) of the Council held on 28.06.2021 at 04:00 p.m. (Online/Virtual)

The 8th meeting of Scientific Advisory Committee (SAC) of CCRYN was held on 28.06.2021 at 04:00 p.m. on online/virtual mode under the Chairmanship of Dr. H.R. Nagendra, Chancellor, SVYASA University, Bangalore. The following members were present in the meeting:

- | | | |
|---|---|---------------------|
| 1. Dr. H.R. Nagendra, Chancellor, SVYASA, Bangalore | - | Chairman |
| 2. Acharya Ram Gopal Dixit, Arogya Peeth, Delhi | - | Member |
| 3. Dr. M.K. Taneja, New Delhi | - | Member |
| 4. Dr. Rajesh Sharma, Ratlam, M.P. | - | Member |
| 5. Dr. K.V. Naveen, Bangalore | - | Member |
| 6. Dr. Raghavendra Rao, M. Director, CCRYN | - | Member
Secretary |

Dr. Vinoy Kumar Singh, Arogya Bharti and Yogacharya Vishwas Vasant Mandlik could not attend the meeting.

Director, CCRYN and Member Secretary, Scientific Advisory Committee (SAC) welcomed the Chairman and Members of the Committee. He briefed about various activities of the Council. Thereafter, the agenda items were taken up for discussion.

Acharya Ram Gopal Dixit requested to circulate the agenda a week prior to the meeting, Director, CCRYN explained the urgency of convening the meeting and agreed to circulate the agenda well in advance hence forth.

Agenda Item No. 01

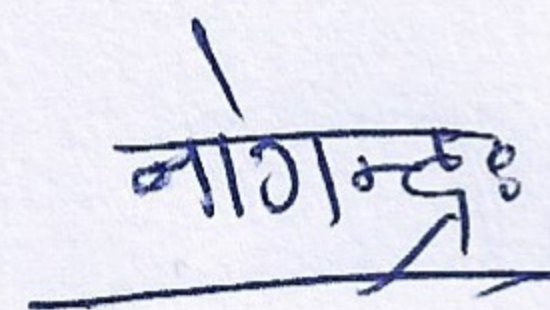
TO CONFIRM THE MINUTES OF 7th MEETING OF SCIENTIFIC ADVISORY COMMITTEE (SAC) HELD ON 21.08.2020

The Committee confirmed the minutes of 7th meeting of SAC held on 28.08.2020.

Agenda Item No. 02

ACTION TAKEN REPORT ON THE RECOMMENDATIONS OF SCIENTIFIC ADVISORY COMMITTEE (SAC) IN ITS 7th MEETING HELD ON 21st AUGUST, 2020

The Committee has approved the Action Taken Report on the recommendations of the 7th meeting of Scientific Advisory Committee (SAC).



Agenda Item No. 03

TO CONSIDER ESTABLISHMENT OF "CCRYN COLLABORATIVE CENTRE FOR MIND-BODY INTERVENTIONS THROUGH YOGA"

The Director apprised about the establishment of "CCRYN Collaborative Centre for Mind Body Interventions through Yoga" at AIIMS Raipur, AIIMS Rishikesh and PGI Chandigarh. The Director also apprised the request proposals received from various esteemed organizations for establishment of "CCRYN Collaborative Centre for Mind Body Interventions through Yoga". The committee appreciated the efforts of the Council in initiating the evidence based research on Yoga in premier institutions like AIIMS and PGI's. It helps in further development of the system to incorporate in the management of various disorders with main stream medical management. The Committee recommended establishing CCRYN Collaborative Centre for Mind Body Interventions through Yoga at the following Institutes:-

1. All India Institute of Medical Sciences (AIIMS), Jodhpur, Rajasthan
2. All India Institute of Medical Sciences (AIIMS), Bibinagar, Telangana
3. All India Institute of Medical Sciences (AIIMS), Jhajjar, Haryana

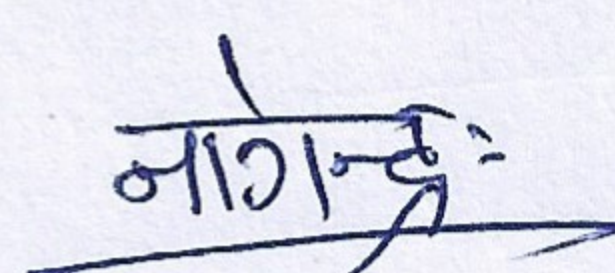
Agenda Item No. 04

TO CONSIDER THE RESEARCH PROPOSALS SUBMITTED UNDER THE SCHEME OF INTRA MURAL RESEARCH

The Director apprised the Committee about the various Research proposals proposed by the Council. The Committee discussed the following proposal:-

S. No.	Title of the Research Project	Total Cost in Lakh ₹
1.	Yoga As An Eco-Therapy For Achieving United Nations (Un) Sustainable Development Goals (Sdg's): An Explorative Study.	09.75
2.	Effect of Yoga on symptom severity, anxiety, stress and quality of life in COVID-19 positive patients in home isolation: a prospective randomized controlled study.	-
3.	Yoga in Pulmonary hypertension: Open label, multi centric, randomized controlled clinical	79.04
4.	Effect of an integrated Yoga program on inflammatory markers and Fractional Exhaled Nitric Oxide in Covid19 survivors: A pilot study	27.00

The committee members appreciated the efforts of Director CCRYN for promoting research activities which is the main mandate of the Council. The committee also appreciated the Director, CCRYN for involving the technical staffs of CCRYN in research activities. The SAC after detailed discussion recommended the above mentioned research proposals submitted by the Council and budget of Rs. **115.79 lakhs** with the details indicated against each project.



Agenda Item No. 05

TO CONSIDER THE SCHEME OF "INTRA MURAL RESEARCH" (IMR) OF CCRYN

The Committee congratulated the efforts of Director, CCRYN for this initiative of developing the Intra Mural Research (IMR) scheme of CCRYN, which is the priority document for undertaking internal research activities. The Committee discussed the agenda in detail and suggested to propose priority wise theme based research every year based on incidence, prevalence and strength areas etc. The SAC recommended the scheme of Intra Mural Research (IMR) of CCRYN as proposed. They also suggested to include Cancer and palliative care in the priority area.

Agenda Item No. 06

ANY OTHER ITEM WITH PERMISSION OF CHAIR

Chairman, SAC suggested CCRYN to involve/conduct more research activities. It was also suggested to create awareness about the evidence available by displaying in Council website and implementing the findings of research in regular clinical practice.

All the committee members appreciated the efforts of Council's research activities on COVID-19 and suggested to compile Yoga & Naturopathy research conducted all of India.

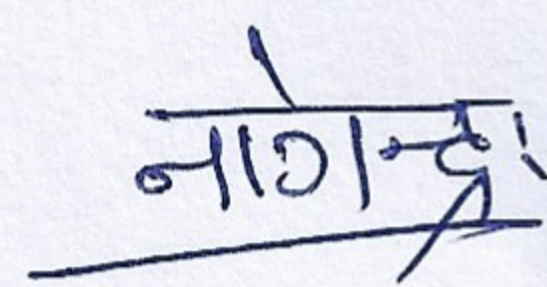
The committee also advised to prepare Y&N advisory on various life style diseases based on the available evidence with respect to Yoga & Naturopathy system of medicine.

The committee also suggested to conduct more research on Naturopathy and stressed on development of Naturopathy tradition.

The committee also suggested to create a separate budgetary allocation for research in the council on the same lines as other councils.

The committee was also apprised about the shortage of technical man power in the Council compared to all other research Council's. The committee recommended to recruit more technical research consultants to conduct more research work.

The committee suggested to create a task force for a pan India hypertension study using yoga and another using yoga and naturopathy intervention involving naturopathy hospitals.



Supplementary Agenda

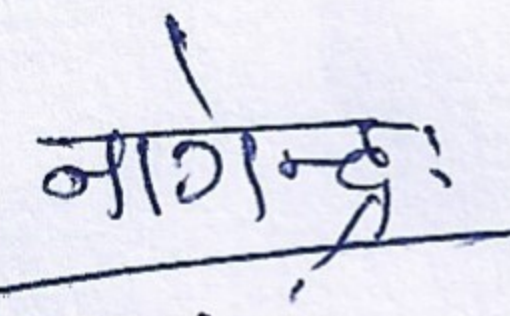
TO CONSIDER THE RESEARCH PROPOSALS SUBMITTED UNDER THE SCHEME OF INTRA MURAL RESEARCH

The Director apprised the Committee about the Research proposal proposed by the Council.

S. No.	Title of the Research Project	Total Cost in Lakh ₹
1.	To study the effect of yoga on stress and wellbeing in Delhi police personnel: randomized controlled trial	17.06

The SAC after discussion recommended the above mentioned research proposal submitted by the Council and budget of ₹ 17.06 lakh with the details indicated against each project.

The meeting ended with vote of thanks to the Chair.


Dr H R Nagendra
(Chairman, SAC)