

# **An overview of Best Practices in Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur**

- a) The University imparts education, training and research in Ayurveda, Homeopathy, Unani and Yoga & Naturopathy Streams under the umbrella of AYUSH systems of medicine through its 06 Constituents colleges/institutes as well as 39 affiliated colleges/institutes where around 2532 UG, 189 PG Scholars, 125 PhD are undergoing education and training.
- b) It provides the opportunities to the PG, PhD Scholars to participate and present papers in National, International Seminars, Workshops, Conferences, Conclaves and CME's etc.
- c) The University also conducts special skill development courses for the students separately in addition to the regular teaching and learning activities.
- d) The University imparts all the graduate, post graduate as well post doctoral Scholars, a well managed and systematic daily theoretical as well as practical teaching, training and guidance. In this regard, different weekly, fortnightly or monthly activities with regard to Seminars, Discussions, Thesis Topic Discussions, Case Presentations, Clinical Methods and Departmental Examinations etc. are conducted on regular basis by the Departments of various Constituent Colleges.
- e) Every year, the University organizes various different National, International Seminars, Workshops, Conferences, Conclaves and Departmental Workshops/CME's, Training Programs, Guest Lectures etc. including events on Research Methodology and Scientific writing for UG, PG, PhD scholars and faculty members.

## **BEST PRACTICE- 1**

### **1. Title of the Practice**

**Two Days National level Workshop on Marma Therapy “Marmagya”**

### **2. Objectives of the Practice**

- To earn expertise in Marma Therapy (a harmless pressure healing therapy): a quick relief therapy among the faculty as well as the PG/PhD Scholars of the University so that they can serve the society in a better way.
- To earn expertise in drug less therapy for pain management
- To explore the Scope and Opportunities in Ayurved and future possibilities of Ayurveda

on the global platform.

- To produce skilled Ayurved health professionals to serve efficiently in health services by providing relief to the patients by Ayurveda Marma therapy.
- To develop faith and trust in Ayurveda.
- To channelize the blooming energies and mental resources of the young brains in the progress of Ayurveda.

➤ **Intended outcome:**

- This programme helped the stakeholders to get information of each and every aspect of Marma Therapy. The students not only earned expertise but also sensitized to treat people with this comparatively cheaper source of treatment and this way help the downtrodden society.

### **3. The Context**

Since we are a health and medical University, therefore it is the responsibility of the University to develop and promote multi skilled health professionals. This Workshop aimed to develop diversity of skills in Ayurveda and abolished the misconceptions about Ayurveda as well as earned laurels in the capability and enhancement of university.

### **4. The Practice**

Marmagya Workshop is a unique harmless and quick relief treatment therapy which is fast growing in the medical field. It is not only important in treating the conventional health problems but it is very effective in the treatment of various sports injuries. Therefore, this is an important skill to be imparted to the medical professional higher education students. Various institutions have started have started Marma Therapy OPDs and Marma Therapy clinics and a number of patients are being benefitted from this therapy across the nation. It has developed as a new theme of Research as well as there is not much literature available in this regard. Therefore, this has gained the focus of researchers in various institutions.

### **5. Evidence of Success**

- This program was organized for the orientation of Marma Therapy among the Scholars as well as faculty members. This program was not only a theoretical lecture-oriented program. Renowned Marma Therapy Experts from across the country were invited for the training in this Workshop. They described the processes and techniques in their esteemed lectures and also imparted an extensive Hands-On training during this Program. Patients suffering from Cerebral palsy, Sciatica and other serious ailments were given Marma Therapy in this Hands-on Training program which produced charismatic results in the

patients. This developed an ultimate confidence in the aspirants and faith in this therapy in the participants of this program.

## **6. Problems Encountered and Resources Required**

- Identify the problems encountered and resources required to implement the practice (in about 150 words).
- This therapy is a new aspect of treatment. Therefore, winning of the faith of the patients is the primary need of the hour.
- Though this therapy is a harmless and quick relief therapy, it needs administrative cooperation as well as encouragement. University is very much supportive to promote this therapy and has allowed our request to open a Marma Therapy OPD in the Constituent Hospital.
- Since this Workshop was organized and the inception of OPD in the constituent Hospital has taken place, now we are treating the patients through this therapy and having follow-up sessions for complete relief.

## **BEST PRACTICE -2**

### **1. Title of the Practice**

**Title: Workshop on how to write and publish a scientific research paper and Workshop on Research Methodology.**

- University organizes workshops on Research Methodology and Writing and publishing of scientific Research papers for PG and PhD scholars from time to time.

### **2. Objectives of the Practice**

- To encourage the scholars to research proposal and to develop suitable research methods & Data analysis tools.
- To encourage the faculty & scholars to organize and present research papers in the national/international seminars/ conferences/ workshops
- To publish quality research articles in reputed journals.
- To enhance knowledge and skills and to open up the discussion to participants. Intended outcome:
- These academic activities are helpful for all PG, PhD Scholars and also faculty members and develop research-based knowledge. Upon completion of this practice, scholars are able to understand various type of research, scientific method used in research, able to identify research problem, formulate and test hypothesis and then how to write and

publish them. This helps to understand the importance of scientific communication. Due to this activity, logical thinking power, intellectual power and all qualities of research scholars develop in scholars.

### **3. The Context**

- The challenges that the students experience in writing research have been identified as follows:
  - Research methodology is new subject for new learners. So, first year scholars don't aware about research methodology and they face challenges from choosing a topic, choosing the right methodology, to finding study participants, dealing with data, Time span, limited knowledge about conducting research, Problem in reaching a conclusion and making recommendations, Referencing & Plagiarism etc.
  - Sometimes, some scholars don't have any interest to understanding the research methodology and how to write a research paper they don't attend the workshop, they just do copy-paste from previous thesis and do plagiarism in out of limit without citing and do haphazard research. For these scholars, Introduction to research, what qualities should have in research scholar, teacher's cooperation and encouragement is necessary. To overcome these challenging issues, this best practice has been adopted.

### **4. The Practice**

- Participation in research methodology & scientific writing workshop is must for every research scholar. Research is an essential of higher education in the world today. Research based knowledge is the key for the development in the scientific world. Therefore, the word 'Research' has got the importance in this modern time. Writing a good proposal or any scientific matter is an art and research scholar must learn this art. The goal of scientific research is publication. Therefore, it is highly relevant in the context of higher learning not only in India, but anywhere in the world.
- Time, money and man power are the most important constraints or limitations.

### **5. Evidence of Success**

- The performance of the scholars improved due to these academic activities.
- The scholars were able to prepare and publish a research proposal and well understood about (1) how to formulate a topic for research and to describe the what, why, and how of the protocol, (2) biomedical literature search and review (3) study design, statistical concepts, and result analyses, and (4) publication ethics (5) writing a scientific paper and thesis.

- Created an interest about research in scholars & produced an awareness on the need for research to update knowledge of the scholars at international standards.
- The research publications (quality research paper) which are enormously published during the past few years is another indicator.
- Before workshop scholars had many myths about research that good journals don't publish theoretical/hypothetical articles, journals published only those studies that show positive results etc. but after this activity, scholars haven't any myths and doubt.

#### **6. Problems Encountered and Resources Required**

- Getting the guest speakers agree to come on the specific time period is one of the greatest problems. This can be solved by keeping a reserve list of speakers. Institution needs to have sufficient time to plan. Sometime this may not be possible so Institution can plan these activities before admission of PG scholars. Inadequate time for workshop is also a big problem because in limited time whole syllabus of research methodology and scientific writing can't explained in details. So, Institute can increase the days of workshop. It will help for better understanding for new learners because research methodology is new subject for new learners. Scholars must be evaluated before and after workshop which helps both teachers and scholars to understand where they stand. Amenities in Auditorium like Sound & Light schemes, a big screen for LCD Projections, Separate Generator Set for power back-up, etc. has to be checked before workshop. The faculty is to be informed well in advance so that they can give their precious time from their busy schedule in this activity.

### **BEST PRACTICE- 3**

#### **1. Title of the Practice**

**“Induction Program for Newly admitted UG and PG Students ”**

#### **2. Objectives of the Practice**

- To introduce to institute environment and set-up of the students within institute.
- To explain Scope and Opportunities in Ayurveda and future and possibilities of Ayurveda on the global platform.
- To produce graduates who efficiently serve in health services and also as Ayurvedic practitioners by providing relief to the patients by Ayurvedic therapeutic measures.
- To develop faith and trust towards Ayurveda.
- To channelize the blooming energies and mental resources of the young brains in the

progress of Ayurveda.

➤ **Intended outcome:**

- This orientation programme will be helpful to get information of each and every subject/department of Ayurveda and entire institute environment. The students will understand their responsibilities and expectation from them.

**3. The Context**

- When new students enter an institution, they come with the diverse thoughts and wrong myth about Ayurveda and Institution. Some students decide to stay with or quit the institute in the first week after admission. Some students do preparation for NEET examination and after selection they quit the institute. For such student's induction programme is necessary to stay in the institute and settle down quickly in the new environment and give them a sense of belonging.

**4. The Practice**

- Induction programme for new entrants is essential for every institution. Because when new students enter an institution, they come with the diverse thoughts, backgrounds and preparations. It is important to help them adjust to the new environment and inculcate in them the ethos of the institution with a sense of larger purpose. Its propose to make the students feel comfortable in their new environment, open them up, set a healthy daily routine, create bonding in the batch as well as between faculty and students, reduce competition and making them work for excellence in the field of Ayurveda. Time and man power are the most important constraints or limitations.

**5. Evidence of Success**

- Many events like orientation, visit to respective departments, Vice Chancellor's address, special lectures, interaction between teachers and students & discussions were scheduled.
- The students were very happy with the induction Program as they got to know about what Ayurveda is and how the qualification they will obtain will benefit them in the career they are going to adopt.
- During orientation programme, Students became familiar to Dept./Branch & Innovations, mission, vision, goals of institute. At the same time, student understood their own role in achieving the goals of the institute.
- They became well oriented to entire institute environment and about disciplines of institution. Created bonding in the batch as well as between faculty and students.

**6. Problems Encountered and Resources Required**

- Institution needs administrative cooperation and encouragement. Fortunately, Institution does not have such a problem.
- After this activity, Periodic follow-up sessions are essential to find out how the students perceived their institution. Concerns or problems can be addressed at this time. These follow up sessions can also be a platform for airing new ideas and suggestion.
- Getting the guest speakers agree to come on the specific time period is another problem. This can be solved by keeping a reserve list of speakers.
- The Institution encourages and gives the permission the PG, PhD Scholars to participate and present paper in many National, International Seminars, conferences and CME's.
- The Institution conducts special classes for the students, in addition to the regular teaching and learning activities.
- For Scholars, daily theoretical as well as practical teaching, training and guidance, Various weekly activities with regard to Seminars, Discussions, Journal Club, Thesis Topic Discussions, Case Presentations, Clinical Methods and Departmental Examinations etc. are conducted regularly by the Departments.
- Every year, The Institution is organizing workshop on Research Methodology and Scientific writing for PG scholars.
- The Institution conducts various National and International seminars/conferences, National workshops, Departmental Workshop/CME, orientation programme, training programme, guest lectures for students and scholars.

#### **BEST PRACTICE-4**

### **1. Title - Role of endangered species in clinical practice**

### **2. Objectives of the Practice**

**Biodiversity Conservation:** The primary objective is to contribute to the preservation of biodiversity. Endangered species often possess unique genetic traits that can be invaluable for medical research and the development of novel treatments.

**Biomedical Research:** Endangered species can offer insights into various biological processes, diseases, and physiological adaptations. Clinical research involving these species can lead to the discovery of new drugs, therapies, and medical techniques that benefit both humans and other animals.

**Drug Discovery and Development:** Endangered species may harbor natural compounds with therapeutic potential. By studying their physiology, biochemistry, and behavior, researchers can identify novel compounds that could be developed into pharmaceuticals for human use.

**Educational Opportunities:** Involving endangered species in clinical practice provides valuable educational opportunities for healthcare professionals, researchers, and the public. It raises awareness about conservation issues, biodiversity, and the importance of preserving endangered species for future generations.

**Ethical Considerations:** Working with endangered species in clinical practice requires careful consideration of ethical concerns, including animal welfare, conservation priorities, and the potential impact of research activities on wild populations. It's essential to prioritize the well-being of both individual animals and their species as a whole.

### **3. The context –**

Being Dravyaguna professionals, this workshop was aimed to create awareness in clinicians about endangered species. As we know that many of the species which are mentioned under the category of endangered, are being used in many medicinal formulations but due to their unavailability, such formulations will not give such effect in treating diseases.

### **4. The practice –**

Endangered species in Ayurveda present a unique challenge and opportunity in clinical practice. Ayurveda, as an ancient system of medicine, often incorporates plant and animal-derived remedies. However, due to factors such as habitat destruction, overexploitation, and climate change, many of these species are at risk of extinction. Therefore, this is an important to aware the medical professional higher education students to cultivate these endangered species for biological conservation as well as to get good results in their clinical practices.

Endangered species are often rare and difficult to obtain.

Practitioners must balance the potential benefits of using these species in treatment with the need to protect them from further harm. But there is lack of sufficient space and cultivation knowledge among clinical.

So many organizations are doing cultivation of endangered species. In this way, our university is also doing some efforts in such way for protection of biodiversity and good clinical practices.

## **Best practice No-5**

### **1. Title of the Practice**

**Two Days National Workshop cum training Programme on “*Nadi Pariksha*”**



## 2. Objectives of the Practice

### ➤ Objectives of the Practice:

- To earn expertise in *Nadi Pariksha* (a traditional Ayurvedic Diagnostic Practice): An ancient Ayurvedic diagnostic technique for appropriate diagnosis of *Dosha* and *Roga* for the faculty as well as the PG/PhD Scholars of the University so that they can serve the society in a better way.
- To explore the Scope and Opportunities in Ayurved and future possibilities of Ayurveda on the global platform.
- To produce skilled Ayurved health professionals to serve efficiently in health services through early and efficient diagnosis of diseases and involvement of *Dosha* through the practice of *Nadi Priksha*.
- To develop faith and trust in Ayurveda.
- To channelize the blooming energies and mental resources of the young brains in the progress of Ayurveda.

### ➤ Intended outcome:

- Through practical training, this program assisted the stakeholders in learning about every facet of *Nadi Pariksha*. In addition to gaining knowledge, the students also developed a heightened awareness of those who were diagnosed using this superior diagnostic technology, thereby benefiting society.

## 3. The Context

- We have an obligation to produce and advance multiskilled health professionals because we are a health and medical university. The goal of this workshop was to improve student capabilities and promote student learning while also developing a variety of Ayurvedic skills, one of which is *Nadi Pariksha*, and dispelling common misconceptions about the practice of *Nadi Pariksha*. *Nadi Pariksha* is an ancient diagnostic science that helps the practitioner diagnose the disease and the involvement of *Dosha* in it, and it also helps the practitioner decide the medicine according to the involvement of *Dosha* and its chronicity. It is a non-invasive method of health assessment through pulse diagnosis. It is based on the premise that the vibrations of the pulse at various levels on the wrist provide insights into the individual's physical, mental, and emotional states. This diagnostic tool is deeply rooted in the principles of

Ayurveda, which understands health as a balanced state of the body, mind, and consciousness.

#### **4. The Practice**

*Nadi Pariksha* is a non-invasive, holistic diagnostic method that requires deep expertise and intuition. Practitioners use their fingertips to feel the radial pulse at the wrist and interpret the rhythm, volume, and quality of the pulse to assess the state of a person's physical and mental health. The practice is rooted in the ancient texts of Ayurveda, which emphasize the interconnectedness of body, mind, and spirit. In Indian higher education, particularly in Ayurvedic medical schools, *Nadi Pariksha* is an integral part of the curriculum. Students learn this technique as part of their training in diagnostic methods, integrating traditional knowledge with contemporary clinical practices. This approach ensures that future practitioners are well-versed in both ancient and modern diagnostic tools, enabling a comprehensive understanding of patient health. The uniqueness of *Nadi Pariksha* in higher education lies in its ability to offer a personalized health assessment. Unlike conventional diagnostic methods that often rely on laboratory tests and imaging, *Nadi Pariksha* provides immediate insights into the patient's health status through tactile examination. This practice fosters a deeper doctor-patient connection, emphasizing empathy and holistic care. Furthermore, *Nadi Pariksha's* inclusion in higher education highlights the importance of preserving and promoting traditional knowledge systems. It serves as a bridge between the ancient wisdom of Ayurveda and contemporary healthcare practices, enabling students to explore and research the scientific basis of these traditional methods. The practice of *Nadi Pariksha* also emphasizes the need for a holistic view of health. It teaches students to consider not just the physical symptoms but also the mental and emotional states of patients, aligning with the Ayurvedic belief in the interconnectedness of body, mind, and spirit. In recent years, there has been a growing interest in integrating traditional practices like *Nadi Pariksha* with modern medicine. This integration is being explored in higher education through interdisciplinary research and collaborations, aiming to create a more comprehensive healthcare system that leverages the strengths of both traditional and modern practices.

#### **5. Evidence of Success**

- A comprehensive review of this diagnostic tool highlights its successful application in learning about different types of *Nadi*, like *Dhatu Nadi* and *Doshaj Nadi*, and their different types. This workshop aimed for hands-on practice for *Nadi Pariksha*, in which faculty as well as students can also practice and learn by hand, which is taught by the expert.

### **Problems Encountered:**

1. **Lack of Standardization:** Nadi Pariksha is highly subjective, relying on the practitioner's skill and experience, making it difficult to establish consistent diagnostic criteria.
2. **Integration Challenges:** Integrating this traditional practice with modern medical curricula and practices is challenging due to differing diagnostic approaches and skepticism from the mainstream medical community.
3. **Limited Acceptance:** Cultural and professional acceptance varies, with some viewing it as less scientific compared to advanced diagnostic technologies.
4. **Training Deficiencies:** Comprehensive training programs and qualified instructors are scarce, hindering the widespread adoption of this practice.

### **Resources Required:**

1. **Educational Programs:** Developing standardized training modules and certification programs to ensure consistent skill levels among practitioners.
2. **Research Funding:** Allocating funds for scientific research to validate and standardize Nadi Pariksha techniques.
3. **Collaborative Platforms:** Creating interdisciplinary platforms for collaboration between traditional and modern medical practitioners.
4. **Awareness Campaigns:** Initiating awareness and acceptance campaigns to enhance the credibility and integration of Nadi Pariksha in mainstream healthcare.

