ITRA, Jamnagar Organises Three National CME Programmes, Bringing Together 90 Ayurveda Faculty Members from 13 States

Six-Day Programmes Focus on Strengthening Diagnostic Competencies, Clinical Skills and Teaching Capabilities

Around 45 Experts from Reputed Institutions Participate as Resource Persons

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The Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar, an Institution of National Importance under the Ministry of Ayush, organised three simultaneous six-day National Continuing Medical Education (CME) programmes from 16 to 21 November 2026. Conducted by the Departments of Kriya Sharir, Roganidan and Vikriti Vigyan, and Prasuti Tantra and Streeroga, the programmes brought together 90 Ayurveda faculty members from 13 states. Around 45 eminent academicians, clinicians and healthcare experts from reputed institutions participated as resource persons.=

The programmes were conducted under the leadership of Prof. (Dr.) Tanuja Nesari, Director, ITRA, with the objective of strengthening subject-specific knowledge, diagnostic competencies, clinical skills and teaching capabilities of Ayurveda faculty members. They also focused on integrating classical Ayurvedic principles with contemporary medical knowledge and diagnostic methodologies.



At the inaugural session, Prof. (Dr.) Tanuja Nesari emphasised the importance of continuous professional development, scientific understanding of diagnostic methodologies and the integration of contemporary medical knowledge with the classical foundations of Ayurveda. Resource persons contributed through expert lectures, interactive discussions and practical sessions, facilitating interdisciplinary learning and exchange of academic and clinical experiences.

The CME chairpersons, including Prof. Shilpa Donga, Prof. Darshana Pandya and Dr. Swati Khandale, highlighted the importance of patient-centred healthcare, accurate diagnosis, clinical reasoning, evidence-based research and contemporary teaching methodologies in improving Ayurveda education and clinical services.

CME by the Department of Kriya Sharir

The CME organised by the Department of Kriya Sharir focused on strengthening the understanding of human physiology through classical Ayurvedic perspectives and contemporary scientific developments. The sessions explored the integration of traditional Ayurvedic concepts with modern physiological knowledge to enhance teaching and clinical understanding.

CME by the Department of Roganidan and Vikriti Vigyan: 'MADHAV MIMAMSA-2026'

The Department of Roganidan and Vikriti Vigyan organised its CME under the title 'MADHAV MIMAMSA-2026', focusing on strengthening diagnostic competencies through the integration of classical Ayurvedic diagnostic principles with contemporary medical techniques.

The six-day programme covered subjects such as Nadi Pariksha, modern teaching methodologies, clinical diagnosis, advanced laboratory investigations, electrocardiography (ECG), computed tomography (CT) and magnetic resonance imaging (MRI). The sessions highlighted systematic clinical assessment and the appropriate use of diagnostic investigations in disease evaluation.

CME by the Department of Prasuti Tantra and Streeroga

The Department of Prasuti Tantra and Streeroga conducted a six-day CME for teachers, covering key developments in obstetrics and gynaecology and their integration with classical Ayurvedic principles.

The academic sessions addressed Garbhini Paricharya, high-risk pregnancy, infertility and assisted reproductive techniques (ART), recurrent pregnancy loss, obstetric emergencies, puerperal care, contraception, breast diseases, congenital anomalies and gynaecological disorders.

Practical training and demonstrations included episiotomy and suturing techniques, colposcopy, Pap smear, vaginal smear, culture techniques and antenatal ultrasonography. The role of Panchakarma procedures in Stree Roga and Vandhyatva was also discussed in the context of integrative women's healthcare.

The three CME programmes provided a national platform for professional development, interdisciplinary knowledge exchange and capacity building among Ayurveda faculty members. The initiative reinforced the importance of diagnostic accuracy, clinical competence, research orientation and contemporary teaching methodologies in strengthening Ayurveda education and healthcare delivery.

The programmes reflect ITRA, Jamnagar's continued commitment to advancing Ayurveda education, research and clinical practice through faculty development and the integration of classical knowledge with contemporary scientific approaches.







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