

QUADRA INSTITUTE OF AYURVEDA, ROORKEE

Achievements of Faculties for the year 2025-2026

QUADRA INSTITUTE OF AYURVEDA, ROORKEE

Achievements of Faculties for the Academic Year 2025–2026

1. Dr. Jitendra Kumar – Principal

CME Attended:

- Attended 6-day Rachana Sharir CME Programme organized by LBS Mahila Ayurvedic College and Hospital, Bilaspur, Yamunanagar, Haryana from 15th September to 20th September 2025.

Guest Lecture / Speaker:

- Delivered a guest lecture at the 2-day National Conference on Health Tech Idea held on 1st and 2nd May 2026 organized by Quantum School of Health Science, Quantum University, Roorkee.
- Served as a guest speaker at “Amrit Samagam 3.0” – Two-Day International Ayurvedic Practical Workshop cum Start-up Convention with Amrit Arogya Mela held on 11th and 12th April 2026 at Shree Krishna Janmashtami Ashram, Vrindavan, organized by Team Ayuransh.

Articles Published:

- “Anatomical and Biomechanical Review of Shoulder Region Muscles with Special Reference to Rotator Cuff” published as a co-author in WJPMR Journal, 2026.
- “The Shoulder’s Vital Secret: A Comprehensive Review of Amsa Marma from a Modern Anatomical Perspective” published as a co-author in WJPMR Journal, 2026.
- “Shava Chedana in Rachana Sharir: An Experiential Learning Model Bridging Classical Wisdom and Modern Anatomy” published in World Journal of Pharmaceutical Research, Volume 14, Issue 23, December 2025, as a co-author.

2. Dr. Mayank Jain

Fellowship / Certification:

- Completed Fellowship in Facial Aesthetics and Cosmetology.
- Obtained Certificate of Medico Legal Consultant.

3. Dr. Rajnikant Rohila

Research Project:

- Undertook 1 SPARK-CCRAS Project during the year 2025.

4. Dr. Bhoomi Soni

Research Guidance:

- 6 research works are currently ongoing under her supervision as Guide.
 - 6 research works are currently ongoing under her supervision as Co-guide.
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5. Dr. Priyanka Sharma (PK)**Articles Published:**

- “Comparative Evaluation of Virechana Karma and Lekhana Basti in the Management of Metabolic Syndrome” published in International Journal of Ayurveda and Pharma Research.
- “Role of Lekhana Basti in Metabolic Syndrome: A Clinical Trial” published in International Journal of Research in Ayurveda and Pharmacy, Volume 15(1), 2024.

CME / Seminar / Webinar / Workshop:

- Attended “International Conference on Recent Advancements in Panchakarma – 2025” organized by Department of Panchakarma, Uttarakhand Ayurved University, Rishikul Campus, Haridwar on 29th and 30th September 2025.
 - Attended CCRAS webinar on “Ayurveda in Integrative Oncology.”
 - Participated in National Level Webinar “Charak Chintan 2025.”
 - Participated in “Ayurved Kaushalam” webinar.
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6. Dr. Apeksha Gautam**Book Published:**

- Published a book titled “Navigating Physiology” as an author.
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7. Dr. Gargi Verma**Workshop / Training Programme:**

- Completed Daily OPD Case Handling Course “Phalshruti Ki Pathshala” conducted by Vaidya Vidyapeeth from 16th February 2026 to 22nd March 2026.
 - Completed 32-hour online course on AABIHA – Advanced Cosmetic Products with clinical applications under Rashtriya Ayurveda Vidyapeeth – Ayurveda Training Accreditation Board (RAV-ATAB), Ministry of AYUSH, Government of India.
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8. Dr. Ragini Garg**Seminar / Webinar:**

- Presented poster in the 13th International SFEC & ICTRE Seminar on Translational Research on Ethnopharmacology held from 26th to 28th February 2026.
 - Attended “4th Global Conference on Natural Products & AYUSH System of Medicine” held from 10th to 12th April 2026.
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9. Dr. Himadri

CME Attended:

- Attended CME Programme for RNVV at All India Institute of Ayurveda (AIIA) from 27th October 2025 to 1st November 2025.

Seminar / Paper Presentation:

- Presented paper titled "Decoding the Dimensions of Prana – 2025."
- Presented papers in "AYURATMA" held on 22nd and 23rd February 2026.

Webinars Attended:

- "Clinical Study on Psoriasis" – Prabodhini Webinar on 1st September 2025.
- "Ayurveda in Integrative Oncology" on 11th September 2025.
- "Ayurveda for Improvement of Quality of Life of Cancer Patients" on 12th September 2025.
- "Ayurveda in Integrative Oncology" on 15th September 2025.
- "Yoga & Medicine for Cancer Care" on 16th September 2025.
- "Ayurveda Dietetics & Nutrition in Cancer Care" on 17th September 2025.

Workshop Attended:

- Attended "AYURATMA" Workshop on Nadi Pariksha and Agni Karma held on 22nd and 23rd February 2026.

10. Dr. Aaditya Bhardwaj

CME Attended:

- Attended 6-day CME Programme organized by Department of Rachana Sharir, National Institute of Ayurveda (NIA), Jaipur from 25th to 30th August 2025.

Articles Published:

- "Anatomical and Biomechanical Review of Shoulder Region Muscles with Special Reference to Rotator Cuff" published as a co-author in WJPMR Journal, 2026.
- "The Shoulder's Vital Secret: A Comprehensive Review of Amsa Marma from a Modern Anatomical Perspective" published as a co-author in WJPMR Journal, 2026.
- "Shava Chedana in Rachana Sharir: An Experiential Learning Model Bridging Classical Wisdom and Modern Anatomy" published in World Journal of Pharmaceutical Research, Volume 14, Issue 23, December 2025, as a co-author.
- "Occupational and Environmental Health Hazards of Embalming Fluids: A Systematic Review of Exposure, Risks and Mitigation Strategies" published as a guide in World Journal of Pharmacy and Pharmaceutical Sciences on 10th December 2025.