



प्राणाभिसरः प्राणायतनानाम्

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**National Commission for Indian System of Medicine**  
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क्रमांक / Ref. No. 24-74/2021 (common matter)

दिनांक / Dated: 27.08.2021

To,

**Directors/Principals,**

Ayurveda, Unani, Siddha and Sowa Rigpa Colleges

**Subject: Active participation of Ayush Institutions in organizing Medical camps to commemorate 75<sup>th</sup> year of Indian Independence Celebrations, 'India @75' -reg.**


Sir/Madam,

With reference to Govt. of India's Letter No- Z.16011/4/2018-EP (IM-1) Part 4 dated 12.08.2021, I am hereby directed to inform you that, to commemorate 75<sup>th</sup> year of Indian Independence Celebrations, related to India @75, it has been decided to organize 7500 medical camps through AYUSH colleges and institutes across the country for propagation of preventive measures, locally grown plants and traditional food (vocal for local). In this regard, an action plan has been approved by Ministry of AYUSH for implementation of the same. The copy of Action plan is enclosed for your ready reference.

Further, it is also informed that a minimum of 12 medical camps may be planned by each ASU&H college at their respective district level to achieve the target of 7500 medical camps within a year.

The report of individual camp along with the details may be submitted to NCISM through the exclusive portal (portal link will be informed to you shortly).

Enclosure – As above.

  
(Dr. Raghurama Bhatta U.)  
Secretary I/c  
President, Medical Assessment and Rating Board for Indian System of Medicine  
(NCISM)

Copy to:-

1. Chairperson, National Commission for Indian System of Medicine, New Delhi-110058
2. Secretary to the Government of India, Ministry of AYUSH, EP(IM-2), AYUSH Bhawan, 'B' Block, GPO Complex, INA, New Delhi-1100233 for information.
3. Guard file.

(Dr. Raghurama Bhatta U.)  
Secretary I/c  
President, Medical Assessment and Rating Board for Indian System of Medicine  
(NCISM)

**Action Plan-Celebrations related to India @ 75**

**Action Plan for organizing 7500 medical camps through AYUSH colleges and institutes across the country for propagation of preventive measures, locally grown plants and traditional food (vocal for local) to commemorate 75<sup>th</sup> years on Indian Independence, Celebrations related to India @ 75.**

**1. Organizing of medical camps by Ayurveda/Siddha/Unani/Homoeopathy Colleges:**

- a. A minimum of 12 medical camps may be planned by each ASU&H college at their respective district level to achieve the target of 7500 medical camps.
- b. The concerned Local authorities/NGO's/Voluntary organisations may be contacted for successful implementation.
- c. During camps Din-Charya (Daily regimen), Ritu-Charya (Seasonal regimen) and general preventive measures by utilizing locally available/locally grown plants may be explained to public. IEC materials for the same may be prepared and widely circulated.
- d. Disease specific (like Diabetes, Arthritis, Mental Health, etc) medical camps may also be organised.
- e. Along with the Teaching faculties & Hospital Medical officers, House surgeons and Post Graduate Scholars may also be actively involved for conduction of medicinal camps.
- f. All the preventive measures (wearing of masks, social distancing, sanitisation, etc) need to be strictly followed while conducting the medical camps and wherever feasible Virtual platforms may be utilised.

2. **'Vocal for Local camps-Medicinal herbs'**: During camps, identification and basic knowledge of medicinal properties of commonly grown local medicinal plants may be provided by the respective teaching departments of AYUSH colleges specialised in the medicinal herbs.

3. **'Vocal for Local camps-Traditional foods'**: During camps, awareness may be created underlining the significance of adhering to the principles and practices of consuming Traditional food so as to get the optimal dietary benefits for prevention of illness and promotion of immunity/health.

- a. Specific camps may be conducted prescribing the Traditional foods and advising the appropriate dietary practices suitable for children and it's role in preventing malnutrition. Similar exercise may be done for pregnant woman/elderly/obese/underweight/diabetic persons, etc.

*B. L. S. S.*  
12.06.21 ✓