

INTERNSHIP REPORT

Submitted to



The IIHMR University, Jaipur

for the partial fulfillment for the award of the degree of

Master of Business Administration(MBA)

in Hospital and Health Management

by

Dr B Hari Hara Krishna, Roll No -1693 (HEM-28)

Internship Organization



आरोग्यम् सुखसम्पदा
राष्ट्रीय स्वास्थ्य एवं परिवार कल्याण संस्थान
National Institute of Health and Family Welfare

Under the Supervision and Guidance of

Faculty Mentor – Dr Vinod Kumar SV

Organization Mentor – Dr Vandana Bhattacharya

2025

Key Activities/Projects Undertaken

- **Conducted a Broad Literature Review:** Commenced with a comprehensive review of the Non-Communicable Disease (NCD) epidemic in India, conventional approaches, and the general scope of Ayurveda and Yoga.
- **Analyzed National Policies:** Reviewed key government policies and healthcare linkages, specifically the National AYUSH Mission (NAM) and Ayushman Bharat (PM-JAY), focusing on the co-location of AYUSH facilities and Health and Wellness Centres.
- **Investigated Preventative and Curative Interventions:** Systematically searched for and analyzed studies on specific Ayurvedic interventions (dietetics, lifestyle, herbs) and Yoga practices (asanas, pranayama) for both the prevention and management of NCDs.
- **Assessed Methodological Quality:** Developed standardized data extraction forms and assessed the methodological quality of identified studies using tools such as the Cochrane Risk of Bias for RCTs or the Newcastle-Ottawa Scale for observational studies.
- **Synthesized Evidence and Identified Gaps:** Synthesized evidence regarding the preventative and curative roles of integrated medicine, identifying common themes, strengths, limitations, and gaps in the existing literature.
- **Analyzed Socio-Cultural and Economic Aspects:** Explored the socio-cultural acceptance and economic viability of integrating Ayurveda and Yoga for NCD management within various Indian populations.
- **Developed an Integration Framework:** Created a conceptual framework for the effective integration of Ayurveda and Yoga into NCD strategies and identified best practices from successful integration models.
- **Formulated Policy Recommendations:** Drafted concrete recommendations for policymakers, healthcare providers, and the public regarding the enhanced utilization of integrated approaches, alongside specific suggestions for curative and rehabilitative aspects of NCD care.

- **Prepared Comprehensive Report:** Structured and finalized a comprehensive analysis report, adhering to academic standards, including a refined introduction, discussion, and bibliography.

Comprehensive Analysis of Holistic and Integrated Medicine in National Healthcare (10th March 2025 – 31st May 2025)

A detailed systematic review and analysis were undertaken to bridge the gap between theory and practice regarding holistic medicine. This project focused on the "Holistic and Integrated Medicine in National Healthcare," specifically examining the role of traditional systems in addressing the NCD burden. The study involved a deep dive into the foundational principles of Ayurveda (Tridosha, Dhatu, Agni) and Yoga (Yamas, Niyamas) in relation to disease manifestation.

The analysis further extended to a critical appraisal of the evidence base for Complementary and Alternative Medicine (CAM). This involved evaluating clinical pharmacology to investigate the mechanisms of Ayurvedic formulations and Yogic practices at physiological and cellular levels. The project also included a policy scan of initiatives by the Ministry of Ayush and the Indian government, such as the AYURGYAN Scheme and AYUSH-ICMR Research Centres, to understand the regulatory and educational landscape. The final output included a discussion on the challenges of integration—ranging from regulatory to societal—and provided a strategic framework for implementing integrated care models.

Key Learnings from Internship

- **Epidemiology & Public Health:** Gained a deeper understanding of the prevalence, incidence, and burden of Non-Communicable Diseases (NCDs) in India, including the analysis of risk factors and the evaluation of public health policies for prevention and control.
- **Research Methodology & Clinical Research:** Enhanced skills in employing systematic literature review processes, developing data extraction strategies, and critically assessing the methodological quality of Randomized Controlled Trials (RCTs) and observational studies.
- **Integrative Medicine & CAM Research:** Learned to critically appraise the evidence base for Complementary and Alternative Medicine (CAM) interventions,

exploring the theoretical and practical aspects of combining conventional and traditional medical systems.

- **Health Policy & Systems Analysis:** Analyzed the barriers and facilitators to implementing integrated healthcare models, investigating how governmental policies, governance, and resource allocation can either support or hinder the integration of traditional medicine into national health programs.
- **Health Economics:** Understood the importance of considering cost-effectiveness, affordability, and the economic impact of traditional medicine approaches compared to conventional treatments for NCDs.
- **Medical Sociology & Anthropology:** Gained insights into cultural beliefs, health-seeking behaviors, and the social determinants that influence patient adherence and the acceptance of different medical systems.
- **Academic Writing & Scholarly Communication:** Strengthened the ability to structure research findings logically and coherently, ensuring the report adhered to strict academic standards for structure, clarity, and referencing.
- **Nutritional & Rehabilitation Science:** Evaluated the scientific basis of dietary recommendations within Ayurveda and explored the contribution of Yoga to physical and psychological rehabilitation for patients living with NCDs.