Rashtriya Shikahan Mandal's

### Centre for Post Graduate Studies A Research in Ayurved of Tilak Ayurved Mahavidyalaya



563/2, Ranis Peth, Pune - 411 511 Phone : 020 - 26336429, 26336756 E-mail: cogsta12@gmail.com

Ref. No. 3 9 1018 2023

Date: 4/10/2023

### Notice

All Ph.D students and Guides are hereby notified that Tilak Ayurved Mahavidyalaya's Centre for Post Graduate studies and Research in Ayurved has been sanctioned six day Advanced Research methodology Workshop. The Workshop is scheduled from 9th Oct 2023 to 14th Oct 2023 from Morning 9.00 a.m to 6.00 p.m every day.

Instructions for the registration of the workshop -

- 1) The students and guides should register themselves on the University website
- 2) After the registration we can approve your name for the workshop.
- 3) After the approval you have to pay Administrative & certification fees of. MUHS (Rs 1000) & fees for the organizing college (Rs 4000) - Total - Rs 5000/-( as per MUHS academic notification no. 09/2023) to be paid at P.G. Office of Tiak Ayurved Mahavidyalaya, in cash or fees can be paid through NEFT to the following Account Number & Bank.

Name of the Bank :- Canara Bank

Name of the Account :- Centre for Post Graduate Studies and Research in Ayurved Ph.D & Others.

Account Number :- 53312010099902

IFSC Code :- CNRB0015331

Branch :- Rastapeth, Pune - 411011.

After the payment send the transaction details along with your name to cpgsra12@gmail.com

- 4) The Workshop will begin on 9th of October 2023 at 9.00 a.m sharp.
- 5) Once your Registration is confirmed we will send you the Time-Table of the Workshop
- 6) As per University rule Attendance of all the participants is mandatory for all sessions for all days.

Prof. Dr.Mihir Hajarnavis

Coordinator

Tillak Ayurved Mabavicyataya

### Tilak Ayurved Mahavidyalaya's Centre for Post Graduate Studies and Research in Ayurved Report of Advanced Research Methodology Course 9th October 23 to 14th October 23

6 days Advanced Research Methodology Course was organized at Tilak Ayurved Mahavidyalaya's Centre for Post Graduate Studies and Research in Ayurveda, Pune as per the guidelines of Maharashtra University of Health Sciences, Nashik, from 9<sup>th</sup> October to 14<sup>th</sup> October 23.

Total 50 participants were confirmed and registered for the course. The participants were from the Ayurved, Unani, Homeopathy and Modern medicine fraternity. Out of 50 participants 49 participants completed the Advanced Research Methodology Course.

### Day 1 - 9/10/2023

The workshop began with registration followed by breakfast.

Total **50** participants registered themselves for the workshop. 49 participants completed the workshop.

All the participants were divided into 5 groups – Group 1, Group 2, Group 3, Group 4 and Group 5. These groups were maintained for the whole six days of the course.

The Research Committee of Tilak Ayurved Mahavidyalaya welcomed all the participants and a Pre test comprising of 50 MCQ questions was given to the participants.

A formal Inaugural function was chaired by the **Principal of Tilak Ayurved Mahavidyalaya**, **Dr Saroj Patil.** Co ordinator Dr Mihir Hajarnavis briefed to all the participants about the objectives of the 6-day workshop. Principal Dr. Saroj Patil shared her views and declared the inauguration of the six days workshop. All the Research Committee members and the **Vice Principal of the College Dr Indira Ujagare** were present for the inaugural function.

The resource persons were selected from the list published by MUHS. Total 13 resource persons were invited for the 6-day workshop. The members of Research Society of Tilak Ayurved Mahavidyalaya worked as session coordinators for each day.

The first session of day one started by the Lecture of Dr Vineet Vinay.

Topics covered by Dr Vineet Vinay took the following lectures

### Lecture 1 - Introduction to Research Methodology

### Lecture 2 - Framing research question, hypothesis.

Dr Vineet Vinay gave an excellent presentation on Introduction to Research Methodology which was very informative and an eye opener for all the participants.

After a short tea break Dr Vineet Vinay delivered a very informative lecture on how to frame a research question. It was an interactive session and all the participants took an active participation and cleared their doubts regarding how to frame an ideal research question.

Dr Vineet Vinay and the session coordinators Dr Vinaya Dixit and Dr Apoorva Sangoram took the first group activity and all the participants were asked to do the following –

- · Select one research topic
- Assess the topic on FINER criteria
- Present the research question for the topic and mention the type of research question.
- Mention the population
- Mention the variables
- Mention the hypothesis of the selected topic

All the groups took an active participation and presented their topic.

The group activity was followed by a lunch break.

The post lunch session started with the lecture of Dr Jagannath Dixit.

**Lecture 3 – Classification of study designs.** Dr Dixit took a detailed interactive session explaining the classification of study designs and descriptive study designs.

Dr Dixit elaborated the difference in research done at MD/MS level and the research done at the PhD level and also explained the use of open EPI. Dr Dixit explained in details the steps to be taken in presenting the descriptive study right from how to write a research question to reporting the study and generating the hypothesis.

After the elaborative lecture, a lecture demonstration was given by Dr Jaganath Dixit by sharing two different articles in the 5 groups in which Dr Vinaya Dixit and Dr Apoorva Sangoram coordinated with all the groups and help the participants in discussing the following points

The lecture demonstration included the following points -

- o Issues in descriptive studies
- Research question
- Population types
- Sampling and sample size
- Measurements
- Bias in descriptive studies selection bias and measurement bias

with

- o Ethical issues in research studies
- o Analysis and hypothesis generation.

The lecture demonstration was followed by the next lecture by Dr Jagannath Dixit.

### Lecture 4 - Case control studies

Dr Dixit gave a detailed explanation of case control studies.

The lecture was followed by a group activity in which the following points were discussed regarding issues in case control/cohort studies –

- Research question
- Population types
- Sampling and sample size
- · Sources and selection of cases and controls/comparison
- · Measurement of exposure
- Bias in case control studies selection, measurement, confounding matching
- Analysis, statistical testing, odds ratio, RR, AR, multivariate analysis.

After the group activity all the groups presented types of bias and measures to minimize them as per the topic selected by all the five groups. Dr Jaganath Dixit cleared all the doubts of the participants.

Feedback forms were distributed to the participants for the day one lectures and the participants filled the feedback forms and handed over to the organizers.

### Day 2 - 10/10/2023

After the recitation of Dhanwantari stawan, the session coordinator's Dr Apoorva Sangoram and Dr Vinaya Dixit started the day 2 proceedings.

Dr Mihir Hajarnavis gave a detailed information about the salient features of MUHS PhD directions. Dr Hajarnavis explained all the rules and regulations and the directions to be

followed while completing the PhD course. He also suggested all the PhD scholars to complete their PhD course within the stipulated time.

### Lecture 5 - Cohort studies.

**Dr Sagar Khandagale** gave an elaborative lecture on Cohort studies. Dr Khandagale explained in details about the advantages and disadvantages of Cohort studies. He also explained about Retrospective Cohort.

The lecture on Cohort studies was followed by the group activity in which all the issues were discussed by all the groups and all the group activity was guided by Dr Sagar Khandagale & Session coordinators Dr Apoorva Sangoram and Dr Vinaya Dixit.

### Lecture 6 – Clinical trial

**Dr Prasad Pore** gave an excellent presentation on Clinical trials. It was an interactive session and all the participants actively participated and got their basics cleared.

Dr Pore explained in details the types of Clinical trials, phases of clinical trials, pre requisites of Randomized clinical trials and the steps to be followed while doing a clinical trial. He also elaborated on how to maintain the documentation of a clinical trial.

Dr Pore also explained the AYUSH GCP guidelines and their importance while doing a clinical trial.

After an elaborative lecture on clinical trials, group activity was conducted and all the groups were asked to discuss and present their respective topics on clinical trials.

The group activity was followed by a Lecture demonstration where an example of a clinical trial was taken by all the five groups and they were asked to present their topic including the following points

- Research question
- Population types
- Sampling and sample size
- · Randomization method used
- · Bias in the study
- Analysis and interpretation of the study

Feedback forms were distributed to the participants for the day two lectures and the participants filled the feedback forms and handed over to the organizers.



### Day 3 - 11/10/2023

After the recitation of Dhanwantari stawan, the session co-ordinators Dr. Ashwini Bodade and Dr Asmita Jadhav started the day 3 proceedings.

### Lecture 7 – Types of variables

**Dr Amitav Banerjee** gave a detailed explanation of types of variables, conversion of data from one type to another and scales of management. It was an interactive session.

Dr Amitav Banerjee gave a Lecture demonstration on methods of data presentation.

Dr Amitav Banerjee demonstrated how to use MS excel in preparing various types of data presentations and the participants were asked to practice using MS excel in preparing data presentations. As it was an interactive session all the participants enthusiastically did the group activity.

### Lecture 8 - Intellectual property rights, Patent

Dr Mugdha Lele explained in details with excellent examples about types of property, types of intellectual property and the criteria for patent registration process till filing a patent on one's name

### Lecture 9 - Regulatory aspects in research

After a short lunch break, **Dr Girish Tillu**, a very eminent researcher in the field of Ayurveda, gave a very elaborative information about regulatory aspects in research which included important topics like – CONSORT, AYUSORT and Role of FDA in research. He also gave a detailed information on publication guidelines.

Lecture 10 – Proposal writing for funding agencies. Dr Girish Tillu explained in details as to how to proceed for a protocol development and explained in details the steps to be followed in a protocol development. The informative lecture was very well appreciated by the participants and all the participants were boosted to start developing their research protocol and get it published in a good scientific journal.

### Lecture 11 - Ethics in health sciences research.

**Dr Surekha**. Shinde explained in details with various examples regarding the ethical issues in Biomedical research in India. Dr Surekha Shinde explained the basic fundamentals principles of Human research ethics, importance of consent and also informed the importance of plagiarism and methods to avoid the plagiarism in one's research study presentation. The lecture was very informative and widely appreciated by the participants.

Feedback forms were distributed to the participants for the day three lectures and the participants filled the feedback forms and handed over to the organizers.



### Day 4 - 12/10/2023

After the recitation of Dhanwantari stawan, the session co-ordinators Dr. Taranoom Patel and Dr. Ashwini Bodade started the day 4 proceedings.

### Lecture 12 - Literature search

**Dr Kadambari Ambeldhok** delivered a very informative lecture on how to do a thorough literature search using various authentic search engines like Shodh ganga, Pubmed, Medline, Mbase and Google scholar. Dr Ambeldhok explained in details how to search, read, think and critically analyze a literature search.

Group activity – Dr Kadambari Ambeldhok along with session coordinators Dr Taranoom Patel and Dr. Ashwini Bodade carried out the group activity by asking the participants to do a literature search by using the Shodh ganga software. All the groups actively participated in the group activity.

### Lecture 13 - Referencing management

**Dr Kadambari Ambeldhok** demonstrated how to search in soft wares like Zotero, Mendely and Endnote.

She also gave a detailed information on the Cochrane library.

Both the lectures given by Dr Kadambari Ambeldhok were very informative and were very much appreciated by the participants.

### Lecture 14 - Evaluation of diagnostic tests

Dr Suwarna Joshi a senior researcher from the department of biochemistry from B J Medical College gave an excellent presentation on how to evaluate diagnostic tests in one's research project. She also explained the importance of diagnostic tests, their evaluation and their standardization while doing a research project.

Dr Suwarna Joshi asked the participants to calculate the sensitivity and specificity of few diagnostic tests.

### Group Activity – Research priorities in various disciplines

Dr Suwarna Joshi gave a detailed information of the top 5 research priorities in health, A brief explanation on CCRAS which is the apex body of Research in Ayurveda and how health care outbreak activities can be done to globalize the research in Ayurveda.

### Lecture 15 – Questionnaire designing

Dr Surekha Shinde first informed all the sources of gaining information of a particular topic and then explained the importance of questionnaire designing in one's research project. She gave a detailed explanation with various examples as to how a good questionnaire can be designed.

Dr Surekha Shinde explained the Lickert scale in measuring the attitude of a questionnaire and how to pilot and validate a questionnaire.

**Group activity** – Few examples of a questionnaire were given to all the groups and the participants were asked to scale a good and a bad questionnaire. The activity was done with full enthusiasm and all the participants took an active participation in the given group activity.

### Day 5 - 13/10/2023

After the recitation of Dhanwantari stawan, the session co-ordinators Dr. Mihir Hajarnavis and Dr. Minakshee Randive started the day 4 proceedings.

**Group 3** presented their topic on Statistical tests. All the other groups took an active part in the interactive session and all groups appreciated the presentation done by group 3.

### Lecture 16 - Inferential statistics

Dr Swati Raje delivered lecture on the topic Inferential statistics & statistical fallacies: - Parametric, non-parametric, which test to use, when & why (a case of ANOVA, also post hoc tests). She also gave a lecture demonstration on the topic Demonstration of EPI Info and Open EPI – the WHO software. The lecture was interactive.

**Group** – 4 presented their topic on Interpretation of statistical test- probability, significance, CI, power etc.

Dr. Swati Raje delivered a lecture demonstration on the subject Use of computers in inferential statistics.

Post lunch a lecture 18 on the topic Descriptive statistics (concept of central tendency & dispersion, normal curve, skewed distribution was delivered by Dr. D.R. Basannar.

Lecture 17 - Role of chance, bias, confounding & interaction was explained by Dr. D.R. Basannar in detail.

A lecture demonstration on the topic of Sample size determination using computers was explained interactively by Dr. D.R. Basannar.

**Group 5**— presented their topic on Sampling methods. This group activity was conducted by Dr. D.R. Basannar along with the session coordinators Dr. Mihir Hajarnavis and Dr. Minakshee Randive.

Feedback forms were distributed to the participants for the day four lectures and the participants filled the feedback forms and handed over to the organizers.



### Day 6 - 14/10/2023

After the recitation of Dhanwantari stawan, the session co-ordinators Dr. Yoginee Patil and Dr. Asmita Jadhav started the day 6 proceedings.

Group 5 presented their topic on Implementation of research- Gantt charting, operational definitions/criteria/classifications, pilot study, dummy tables, monitoring etc.. All the other groups took an active part in the interactive session and all groups appreciated the presentation done by group 5. Dr. Srikanth Muralidharan conducted the group activity along with session coordinators.

**Lecture 18 - Dr. Srikanth Muralidharan** explained in details writing of dissertation, Data Reporting and writing for Publication.

A Group activity on Critical evaluation of journal article was conducted by Dr. Srikanth Muralidharan along with the session coordinators. Each group discussed the articles allotted. The articles represented all study designs.

### Lecture 19 - Qualitative Research methods

**Dr Surekha Shinde** explained the basic difference and importance of Qualitative and Quantitative research. Dr Surekha very elaborately explained the characteristics of Qualitative research.

All the participants solved their queries regarding qualitative research.

Lecture 20 – A very interactive on Meta-Analysis was delivered by Dr Vineet Vinay the participants appreciated the lecture very much.

After the last lecture there were Project Presentations by the Participants/Groups. Every group presented the topics by active participation of all the members in the group.

### Project presentations by the groups -

- Group 1 Study to assess effectiveness of Navayas Lauha Vati over Iron Folic Acid tablet in treating Iron deficiency Anaemia in Adult Population – A Comparative study
- Group 2 "The Effect of Maternal Employment on Children's Academic Performance in Convent School of Pune City: A Case Control Study"
- Group 3 "Comparative Clinical Study to Evaluate Efficacy of Durvadya Taila and Mometasone Cream in Vicharchika with Special Reference to Eczema."



Group 4 -Efficacy Of Local Application of Bakuchi Oil in Comparison with Methoxypsoralen Ointment in Management of Vitiligo: A Randomized Controlled Trial.

Group 5 – Randomised Controlled Clinical Trial to study the efficacy of Yastyadi kwatha in the management of Pittaj Mutrakruccha.

A **Post test** comprising of 50 MCQ questions was given to the participants. The score in the Prestest and Post test showed remarkable improvement in the knowledge of the participants after the workshop.

Feedback forms were distributed to the participants for the day six lectures and the participants filled the feedback forms and handed over to the organizers.

The daily feedback was obtained for the lectures, lecture demonstrations and group activity conduced on each day by resource persons

Feedback form for the total six-day workshop was distributed to the participant. The participant gave feedback regarding achievement of the objective of the workshop, usefulness of the workshop, resourcefulness of the faculty, Implementation of the topic learnt in the workshop, Regarding balance of theory and practical in the workshop and satisfactory time management of the workshop. The participant also gave feedback on benefits of group activities.

Dr. Mihir Hajarnavis worked as Chief- Coordinator for the six-day workshop.

Members of Research Society of Tilak Ayurved Mahavidyalaya namely – Dr. Saroj Patil (Chairman), Dr. Minakshi Randive (Secretory), Dr. Manjiri Deshpande (Jt. Secretory) Member- Dr. Mihir Hajarnavis, Dr. Apoorva Sangoram, Dr. Yoginee Patil, Dr. Vinaya Dixit, Dr. Sangeeta Salvi, Dr. Darshana Ubhale and Dr. Taranoom Patel, Dr. Asmita Jadhav and Dr.Ashwini Bodade worked for the organization of the workshop.

**Dr. D.P. Puranik – President of Rashtriya Shikshan Mandal and Director** of Centre for Post Graduate Studies and Research in Ayurved of Tilak Ayurved Mahavidyalaya was the **Advisor** and guiding force for the workshop.

Prof. Dr. Mihir Hajarnavis Co-ordinator PUNE-11 A

Prof. Dr. Saroj V. Patil Principal Principal Tilak Ayurved Mahavidyalaya, Pune - 411 011. ADVANCED RESEARCH METHODOLOGY COURSE 9/10/2023 to 14/10/2023 49 PhD PARTICIPANTS FEE = 49× RS.1000/ per participant=RS49,000/-

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## Advance Research Methodology Workshop approved by Maharashatra University of Health Scieces, Nashik Orgnized by RSM's Center for Post Graduate Studies and Research in Ayurved of

Tilak Ayurved Mahavidlayalya, Pune Date- 9 Oct. 2023 to 14 Oct. 2023

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			Faculty Ses	Faculty Session Attendance Sheet	
Sr.No	Name of the Faculty	Name of Institute	Date	Subject	Signature
-	Dr Vineet Vinay	Sinhagad Dental College & Hospital, Pune	09-10-2023	L1: Introduction to research methodology L2: Framing Research question, hypothesis GA 1 : Each group will	
7	Dr Jagannath Dixit	B J Medical College, Pune	09-10-2023	L3: Classification of study designs: Descriptive study designs GA 2: Issues in descriptive studies.  LD1: Faculty member would present & discuss two published studies L4: Case control studies GA 3: Issues in case control/ cohortstudies GA4:Recapitulation by participants	James
	Sagar Khandagale	Ayurved College, Wagholi, Pune	10-10-2023	L5: Cohort studies GA 5: Issues in cohort studies.	Seliandapol
4	Dr Mihir Hajamavis	Tilak Ayurved Mahavidyalaya, Pune	10-10-2023	Salient features of MUHS Ph. D direction	projections
w	Dr Prasad Pore	BVDU Medical College, Pune	10-10-2023	L6 -Clinical trial GA 6: Issues in clinical trials. LD 2: Presentation of at Teast two clinical trials & discuss: GA 7:Recapitulation	Jane 2
9	Col ( Retd) Dr Amitav Banerjee.	D.Y. Patil Medical College, Pune	11-10-2023	L 7: Types of variables(data), conversion of data from one Type to other, scales of measurement LD3: Data presentation	+ Soul
7	Dr Mugdha Lele Potnis	Venture Centre, NCL Innovation park, Pashan, Pune	11-10-2023	L8: Intellectual Property Right, Patent	Myola
90	Dr Girish Tillu	School of Health Sciences, Savitribai Phule Pune University, Pune	11-10-2023	L 9: Regulatory aspects in research CONSORT, AYUSORT, ICH-GCP, Trial Registration, Role of FDA L 10: Proposal writing for funding agencies Protocol writing	The state of the s
6	Dr Surekha Shinde	B J Medical College, Pune	11-10-2023	L 11: Ethics in health sciences research (ICH-GCP, Indian GCP, ICMR guidelines)	and the
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Date- 9 Oct. 2023 to 14 Oct. 2023

Faculty Session Attendance Sheet

Sr.No	Name of the Faculty	Name of Institute	Date	Subject	Signature
10	Dr Ka	Sinhagad Dental College & Hospital, Pune	12-10-2023	L 12:-Literature Search GA 11: Literature Search Activity Online Literature Search by participants. Faculty to moderate L 13: Referencing Management	30
=	Dr Suwarna Joshi	BJ Medical College. Pune	12-10-2023	L 14: Evaluation of a diagnostic test GA 12: Research priorities in various disciplines	墓
12	Dr Surekha Shinde	B J Medical College. Pune	12-10-2023	L15: Questionnaire designing GA 10: Exercise on good and bad questionnaire	X OR
5	Dr Swati Raje	MIMER Medical College, Talegaon Dabhade, Pune	13-10-2023	L. 16: Inferential statistics & statistical fallacies: - Parametric, non- parametric, which test to use, when & why (a case of ANOVA, also post hoc tests) LD 5: Demonstration of EPI Info and Open EPI – the WHO soft ware GA13: Recapitulation by participants LD 6: Use of computers in inferential statistics	Boyle
4	Dr. D.R. Basannar	AFMS, Pune	13-10-2023	L17: Descriptive statistics (concept of central tendency & dispersion, normal curve, skewed distribution L 18: Role of chance, bias, confounding & interaction LD 4: Sample size determination (Demo of use of computers) GA8: Recapitulation by participants GA9: Recapitulation by participants	Jan Harris
2	Dr. Shrikanth Muralidharan	Tilak Ayurved Mahavidyalaya, Pune	14-10-2023	GA14: Recapitulation by participants 1, 19: Writing dissertation: Data Reporting Writing for Publication GA 15: Critical evaluation of journal article Each group will discuss the article allotted/selected & present. The articles should represent all study designs.	The land
91	Dr Surekha Shinde	B J Medical College, Pune	14-10-2023	L 19: Qualitative research methods Question answer session -	Stell: A
17	Dr Vincet Vinay	Sinhagad Dental College & Hospital, Pune	14-10-2023	L 20: Meta-Analysis Demonstration and Group Activity	3



Prof. Dr Mihir Hajarnavis Coordinator.

Principal

Prof. Dr. Saroj V. Patil Principal

Tilak Ayurved Mahavidyalaya, Pune - 411 011.

Advance Research Methodology Workshop approved by Maharashatra University of Health Scieces, Nashik Orgnized by RSM's Center for Post Graduate Studies and Research in Ayurved of Tilak Ayurved Mahavidlayalya, Pune Date-9 Oct. 2023 to 14 Oct. 2023



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Tilak Ayurved Mahavidlayalya, Pune Date- 9 Oct. 2023 to 14 Oct. 2023

Attendance Sheet

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Advance Research Methodology Workshop approved by Maharashatra University of Health Scieces, Nashik Organized by RSM's Center for Post Graduate Studies and Research in Ayurved of Tilak Ayurved Mahavidlayalya, Pune

Tilak Ayurved Mahavidlayalya, Pune Date- 9 Oct. 2023 to 14 Oct. 2023 Attendance Sheet

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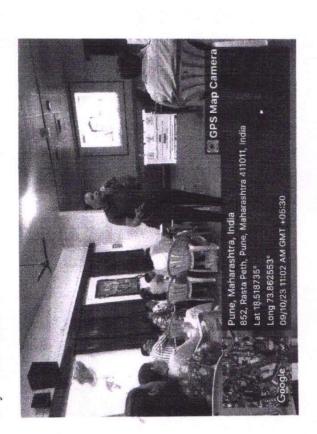
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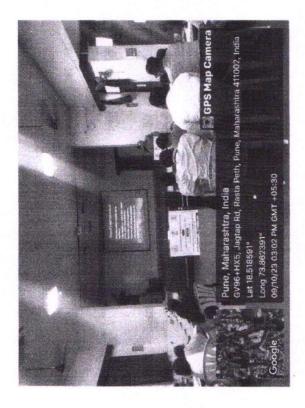
Prof. Dr Mihir Hajarnavis Coordinator

Principal Prof. Dr. Saroj V. Patil Principal Principal Principal Tilak Ayurved Mahavidyalaya, Principal Tilak Ayurved Mahavidyalaya,

# ADYANCED RESEARCH METHODOLOGY COURSE 9/10/2023 to 14/12/2023 C.P.G.S.R.A, TILAK AYURUED MAHAUIDYALAYA, PUNE DAYWISE PHOTOS

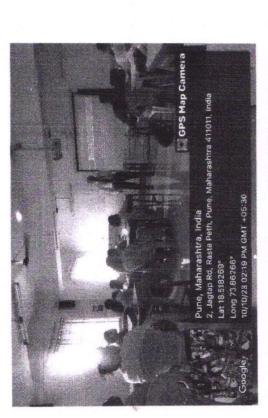
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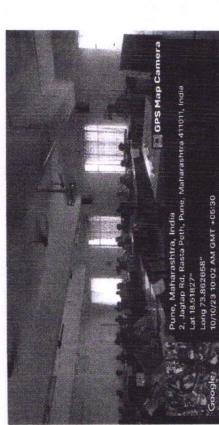


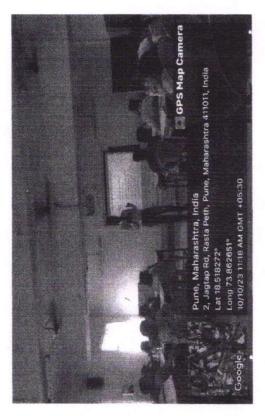






















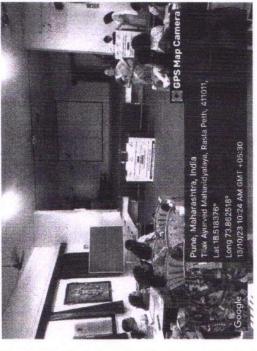


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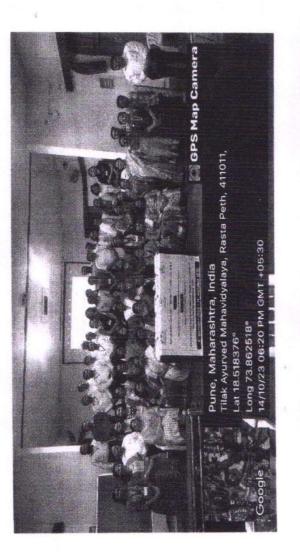


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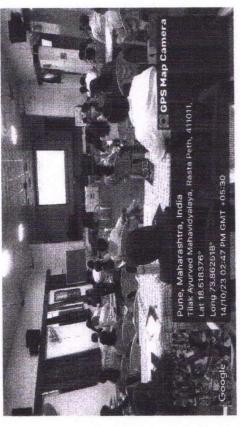
















Rashiriya Shikshon Mandal's



### Centre for Post Graduate Studies «L. Research in Ayurved of Tilak Ayurved Mahavidyalaya



583/2, Rasta Peth, Pune - 411 011 Phone : 020 - 20336429, 26336756 E-mail : cogsra12@gmail.com

Ref. No. 3 0 1018 2023

Date: 4/10/2023

### Notice

All Ph.D students and Guides are hereby notified that Tilak Ayurved Mahavidyalaya's Centre for Post Graduate studies and Research in Ayurved has been sanctioned six day Advanced Research methodology Workshop. The Workshop is scheduled from 9th Oct 2023 to 14th Oct 2023 from Morning 9.00 a.m to 6.00 p.m every day.

Instructions for the registration of the workshop -

- 1) The students and guides should register themselves on the University website
- 2) After the registration we can approve your name for the workshop.
- 3) After the approval you have to pay Administrative & certification fees of MUHS (Rs 1000) & fees for the organizing college (Rs 4000) - Total - Rs 5000/-( as per MUHS academic notification no. 09/2023) to be paid at P.G. Office of Tiak Ayurved Mahavidyalaya, in cash or fees can be paid through NEFT to the following Account Number & Bank.

Name of the Bank :- Canara Bank

Name of the Account :- Centre for Post Graduate Studies and Research in Ayurved Ph.D & Others.

Account Number :- 53312010099902

IFSC Code :- CNRB0015331

Branch :- Rastapeth, Pune - 411011.

After the payment send the transaction details along with your name to cpgsra12@gmail.com

- 4) The Workshop will begin on 9th of October 2023 at 9.00 a.m sharp.
- Once your Registration is confirmed we will send you the Time-Table of the Workshop
- 6) As per University rule Attendance of all the participants is mandatory for all sessions for all days.

Prof. Dr.Mihir Hajamavis Coordinator



Prof. Dr. Saroj V. Patil
Pringipal
Tilak Ayurved Wahavidyalaya,
Pune - 411 011.

### Tilak Ayurved Mahavidyalaya's Centre for Post Graduate Studies and Research in Ayurved Report of Advanced Research Methodology Course 9th October 23 to 14th October 23

6 days Advanced Research Methodology Course was organized at Tilak Ayurved Mahavidyalaya's Centre for Post Graduate Studies and Research in Ayurveda, Pune as per the guidelines of Maharashtra University of Health Sciences, Nashik, from 9<sup>th</sup> October to 14<sup>th</sup> October 23.

Total 50 participants were confirmed and registered for the course. The participants were from the Ayurved, Unani, Homeopathy and Modern medicine fraternity. Out of 50 participants 49 participants completed the Advanced Research Methodology Course.

### Day 1 - 9/10/2023

The workshop began with registration followed by breakfast.

Total 50 participants registered themselves for the workshop. 49 participants completed the workshop.

All the participants were divided into 5 groups – Group 1, Group 2, Group 3, Group 4 and Group 5. These groups were maintained for the whole six days of the course.

The Research Committee of Tilak Ayurved Mahavidyalaya welcomed all the participants and a Pre test comprising of 50 MCQ questions was given to the participants.

A formal Inaugural function was chaired by the Principal of Tilak Ayurved Mahavidyalaya, Dr Saroj Patil. Co ordinator Dr Mihir Hajarnavis briefed to all the participants about the objectives of the 6-day workshop. Principal Dr. Saroj Patil shared her views and declared the inauguration of the six days workshop. All the Research Committee members and the Vice Principal of the College Dr Indira Ujagare were present for the inaugural function.

The resource persons were selected from the list published by MUHS. Total 13 resource persons were invited for the 6-day workshop. The members of Research Society of Tilak Ayurved Mahavidyalaya worked as session coordinators for each day.

The first session of day one started by the Lecture of Dr Vineet Vinay.



Topics covered by Dr Vineet Vinay took the following lectures

### Lecture 1 - Introduction to Research Methodology

### Lecture 2 - Framing research question, hypothesis.

Dr Vineet Vinay gave an excellent presentation on Introduction to Research Methodology which was very informative and an eye opener for all the participants.

After a short tea break Dr Vineet Vinay delivered a very informative lecture on how to frame a research question. It was an interactive session and all the participants took an active participation and cleared their doubts regarding how to frame an ideal research question.

Dr Vineet Vinay and the session coordinators Dr Vinaya Dixit and Dr Apoorva Sangoram took the first group activity and all the participants were asked to do the following –

- Select one research topic
- Assess the topic on FINER criteria
- Present the research question for the topic and mention the type of research question.
- Mention the population
- Mention the variables
- Mention the hypothesis of the selected topic

All the groups took an active participation and presented their topic.

The group activity was followed by a lunch break.

The post lunch session started with the lecture of Dr Jagannath Dixit.

**Lecture 3 – Classification of study designs.** Dr Dixit took a detailed interactive session explaining the classification of study designs and descriptive study designs.

Dr Dixit elaborated the difference in research done at MD/MS level and the research done at the PhD level and also explained the use of open EPI. Dr Dixit explained in details the steps to be taken in presenting the descriptive study right from how to write a research question to reporting the study and generating the hypothesis.

After the elaborative lecture, a lecture demonstration was given by Dr Jaganath Dixit by sharing two different articles in the 5 groups in which Dr Vinaya Dixit and Dr Apoorva Sangoram coordinated with all the groups and help the participants in discussing the following points

The lecture demonstration included the following points -

- o Issues in descriptive studies
- Research question
- Population types
- o Sampling and sample size
- Measurements
- o Bias in descriptive studies selection bias and measurement bias
- Ethical issues in research studies
- Analysis and hypothesis generation.

The lecture demonstration was followed by the next lecture by Dr Jagannath Dixit.

### Lecture 4 - Case control studies

Dr Dixit gave a detailed explanation of case control studies.

The lecture was followed by a group activity in which the following points were discussed regarding issues in case control/cohort studies –

- Research question
- · Population types
- Sampling and sample size
- · Sources and selection of cases and controls/comparison
- Measurement of exposure
- Bias in case control studies selection, measurement, confounding matching
- · Analysis, statistical testing, odds ratio, RR, AR, multivariate analysis.

After the group activity all the groups presented types of bias and measures to minimize them as per the topic selected by all the five groups. Dr Jaganath Dixit cleared all the doubts of the participants.

Feedback forms were distributed to the participants for the day one lectures and the participants filled the feedback forms and handed over to the organizers.

### Day 2 - 10/10/2023

After the recitation of Dhanwantari stawan, the session coordinator's Dr Apoorva Sangoram and Dr Vinaya Dixit started the day 2 proceedings.

Dr Mihir Hajarnavis gave a detailed information about the salient features of MUHS PhD directions. Dr Hajarnavis explained all the rules and regulations and the directions to be





followed while completing the PhD course. He also suggested all the PhD scholars to complete their PhD course within the stipulated time.

### Lecture 5 - Cohort studies.

**Dr Sagar Khandagale** gave an elaborative lecture on Cohort studies. Dr Khandagale explained in details about the advantages and disadvantages of Cohort studies. He also explained about Retrospective Cohort.

The lecture on Cohort studies was followed by the group activity in which all the issues were discussed by all the groups and all the group activity was guided by Dr Sagar Khandagale & Session coordinators Dr Apoorva Sangoram and Dr Vinaya Dixit.

### Lecture 6 - Clinical trial

**Dr Prasad Pore** gave an excellent presentation on Clinical trials. It was an interactive session and all the participants actively participated and got their basics cleared.

Dr Pore explained in details the types of Clinical trials, phases of clinical trials, pre requisites of Randomized clinical trials and the steps to be followed while doing a clinical trial. He also elaborated on how to maintain the documentation of a clinical trial.

Dr Pore also explained the AYUSH GCP guidelines and their importance while doing a clinical trial.

After an elaborative lecture on clinical trials, group activity was conducted and all the groups were asked to discuss and present their respective topics on clinical trials.

The group activity was followed by a Lecture demonstration where an example of a clinical trial was taken by all the five groups and they were asked to present their topic including the following points

- Research question
- Population types
- · Sampling and sample size
- · Randomization method used
- Bias in the study
- Analysis and interpretation of the study

Feedback forms were distributed to the participants for the day two lectures and the participants filled the feedback forms and handed over to the organizers.





### Day 3 - 11/10/2023

After the recitation of Dhanwantari stawan, the session co-ordinators Dr. Ashwini Bodade and Dr Asmita Jadhav started the day 3 proceedings.

### Lecture 7 - Types of variables

**Dr Amitav Banerjee** gave a detailed explanation of types of variables, conversion of data from one type to another and scales of management. It was an interactive session.

Dr Amitav Banerjee gave a Lecture demonstration on methods of data presentation.

Dr Amitav Banerjee demonstrated how to use MS excel in preparing various types of data presentations and the participants were asked to practice using MS excel in preparing data presentations. As it was an interactive session all the participants enthusiastically did the group activity.

### Lecture 8 - Intellectual property rights, Patent

Dr Mugdha Lele explained in details with excellent examples about types of property, types of intellectual property and the criteria for patent registration process till filing a patent on one's name.

### Lecture 9 - Regulatory aspects in research

After a short lunch break, **Dr Girish Tillu**, a very eminent researcher in the field of Ayurveda, gave a very elaborative information about regulatory aspects in research which included important topics like – CONSORT, AYUSORT and Role of FDA in research. He also gave a detailed information on publication guidelines.

Lecture 10 – Proposal writing for funding agencies. Dr Girish Tillu explained in details as to how to proceed for a protocol development and explained in details the steps to be followed in a protocol development. The informative lecture was very well appreciated by the participants and all the participants were boosted to start developing their research protocol and get it published in a good scientific journal.

### Lecture 11 - Ethics in health sciences research.

**Dr Surekha**. Shinde explained in details with various examples regarding the ethical issues in Biomedical research in India. Dr Surekha Shinde explained the basic fundamentals principles of Human research ethics, importance of consent and also informed the importance of plagiarism and methods to avoid the plagiarism in one's research study presentation. The lecture was very informative and widely appreciated by the participants.

Feedback forms were distributed to the participants for the day three lectures and the participants filled the feedback forms and handed over to the organizers.





### Day 4 - 12/10/2023

After the recitation of Dhanwantari stawan, the session co-ordinators Dr. Taranoom Patel and Dr. Ashwini Bodade started the day 4 proceedings.

### Lecture 12 – Literature search

**Dr Kadambari Ambeldhok** delivered a very informative lecture on how to do a thorough literature search using various authentic search engines like Shodh ganga, Pubmed, Medline, Mbase and Google scholar. Dr Ambeldhok explained in details how to search, read, think and critically analyze a literature search.

Group activity – Dr Kadambari Ambeldhok along with session coordinators Dr Taranoom Patel and Dr. Ashwini Bodade carried out the group activity by asking the participants to do a literature search by using the Shodh ganga software. All the groups actively participated in the group activity.

### Lecture 13 - Referencing management

**Dr Kadambari Ambeldhok** demonstrated how to search in soft wares like Zotero, Mendely and Endnote.

She also gave a detailed information on the Cochrane library.

Both the lectures given by Dr Kadambari Ambeldhok were very informative and were very much appreciated by the participants.

### Lecture 14 - Evaluation of diagnostic tests

Dr Suwarna Joshi a senior researcher from the department of biochemistry from B J Medical College gave an excellent presentation on how to evaluate diagnostic tests in one's research project. She also explained the importance of diagnostic tests, their evaluation and their standardization while doing a research project.

Dr Suwarna Joshi asked the participants to calculate the sensitivity and specificity of few diagnostic tests.

### Group Activity - Research priorities in various disciplines

Dr Suwarna Joshi gave a detailed information of the top 5 research priorities in health, A brief explanation on CCRAS which is the apex body of Research in Ayurveda and how health care outbreak activities can be done to globalize the research in Ayurveda.

### Lecture 15 - Questionnaire designing

Dr Surekha Shinde first informed all the sources of gaining information of a particular topic and then explained the importance of questionnaire designing in one's research project. She gave a detailed explanation with various examples as to how a good questionnaire can be designed.

Dr Surekha Shinde explained the Lickert scale in measuring the attitude of a questionnaire and how to pilot and validate a questionnaire.

**Group activity** – Few examples of a questionnaire were given to all the groups and the participants were asked to scale a good and a bad questionnaire. The activity was done with full enthusiasm and all the participants took an active participation in the given group activity.

### Day 5 - 13/10/2023

After the recitation of Dhanwantari stawan, the session co-ordinators Dr. Mihir Hajarnavis and Dr. Minakshee Randive started the day 4 proceedings.

**Group 3** presented their topic on Statistical tests. All the other groups took an active part in the interactive session and all groups appreciated the presentation done by group 3.

### Lecture 16 - Inferential statistics

Dr Swati Raje delivered lecture on the topic Inferential statistics & statistical fallacies: - Parametric, non-parametric, which test to use, when & why (a case of ANOVA, also post hoc tests). She also gave a lecture demonstration on the topic Demonstration of EPI Info and Open EPI – the WHO software. The lecture was interactive.

**Group - 4** presented their topic on Interpretation of statistical test- probability, significance, CI, power etc.

Dr. Swati Raje delivered a lecture demonstration on the subject Use of computers in inferential statistics.

Post lunch a lecture 18 on the topic Descriptive statistics (concept of central tendency & dispersion, normal curve, skewed distribution was delivered by Dr. D.R. Basannar.

Lecture 17 - Role of chance, bias, confounding & interaction was explained by Dr. D.R. Basannar in detail.

A lecture demonstration on the topic of Sample size determination using computers was explained interactively by Dr. D.R. Basannar.

**Group 5**— presented their topic on Sampling methods. This group activity was conducted by Dr. D.R. Basannar along with the session coordinators Dr. Mihir Hajarnavis and Dr. Minakshee Randive.

Feedback forms were distributed to the participants for the day four lectures and the participants filled the feedback forms and handed over to the organizers.





### Day 6 - 14/10/2023

After the recitation of Dhanwantari stawan, the session co-ordinators Dr. Yoginee Patil and Dr. Asmita Jadhav started the day 6 proceedings.

Group 5 presented their topic on Implementation of research- Gantt charting, operational definitions/criteria/classifications, pilot study, dummy tables, monitoring etc.. All the other groups took an active part in the interactive session and all groups appreciated the presentation done by group 5. Dr. Srikanth Muralidharan conducted the group activity along with session coordinators.

Lecture 18 - Dr. Srikanth Muralidharan explained in details writing of dissertation, Data Reporting and writing for Publication.

A Group activity on Critical evaluation of journal article was conducted by Dr. Srikanth Muralidharan along with the session coordinators. Each group discussed the articles allotted. The articles represented all study designs.

### Lecture 19 - Qualitative Research methods

**Dr Surekha Shinde** explained the basic difference and importance of Qualitative and Quantitative research. Dr Surekha very elaborately explained the characteristics of Qualitative research.

All the participants solved their queries regarding qualitative research.

Lecture 20 – A very interactive on Meta-Analysis was delivered by Dr Vineet Vinay the participants appreciated the lecture very much.

After the last lecture there were Project Presentations by the Participants/Groups. Every group presented the topics by active participation of all the members in the group.

### Project presentations by the groups -

- Group 1 Study to assess effectiveness of Navayas Lauha Vati over Iron Folic Acid tablet in treating Iron deficiency Anaemia in Adult Population – A Comparative study
- Group 2 "The Effect of Maternal Employment on Children's Academic Performance in Convent School of Pune City: A Case Control Study"
- Group 3 "Comparative Clinical Study to Evaluate Efficacy of Durvadya Taila and Mometasone Cream in Vicharchika with Special Reference to Eczema."





Group 4 -Efficacy Of Local Application of Bakuchi Oil in Comparison with Methoxypsoralen Ointment in Management of Vitiligo: A Randomized Controlled Trial.

Group 5 – Randomised Controlled Clinical Trial to study the efficacy of Yastyadi kwatha in the management of Pittaj Mutrakruccha.

A **Post test** comprising of 50 MCQ questions was given to the participants. The score in the Prestest and Post test showed remarkable improvement in the knowledge of the participants after the workshop.

Feedback forms were distributed to the participants for the day six lectures and the participants filled the feedback forms and handed over to the organizers.

The daily feedback was obtained for the lectures, lecture demonstrations and group activity conduced on each day by resource persons

Feedback form for the total six-day workshop was distributed to the participant. The participant gave feedback regarding achievement of the objective of the workshop, usefulness of the workshop, resourcefulness of the faculty, Implementation of the topic learnt in the workshop, Regarding balance of theory and practical in the workshop and satisfactory time management of the workshop. The participant also gave feedback on benefits of group activities.

Dr. Mihir Hajarnavis worked as Chief- Coordinator for the six-day workshop.

Members of Research Society of Tilak Ayurved Mahavidyalaya namely – Dr. Saroj Patil (Chairman), Dr. Minakshi Randive (Secretory), Dr. Manjiri Deshpande (Jt. Secretory) Member- Dr. Mihir Hajarnavis, Dr. Apoorva Sangoram, Dr. Yoginee Patil, Dr. Vinaya Dixit, Dr. Sangeeta Salvi, Dr. Darshana Ubhale and Dr. Taranoom Patel, Dr. Asmita Jadhav and Dr. Ashwini Bodade worked for the organization of the workshop.

**Dr. D.P. Puranik – President of Rashtriya Shikshan Mandal and Director** of Centre for Post Graduate Studies and Research in Ayurved of Tilak Ayurved Mahavidyalaya was the **Advisor** and guiding force for the workshop.

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Prof. Dr. Mihir Hajarnavis Co-ordinator PUNE-11 AL

Prof. Dr. Saroj V. Patil
Principal
Principal
Tilak Ayurved Mahavidyalaya,
Pune - 411 011.

ADVANCED RESEARCH METHODOLOGY COURSE 9/10/2023-to 14/10/2023
CONDUCTEDBY\_CPGSRA, OF TILAK AYURUED MAHAVIDYALAYA PUNE 49 PhD PARTICIPANTS FEE = 49× RS. 1000/ per participant=RS49,000/-

We acknowledge receipt of NEFT / RTGS instruction(s). Reference no. Branch: Name and Signature of Bank Official 40000 - Connam 35 and Customer Acknowledgement 25/10/23

RS. 49000/- Paid to MUHS BANK ACCOUNT-006 41450000649 HDFC BANK, THATTE NAGAR, NASHIK



Coordinator Dr. Mihie Hajoranie

Principal
Principal
Tilak Ayurved Mahavidyalaya



## Advance Research Methodology Workshop approved by Maharashatra University of Health Scieces, Nashik Orgnized by RSM's Center for Post Graduate Studies and Research in Ayurved of Tilak Ayurved Mahavidlayalya, Pune

Date- 9 Oct. 2023 to 14 Oct. 2023 Faculty Session Attendance Sheet

			racuity Sea	Faculty Session Attendance Sheet	
Sr.No	o Name of the Faculty	Name of Institute	Date	Subject	Signature
-	Dr Vineet Vinay	Sinhagad Dental College & Hospital, Pune	09-10-2023	L1: Introduction to research methodology L2: Framing Research question, hypothesis GA   : Each group will	>
				L3: Classification of study designs: Descriptive study designs GA 2: Issues in descriptive studies. LD1: Faculty member would present & discuss two published studies	
7	Dr Jagannath Dixit	B J Medical College, Pune	09-10-2023	L4: Case control studies GA 3: Issues in case control/ cohortstudies GA4:Recapitulation by participants	Som
3	Sagar Khandagale	Ayurved College, Wagholi, Pune	10-10-2023	L5: Cohort studies GA 5: Issues in cohort studies.	Sellandard
4	Dr Mihir Hajamavis	Tilak Ayurved Mahavidyalaya, Pune	10-10-2023	Salient features of MUHS Ph. D direction	projeland
v	Dr Prasad Pore	BVDU Medical College, Pune	10-10-2023	L6 -Clinical trial, GA 6: Issues in clinical trials. LD 2: Presentation of atcleast two clinical trials & discuss: GA 7:Recapitulation	James J
9	Col ( Retd) Dr Amitav Banerjee.	D.Y. Patil Medical College, Pune	11-10-2023	L 7: Types of variables(data), conversion of data from one Type to other, scales of measurement LD3: Data presentation	1 James
7	Dr Mugdha Lele Potnis	Venture Centre, NCL Innovation park, Pashan, Pune	11-10-2023	L8: Intellectual Property Right, Patent	Myola
90	Dr Girish Tillu	School of Health Sciences, Savitribai Phule Pune University, Pune	11-10-2023	L 9: Regulatory aspects in research CONSORT, AYUSORT, ICH-GCP, Trial Registration, Role of FDA L 10: Proposal writing for funding agencies Protocol writing	E CONTRACTOR OF THE PARTY OF TH
6	Dr Surekha Shinde	B J Medical College, Pune	11-10-2023	L 11: Ethics in health sciences research (ICH-GCP, Indian GCP, ICMR guidelines)	de de
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### Advance Research Methodology Workshop approved by Maharashatra University of Health Scieces, Nashik Organized by RSM's Center for Post Graduate Studies and Research in Ayurved of Tilak Ayurved Mahavidlayalya, Pune

Date- 9 Oct. 2023 to 14 Oct. 2023 Faculty Session Attendance Sheet

		Nome of Institute	Date	Subject	Signature
Sr.No	Name of the Facuity	ABINC OF INSTITUTE			
9	Dr Kadambari Ambeldhok	Sinhagad Dental College & Hospital. Pune	12-10-2023	L 12:-Literature Search GA 11: Literature Search Activity Online Literature Search by participants. Faculty to moderate	30
=	Dr Suwarna Joshi	BJ Medical College.	12-10-2023	L 14: Evaluation of a diagnostic test GA 12: Research priorities in various disciplines	No.
2	Dr Surekha Shinde	B J Medical College.	12-10-2023	L15: Questionnaire designing GA 10: Exercise on good and bad questionnaire	X DON
13	Dr Swaii Raje	MIMER Medical College, Talegaon Dabhade, Pune	13-10-2023		Berle
7	Dr. D.R. Basannar	AFMS, Pune	13-10-2023	L.17: Descriptive statistics (concept of central tendency & dispersion. normal curve, skewed distribution L.18: Role of chance, bias, confounding & interaction L.D.4: Sample size determination (Demo of use of computers) GA8: Recapitulation by participants GA9: Recapitulation by partigipants	Jan 1
<u> 6</u>	Dr. Shrikanth Muralidharan	Tilak Ayurved Mahavidyalaya, Pune	14-10-2023	GA14: Recapitulation by participants  I. 19: Writing dissertation: Data Reporting Writing for Publication GA 15: Critical evaluation of journal article Each group will discuss the article allotted/selected & present. The articles should represent all study designs.	A Thompson of the state of the
91	Dr Surekha Shinde	B J Medical College, Pune	14-10-2023	L. 19: Qualitative research methods Question answer session -	3.50. A
11	Dr Vincet Vinay	Sinhagad Dental College & Hospital. Pune	14-10-2023	L. 20: Meta-Analysis Demonstration and Group Activity	73



Prof. Dr Mihir Hajarnavis Coordinator.

Prof. Dr. Saroj V. Patil Principal

Principal

Tilak Ayurved Mahavidyalaya, Pune - 411 011.

Advance Research Methodology Workshop approved by Maharashatra University of the Organized by RSM's Center for Post Graduate Studies and Research in Ayu

Tilak Ayurved Mahavidlayalya, Pune Date- 9 Oct. 2023 to 14 Oct. 2023

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Date- 9 Oct. 2023 to 14 Oct. 2023

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					Attendance Sheet	Sheet							
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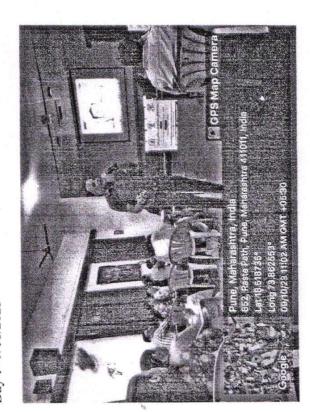


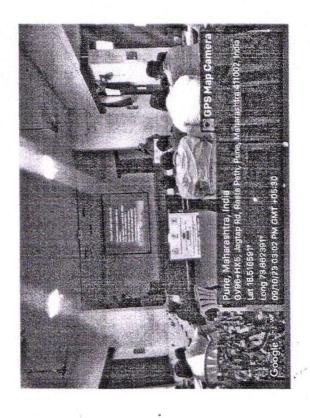
Principal Prof. Dr. Saroj V. Patil Principal Principal Mahavidyalaya, Tilak Ayurved Mahavidyalaya,

Prof. Dr Mihir Hajarnavis Coordinator

# ADYANCED RESEARCH METHODOLOGY COURSE 9/10/2023 to 14/12/2023 C.P.G.S.R.A, TILAK AYURUED MAHAVIDYALAYA, PUNE DAYWISE PHOTOS

Day 1- 9/10/2023





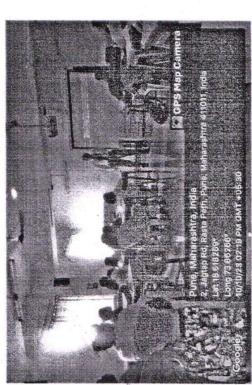


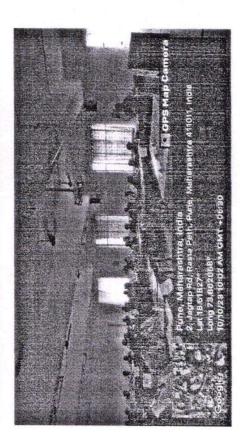


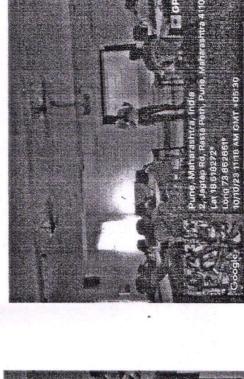








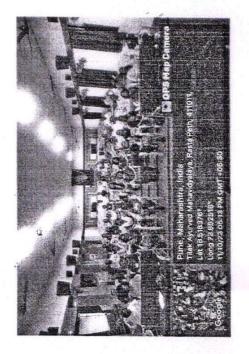


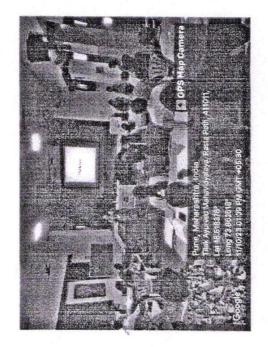


Day 2 - 10/10/2023





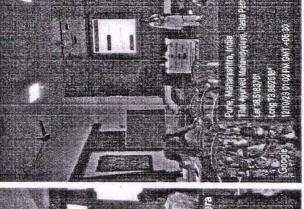


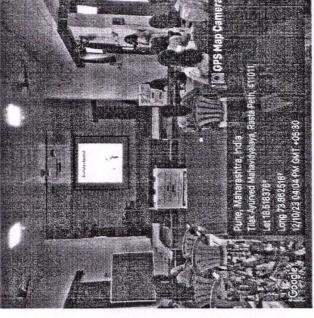


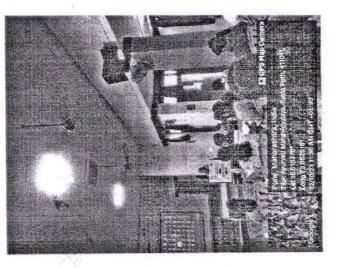




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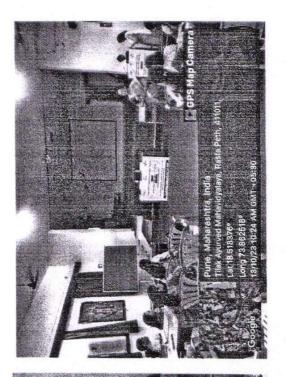


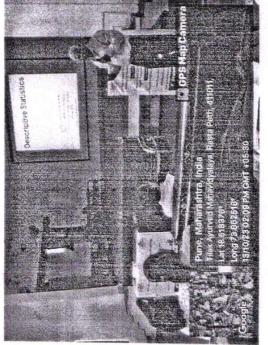












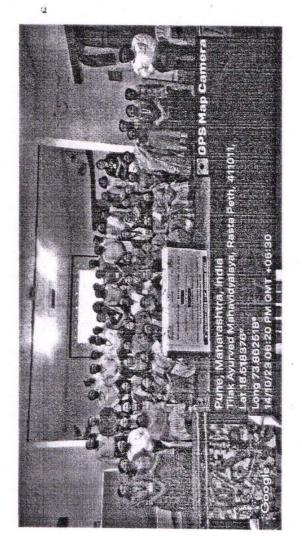












Day 6 - 14/10/2023









Day 6-14/10/2023