***ACADEMIC ACTIVITIES: NATIONAL HOMOEOPATHY RESEARCH INSTITUTE IN MENTAL HEALTH (NHRIMH), KOTTAYAM***

The National Homoeopathy Research Institute in Mental Health (NHRIMH), Kottayam, Kerala, is a reputed institute under the Central Council for Research in Homoeopathy (CCRH). This Institute's main thrust and mandate are psychiatric care, apart from the usual medical care for the general population and various community health services. 

Figure : National Homoeopathy Research Institute in Mental Health, Kottayam, Kerala

The Institute was established as the Regional Research Institute for Homoeopathy with a 25-bed IPD in 1974 and was upgraded to the Central Research Institute for Homoeopathy in 1982 with 50-bed indoor facilities. In 2009, the Institute started functioning in its new building, which was constructed on 1.78 acres of land allotted by the Government of Kerala. In 2016, the Institute was further upgraded as the National Homoeopathy Research Institute in Mental Health (NHRIMH) to introduce academic courses to enhance the academic standards in Homoeopathy along with quality research activities.

The Institute provides medical care facilities through OPD and IPD, with an OPD footfall of around 100769 patients and an IPD of 17850 patients, which was reported in 2024-2025. The Institution has undertaken 39 clinical research studies so far and is conducting 20 ongoing studies, including two programmes as follows.

* Immunological response of Arsenicum album 30c to combat COVID-19: A double- blind, randomized, placebo-controlled clinical trial in the Pathanamthitta district of Kerala.
* Long-term safety study – Extension of Immunology RCT (Study title-Immunological response of Arsenicum album 30c to combat COVID-19: A double-blind, randomized, placebo-controlled clinical trial in the Pathanamthitta district of Kerala).
* Effectiveness of Individualized Homoeopathic Therapy with Counselling in Alcohol Use Disorder: A Double-blind, Randomized, Placebo Controlled Trial.
* Effectiveness of Individualized Homoeopathic medicines with dialectical Behaviour psychotherapy in the management of emotional dysregulation in borderline personality disorder - A Randomized controlled trial.
* Efficacy of Individualized Homoeopathy as an Adjuvant to Standard Care in Cannabis and/or Opioid Withdrawal Syndrome: A Double-blind, Randomized, Placebo Controlled Trial.
* Efficacy Of Individualized Homoeopathic Treatment in Children with Intellectual Disability (an Open Clinical Trial).
* The Efficacy of Homoeopathic Medicines in Manic Episode- A Pilot Study
* A prospective exploratory clinical study on the effectiveness of Homoeopathic medicines in the management of Ménière’s disease.
* A Comparative Randomized Controlled Trial of Homoeopathy with Allopathy in the treatment of moderate to severe Allergic Rhinitis.
* A clinical study to evaluate the response of the Homoeopathic treatment in Chronic Venous diseases (CVD) in the lower limbs.
* Study the efficacy and acceptability of Homoeopathic medicines on the progression of Simple Myopia in Children between 06 to 15 years: a single-blind, placebo-controlled, randomized clinical trial.
* Homeopathy for ‘Menstrual Health’ in Adolescent School-going girls
* Comparative Efficacy of Individualized Homoeopathic medicine, Vanadium 30C and Ferrum phosphoricum 3X for anaemia in adolescents.
* Efficacy of Individualized Homoeopathic Medicines as Standalone or As an Add on To Standard of Care on Symptom Profile of Hypothyroidism – An Open Label Feasibility Cohort Multiple Randomized Controlled Trial.
* To study the effect of Homoeopathic medicines & Yoga therapy in reducing the pain, improving walking time and quality of life in the management of OA Knee – A four arm randomized prospective control study.
* Homoeopathy for ‘Menstrual Health’ in Adolescent School-going girls- Phase I completed.
* Public health programme to assess the prevalence of Vitamin D deficiency and its management with Homoeopathic medicine.
* Clinical verification of 10 Homoeopathic drugs: a multicentric prospective interventional single-arm clinical trial.
* Pharmacovigilance Programme- Central Sector Scheme of Pharmacovigilance AYUSH, the Regional Research Institute of Homoeopathy, Peripheral Pharmacovigilance Centre (PPvC), under Central Council for Research in Homoeopathy, Ministry of AYUSH, Govt. of India.
* Programme- Patient satisfaction survey at rural outreach medical camp OPD- a cross-sectional survey.

**Academic activities**:

NHRIMH is mandated to conduct postgraduate courses, MD (Hom) in psychiatry and practice of medicine specialities, Ph.D. Courses, B.Sc. Nursing and paramedical courses. NHRIMH has been designated as one of the recognized Ph.D. Research Centres of the Kerala University of Health Sciences (KUHS), Thrissur, in July 2022. The annual intake of the students who have qualified the AIAPGET examination in the PG courses at NHRIMH, Kottayam, during 2024-25 is tabled below:

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Academic year** | **Annual sanctioned seats of MD students by the Ministry of AYUSH** | | | **Annual Sanctioned strength approved by KUHS** | | | **Students admitted for PG course.** | | |
| **PSYCHIATRY** | **PRACTICE**  **OF MEDICINE** | **TOTAL** | **PSYCHIATRY** | **PRACTICE OF**  **MEDICINE** | **TOTAL** | **PSYCHIATRY** | **PRACTICE OF**  **MEDICINE** | **TOTAL** |
| **2018-19** | 10 | 10 | 20 | 6 | 6 | 12 | 6 | 5 | 11 |
| **2019-20** | 10 | 10 | 20 | 6 | 6 | 12 | 6 | 6 | 12 |
| **2020-21** | 10 | 10 | 20 | 7 | 8 | 15 | 7 | 8 | 15 |
| **2021-22** | 10 | 10 | 20 | 7 | 8 | 15 | 7 | 8 | 15 |
| **2022-23** | 12 | 13 | 25 | 12 | 13 | 25 | 12 | 13 | 25 |
| **2023-24** | 12 | 13 | 25 | 12 | 13 | 25 | 12 | 13 | 25 |
| **2024-25** | 12 | 13 | 25 | 12 | 13 | 25 | 12 | 13 | 25 |

The PG scholars have registered 25 dissertation topics with the affiliating university after trial registration at CTRI.

**Brief report on the academic activities and seminars conducted during the academic year 2024–25.**

On 10.07.24, a seminar on “Homoeopathic Management of Surgical Disease” by Dr. Biju, a Homoeopathic practitioner, Chagnacherry, was conducted, and more than 100 participated. On 14th November 2024, a seminar on "Chest X-Ray and Respiratory Diseases" was conducted by Dr Shijab Kareem, which saw the participation of 80 students. The Golden Jubilee of the Institution was celebrated from 23rd to 29th December 2024, marking an important milestone in the history of the Institute. Following this, on 30th December 2024, a seminar on Pharmacovigilance titled "Prioritizing the Patient Safety in Ayush Practice" was held, with a total of 90 participants. Eminent speakers included Dr. A. B. Ram Jyothis (ADR Reporting), Dr. Vivek Sakthidaran (Need of Pharmacovigilance in Homeopathy), Dr. Kavitha S. Gireesh (Ayurveda & Pharmacovigilance), and Dr. S. Nandakumar (Therapovigilance – What is it?). On 17th January 2025, an awareness lecture was organized in connection with the 100-day intensified campaign for TB elimination, addressed by Dr. Sreeja K. M. from the District TB Centre, Kottayam, which 110 participants attended. Additionally, on 3rd February 2025, another seminar was conducted on the topic "ECG – Systematic & Simplified Overview of ECG" by Dr. Shijab Kareem (MBBS, BHMS), with a total of 80 participants. On 15/4/25, Poshan Pakhwada was organized at the Institute. The Institute celebrated the Golden Jubilee and conducted a two-day National Homoeopathy Conference on Mental Health from 23rd and 24th December 2024.

Dr. Ameena (Psychiatry PG scholar), Dr. Aisha (Psychiatry PG scholar), and Dr. PremDishna (Practice of Medicine PG scholar) secured the prestigious MD scholarship award presented by the Central Council for Research in Homoeopathy for this 2024-25 academic year.

**The following PG scholars attended/participated/presented papers at the following seminars/conferences/Fest from 2024-25.**

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| **Sl .No.** | **Name of students** | **Date** | **Programme Name** | **Venue** |
|  | 1. Dr.Sarojini.L 2. Dr.Vinitha.T | 16.04.2024 | Annual National Case | Kalaignar centenary Library, Madurai, Tamil Nadu |
|  | 1. Dr.Anna Alex 2. Dr.Aiswarya.J 3. Dr.Liza.K.B 4. Dr.Anjumol.K.K | 20.04.2024,21.04.2024 | South Indian Homoeo Fest and National Homoeopathic Seminar | Dr. Padiyar Memorial Homoeopathic Medical College, Chottanikkara |
|  | 1. Dr Chayanika Sarma 2. Dr Gourikrishnan .H 3. Dr Kasi Bhavana 4. Dr.Ramya V.S 5. Dr Daffinisa K. Lyndoh 6. Dr Anjana T.R 7. Dr Domina Antony 8. Dr Anusree P.B 9. Dr Reshma Ramanan | 18.10.2024 to 21.10.2024 | Central Zone Art Fest | Govt. Medical College, Palakkad |
|  | 1. Dr.Shruthi Gopi 2. Dr.Bidinya Das.K 3. Dr.Mamatha Mohan 4. Dr.Surya.T.P 5. Dr.Nidhi P Shenoi 6. Dr.Shifina 7. Dr.Debia Mama 8. Dr.Pawan Sharma 9. Dr.Anjumol.K.K 10. Dr.Liza.K.B 11. Dr.Aiswarya.J 12. Dr.Anna Alex 13. Dr.Gouthamy Sasikumar 14. Dr.Geethu.K.P 15. Dr.A.Abhay Krishnan 16. Dr.Shivani Gautam 17. Dr.K.Madhavi Priyanka 18. Dr.Arya.B.Prasad 19. Dr.Rajikrishna R C 20. Dr.Fasila Aliyar 21. Dr.Jinu M Sunil 22. Dr.Aparna T 23. Dr.Rathu.N.Ravi 24. Dr.Nidhi Dehalvi 25. Dr.Aishwarya. S.H 26. Dr.Shahana.H 27. Dr.Saliha Beegum. I. M 28. Dr.Rahitha K | 26.10.2024 | National Seminar “ESPERANZA” | Govt. Medical College, Trivandrum |
|  | 1. Dr.Chinmay Kiran Walavalkar 2. Dr.Memuna Panwala 3. Dr.Jinu M Sunil 4. Dr.Pranjali Srivastava 5. Dr.Fasila Aliyar 6. Dr.Aparna T 7. Dr.Sarojini.L 8. Dr.Kanishka Gandhi 9. Dr.Gouthamy Sasikumar 10. Dr.Geethu.K.P 11. Dr.A.Abhay Krishnan 12. Dr.Rathu.N.Ravi 13. Dr.Shahana.H 14. Dr.Saliha Beegum. I. M | 08.11.2024 | Skill Lab Training | Sarada Krishna Homoeopathic Medical College, Kulasekharam |
|  | 1. Dr.Gouthamy Sasikumar 2. Dr.Arya.B.Prasad 3. M. Selvaganapathi | 30.11.2024, 1.12.2024 | International Conference ACE | Trivandrum |
|  | 1. Dr.Gouthamy Sasikumar | 21.11.2024,22.11.2024 | National Conference Rubycorn | Mangalore |
|  | 1. Dr.S.Sudheer Kumar 2. Dr.Ramya V.S 3. Dr. P. Ranjith Kumar 4. Dr.Syed Sameer S 5. Dr. Lenin K S 6. Dr.A.Abhay Krishnan | 04.01.2025,05.01.2025 | KUHZ-B Zone Badminton |  |
|  | 1. Dr.Sourabh Balgonda Patil 2. Dr Vasaiya Chhatrasinh   Ramanbhai   1. Dr Chayanika Sarma 2. Dr S. Sivabalan 3. Dr Mate Bhavana Suresh 4. Dr Kasi Bhavana 5. Dr Divya . D 6. Dr Domina Antony 7. Dr Sowndarya. S 8. Dr. M. A. Divya 9. Dr. Vinothini T 10. Dr. Lenin K S 11. Dr. Prem .M 12. Dr.Vimble C.V. 13. Dr. Krishna Veni K 14. Dr.Breethni M 15. Dr.Debia Mama 16. Dr.Vinitha.T 17. Dr.Aishwarya. S.H 18. Dr.Mamatha Mohan 19. Dr.Nidhi P Shenoi 20. Dr.Shruthi Gopi 21. Dr.Bidinya Das.K 22. Dr.Rahitha K 23. Dr.Surya.T.P 24. Dr.Smriti Debbarma 25. Dr.Nidhi Dehalvi 26. Dr.Anjumol.K.K 27. Dr.Pawan Sharma 28. Dr.Syed Sameer S 29. Dr.K.Madhavi Priyanka 30. Dr.Arya.B.Prasad 31. Dr.S.Sudheer Kumar 32. Dr.K.R.Siva Tharshini 33. Dr.Thendral.R.S 34. Dr.Anna Alex 35. Dr.Liza.K.B 36. Dr.Aiswarya.J 37. Dr.Rajikrishna R C 38. Dr. P. Ranjith Kumar 39. Dr. S. Kowshiga | 13,14,15 February 2025 | International Homoeopathic Conference | T.N. DR. M.G.R. University, Tamil Nadu |
|  | 1. Dr. Rahitha | 25.02.2025 | Scientific Seminar | Govt. Homoeopathic Medical College, Calicut |

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