



ALL INDIA INSTITUTE OF AYURVEDA (AIIA), NEW DELHI
An Autonomous Organization under the Ministry of AYUSH, Govt. of India



INSTITUTE OF APPLIED STATISTICS, KANPUR
A Statistical Training & Research Institute

Jointly Organizing

One-Month Online Certificate Programme on
Systematic Review & Meta-Analysis for AYUSH Researchers



01 April to 30 April., 2026



Live Session : 06:00 PM to 07:00 PM

In Collaboration with



CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES (CCRAS)

Under



MAHARSHI CHARAK AYURVEDA RESEARCH & DEVELOPMENT SCHEME

Convener



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One-Month Online Certificate Programme on **SYSTEMATIC REVIEW & META-ANALYSIS FOR AYUSH RESEARCHERS**



ABOUT SYSTEMATIC REVIEW & META-ANALYSIS FOR AYUSH RESEARCHERS

Systematic Review and Meta-Analysis are essential research methodologies for generating high-quality, reliable, and evidence-based conclusions by synthesizing results from multiple independent studies. For AYUSH researchers, these methods play a critical role in strengthening the scientific foundation of traditional medical systems such as Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy. A Systematic Review involves a structured, transparent, and reproducible process of identifying, selecting, appraising, and synthesizing all relevant research evidence addressing a well-defined research question. Meta-Analysis, when applicable, statistically combines quantitative results from comparable studies to generate pooled estimates of effect size, treatment efficacy, or safety outcomes.

OBJECTIVE

The objectives of this programme are to:

- To develop a clear understanding of Systematic Review and Meta-Analysis methodologies in AYUSH research.
- To enable participants to formulate research questions and conduct comprehensive literature searches.
- To build skills in critical appraisal, data extraction, and evidence synthesis of AYUSH studies.
- To introduce statistical concepts and tools used in Meta-Analysis.
- To promote evidence-based practice and high-quality research publications in AYUSH.

WHO SHOULD ATTEND ?

- Faculty members and researchers from AYUSH institutions
- Postgraduate (PG) and PhD scholars in AYUSH disciplines
- Clinicians and practitioners interested in evidence-based AYUSH practice
- Research associates, project staff, and scientists working in AYUSH research projects
- Healthcare professionals and academicians involved in clinical research, guideline development, or policy formulation in AYUSH

TOOLS AND SOFTWARE YOU WILL LEARN

- RevMan Web (Free via Cochrane Account)
- Rayyan (Web-Based, Free)
- EndNote / Zotero / Mendeley
- PubMed / DOAJ / OpenGrey
- GRADEpro GDT (Free web tool)
- R (with 'meta', 'metafor' packages)
- Microsoft Excel / Google Sheets

Note: The majority of tools used in this course are free and open-source; some are free to access with registration or available as trial versions with limited features and for a limited time. Full walkthroughs and hands-on demonstrations will be provided—Basic of R, R Studio, Spreadsheet, Powerpoint skills needed.

Contact For Any Query ?



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REGISTRATION FEE:

1500/- INR Per Participant

- E-Certificates will be provided to all the participants.
- Access of Recorded Session and PDF Notes will be provided.

REGISTRATION:

For registration please visit
our official website (click link):

www.iasdcs.com

OR

SCAN QR CODE →

Institute of Applied Statistics



www.iasdcs.com



DURATION OF THE PROGRAMME

01 April to 30 April, 2026



SCHEDULE AND TIMINGS

06:00 - 07:00 PM (As per schedule)

SESSIONS OFFERED ON PLATFORMS



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01 April, 2026 : Inaugural of The Programme

WEEK 01: FOUNDATIONS OF SYSTEMATIC REVIEW IN AYUSH RESEARCH

Session 01 02 April, 2026

Introduction to Reviews in AYUSH Research:

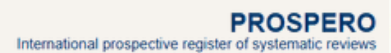
- Types of reviews: Narrative Review, Systematic Review, Meta-Analysis
- Importance of SR & MA in AYUSH clinical practice, policy, and integrative healthcare
- Scope and challenges of evidence synthesis in traditional medicine systems



Session 02 03 April, 2026

Finding and Framing Research Questions in AYUSH:

- Identifying research gaps in Ayurveda, Yoga, Unani, Siddha, and Homoeopathy
- Prioritizing clinical and public health relevance in AYUSH research
- Hands-on: Exploring PROSPERO for registered protocols



Session 03 04 April, 2026

PICO Framework for AYUSH Research:

- PICO/PECO models adapted for AYUSH interventions
- Types of research questions: therapeutic, preventive, diagnostic, prognostic
- Exercise: Framing AYUSH-specific PICO questions



Session 04 06 April, 2026

Analytic Frameworks and Logic Models:

- Conceptual pathways from AYUSH interventions to outcomes
- Integrating classical concepts with modern research logic

Session 05 07 April, 2026

Understanding Meta-Analysis (Overview):

- Concept of meta-analysis, effect size, confidence intervals
- Interpretation of forest plots & Demo of RevMan Web (visualization only)



WEEK 02: LITERATURE SEARCH, STUDY SELECTION & PRISMA

Session 06 08 April, 2026

Principles of Systematic Literature Searching:

- Boolean logic, truncation, phrase searching & Searching challenges in AYUSH
- Live Demo: PubMed, DOAJ keyword and subject heading searches



Session 07 09 April, 2026

AYUSH Databases and Grey Literature:

- AYUSH-relevant databases and repositories
- Theses, conference proceedings, government reports
- Hands-on: Constructing grey literature search strategies



Session 08 10 April, 2026

Developing a Comprehensive Search Strategy

- Building reproducible and transparent search strategies
- Testing and refining search strings & PubMed search strategy development



Session 09 13 April, 2026

Inclusion & Exclusion Criteria

- Study designs, populations, interventions, outcomes
- Language and publication year considerations
- Hands-on: Abstract screening using Rayyan



Session 10 15 April, 2026

Screening Process & PRISMA Flow Diagram

- Duplicate removal and screening workflow
- Title/abstract and full-text screening
- Hands-on: PRISMA flow diagram preparation





WEEK 03: BIAS, QUALITY ASSESSMENT & DATA EXTRACTION

Session 11
16 April, 2026

Reporting Standards and Protocol Registration:

- PRISMA 2020, MOOSE, PROSPERO
- Importance of protocol registration in AYUSH research
- Hands-on: PRISMA checklist practice

Session 12
17 April, 2026

Understanding Bias in AYUSH Research:

- Bias in primary studies and review processes
- Selection, attrition, and reporting bias
- Case-based discussion using AYUSH studies

Session 13
20 April, 2026

Selection Bias and Study Validity:

- Sampling issues and loss to follow-up
- Impact on AYUSH evidence quality
- Activity: Identifying bias in sample studies

Session 14
21 April, 2026

Information, Reporting & Publication Bias:

- Misclassification, selective reporting, publication bias
- Funnel plot concepts
- Hands-on: Funnel plot interpretation (R-based demo)

Session 15
22 April, 2026

Risk of Bias Assessment Tools:

- Cochrane Risk of Bias Tool (RCTs)
- Newcastle–Ottawa Scale (observational studies)
- Hands-on: Bias assessment and visualization



WEEK 04: EVIDENCE SYNTHESIS, META-ANALYSIS & MANUSCRIPT WRITING

Session 16
23 April, 2026

Qualitative Synthesis in AYUSH Reviews:

- Narrative and thematic synthesis methods, When meta-analysis is not feasible
- Hands-on: Summary tables and thematic matrices

Session 17
24 April, 2026

Planning a Meta-Analysis:

- Effect measures, heterogeneity, model selection
- Planning meta-analysis for AYUSH studies
- Hands-on: Introduction to meta-analysis using R

Session 18
27 April, 2026

Fixed and Random Effects Models:

- Assumptions and applications
- Use in AYUSH clinical studies
- Hands-on: Forest plot generation using RevMan Web

Session 19
28 April, 2026

Interpreting Results & Certainty of Evidence:

- Heterogeneity (I^2 , Q-test), subgroup analysis
- GRADE approach for AYUSH evidence
- Hands-on: Evidence grading using GRADEpro

Session 20
29 April, 2026

Manuscript Writing & Programme Wrap-Up:

- Writing SR & MA manuscripts (IMRAD format)
- PRISMA-compliant reporting
- Reference management using Zotero/Mendeley



Google Sheets



Cochrane
RevMan



30 April, 2026 : Online Assessment Test



One-Month Online Certificate Programme on **SYSTEMATIC REVIEW & META-ANALYSIS FOR AYUSH RESEARCHERS**



ABOUT ORGANIZERS:

ALL INDIA INSTITUTE OF AYURVEDA (AIIA), NEW DELHI

The All India Institute of Ayurveda (AIIA) in New Delhi serves as the nation's premier apex body for Ayurveda, established to harmonize traditional wisdom with contemporary scientific rigor. Operating under the Ministry of AYUSH. In terms of academia and research, AIIA is a hub for postgraduate (MD/MS) and doctoral (PhD) studies, supported by 25 specialty departments and state-of-the-art interdisciplinary research laboratories. It leads global efforts in validating Ayurvedic medicines through more than 740 active research projects and has secured 90 MoUs with prestigious national and international bodies



INSTITUTE OF APPLIED STATISTICS, KANPUR, UTTAR PRADESH

The Institute of Applied Statistics is a premier institution dedicated to building human resource capacity in Statistics through specialized training and multidisciplinary research. It conducts training programmes across the country and regularly organizes International, National, State, and Institutional level workshops for researchers and academicians.

The Institute's mission is to develop skilled professionals to meet emerging research challenges. It offers short- and medium-term programmes, develops need-based training modules in collaboration with experts, and provides consultation to government and private sectors in training design, survey implementation, and research activities.

CERTIFICATE PROGRAMME HIGHLIGHTS

- ✔ Comprehensive live sessions on Systematic Review & Meta Analysis.
- ✔ Expert-led hands-on sessions and daily query discussions at the end of each session of the programme to address doubts with experts.
- ✔ Online Assessment Tests at the end of the programme for E-Certification.
- ✔ Online Quiz at the end of each session for revision of the topics learned.
- ✔ Study material in the form of PDFs will be shared with all registered participants of the programme.
- ✔ All registered participants will receive an e-certificate after completion of the programme on their registered email ID.
- ✔ Access to all recorded sessions of the programme for revision purposes.
- ✔ Opportunity to network with researchers and professionals.



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