About the Institute

The National Institute of Health and Family Welfare is a premier autonomous Institute, funded by the Ministry of Health and Family Welfare, Government of India. It has kept pace with the new thinking and substantially contributed to the health manpower development in the country. NIHFW serves as an apex 'technical institute' as well as a 'think tank' to promote national health and family welfare programs in the country through education and training, research and evaluation, consultancy and advisory services, specialized projects, etc.



Course Coordinating Team

Coordinators

Dr. M. Mahapatro

Dr. Monika Saini

Course Associates

Dr. Sangita Mishra

Mr. Rahul Sharma

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Kindly send nominations at:

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Course Registration link

https://forms.gle/5DCHKnjvVs2KHpNH9

Course Registration Fee

Rs. 5,000/-

Bank Details

Account Number: 43901234540

Bank Name: SBI

Bank Address: SBI NIHFW Branch, Baba Gang Nath Marg, Munirka

IFSC Code: SBIN0001624

Training Course on

Building Knowledge Base and Awareness about Traditional Complementary and Integrative Medicine

11th - 15th January 2027



The National Institute of Health and Family Welfare

Baba Gang Nath Marg, Munirka

New Delhi-110067

Website: www.nihfw.ac.in

Introduction

Traditional, Complementary, and Integrative Medicine (TCIM) covers a wide array of healthcare practices that extend beyond conventional Western medicine. It encompasses conventional medical practices with a wide range of traditional and complementary therapies, including Ayurveda, Chinese medicine, acupuncture, herbal medicine, mindfulness meditation, yoga, and nutrition. A large majority of people seek traditional, complementary and integrative medicine interventions for treatment, prevention and management of non-communicable diseases, palliative care and rehabilitation.

In order to understand, develop and deliver the full potential of TCIM, and to recognize its contribution to holistic health, wellness and patient-centred health care, it is vital to conduct capacity-building and awareness programs for healthcare professionals. Keeping this in focus, NIHFW proposes to conduct a five days training course on "Building Knowledge Base and Awareness about Traditional, Complementary and Integrative Medicine from 5th to 9th January 2026.



General Objective

Develop a comprehensive understanding of Traditional, Complementary, and Integrative Medicine (TCIM), and its role in patient-centred and holistic healthcare.

Specific Objectives

At the end of the training course, the participants will be able:

- Describe the Indian traditional medicine system (AYUSH) and the foundational principle of integrative medicine
- Identify a range of AYUSH and other complementary therapies that can be used in conjunction with modern medicine
- Discuss current research challenges and findings in relation to the evidence based use of integrative medicine
- Discuss the ethical challenges and patient safety issues in the integration of different therapies
- Identify the best practices/case studies within the framework of integrative medicine for the prevention, management and treatment of health conditions.

Course Methodology

The proposed training course will conducted through following methods:

- Interactive sessions by resource speakers
- Panel Discussion
- Case Study
- Videos on Traditional healthcare practices
- Presentations by participants

Content Areas

- The WHO Traditional Medicine Strategy 2014-25 & 2025-34
- Indian system of traditional medicine
- National AYUSH Mission
- Principles of integrative medicine
- Role of AYUSH in integrative medicine
- Evidence based therapies and practices used in Integrative medicine
- Strategic research into TCIM
- Ethical challenges and patient safety issues in integrative medicine
- Integrative medicine approaches for prevention, management and treatment of health problems
- GCTM and other notable Integrative Healthcare initiatives in India
- Significance of TCIM in health system strengthening

Nature of Participants

Following participants may participate in the training course:

- Medical doctors, nurses, and allied health workers, Practitioners of Ayurveda, Yoga, Naturopathy, Unani, Siddha, and Homeopathy (AYUSH), Pharmacists and physiotherapists
- Faculty from medical, AYUSH, and public health institutions and Researchers in integrative medicine, ethnomedicine, and health systems