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A workshop on systematic review and meta-analysis: CCRH's capacity building initiative for evidence synthesis

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Abstract

The workshop on `Systematic Review and Meta-Analysis for Beginners: A Practical Introduction' was organised by Central Council for Research in Homoeopathy (CCRH) in hybrid mode on 13th and 14thAugust 2025 at the auditorium of the Ayush building in New Delhi, India. The workshop with 8 technical sessions conducted over a span of 2 days, was attended by more than 400 delegates across various units/institutes of CCRH. The aim was to build capacity of scientists/ researchers of CCRH about the conduct of systematic reviews and meta- analyses, as they represent the highest level in the hierarchy of scientific evidence and are pivotal in enhancing the credibility, integration, and application of Ayush systems in mainstream healthcare.

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CONFERENCE REPORT

A workshop on systematic review and meta-analysis: CCRH's capacity building initiative for evidence synthesis

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ABSTRACT

The workshop on 'Systematic Review and Meta-Analysis for Beginners: A Practical Introduction' was organised by Central Council for Research in Homoeopathy (CCRH) in hybrid mode on 13th and 14th August 2025 at the auditorium of the Ayush building in New Delhi, India. The workshop with 8 technical sessions conducted over a span of 2 days, was attended by more than 400 delegates across various units/institutes of CCRH. The aim was to build capacity of scientists/researchers of CCRH about the conduct of systematic reviews and meta- analyses, as they represent the highest level in the hierarchy of scientific evidence and are pivotal in enhancing the credibility, integration, and application of Ayush systems in mainstream healthcare.

Keywords: Publishing, Research, Risk of bias, Screening, Search strategy

Introduction

On August 13th and 14th, 2025, the Central Council for Research in Homoeopathy (CCRH) hosted a landmark two-day workshop in a hybrid mode in auditorium, Jawahar Lal Nehru Bhartiya Chikitsa Avam Homoeopathy Anusandhan Bhawan, Janakpuri, New Delhi, India. Titled "Systematic Review and Meta-Analysis for Beginners: A Practical Introduction," the workshop brought together 435 homoeopathy researchers from 34 CCRH units and institutes across India. This initiative was a significant step in the CCRH's ongoing efforts to strengthen research capabilities of its scientists and elevate the scientific rigor of Homoeopathy.

Marking its first-ever in-person event on Systematic Review (SR) and Meta-Analysis (MA) and recognizing that SRs and MAs are considered the highest level of scientific evidence, CCRH designed the program to provide a hands-on introduction to these crucial methodologies. The goal was to empower participants to evaluate Ayush interventions, inform evidence-based policy, and enhance the credibility of their research. The sessions covered the key aspects of the systematic review process, ranging from formulating research questions and conducting search strategies to assessing bias to extracting data, and performing basic MAs. The workshop also provided guidance on publishing in scientific journals and adhering to reporting standards like PRISMA. Eight sessions were held over two days.

Esteemed experts from Indian Council for Medical Research (ICMR) and All India Institute of Medical Sciences (AIIMS), served as the resource persons. They guided participants through interactive lectures and practical activities, ensuring they gained tangible, real-world experience. The workshop was a resounding success, equipping researchers with the knowledge and skills needed to undertake SRs and

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help position Homoeopathy firmly within the landscape of modern, evidence-based healthcare.

DAY 1: 13th August 2025

Inaugural ceremony

The ceremony was graced by Dr. Subhash Kaushik, Director General, CCRH as the Chief Guest, along with Dr. Geetha R. Menon, Scientist F, ICMR, Department of Health Research (DHR), Ministry of Health and Family Welfare (MoHFW), Government of India (GOI); Dr. Vikas Dhikav, Deputy Director General, Scientist- E (Medical), Centre for Evidence- Based Guidelines, Research to Action Division, DHR, MoHFW, GOI and Dr. Krushna Chandra Sahoo, Scientist-D, ICMR, Health Technology Assessment in India, DHR, MoHFW, GOI.

Dr. Sunil S. Ramteke, Deputy Director General, CCRH warmly welcomed the dignitaries and participants to the workshop aimed at building foundational skills in SRs and MAs. Highlighting the importance of rigorous research, he emphasized that in an era where Homoeopathy faces skepticism, well-documented and credible evidence is crucial to establish its relevance and scientific basis. He underscored CCRH's commitment to scientific inquiry, citing its history since 1978, its vast research network, and collaborations with premier institutes such as AIIMS, ICMR, IIT Bombay, and others. Key achievements of CCRH were noted, including 238 clinical studies, development of Standard Treatment Guidelines for 66 health conditions, collaboration with 77 Homoeopathic colleges and scholarships to foster research in undergraduate and postgraduate students. He also mentioned about internationally recognized open access journal of CCRH (Indian Journal of Research in Homoeopathy), indexed in Scopus and read in 150 countries across 1500 organizations. The address emphasized that producing data is no longer enough — synthesizing existing research through SRs and MAs is essential for impactful healthcare decisions. These methods help identify gaps, clarify evidence, and shape future research directions in Homoeopathy. The workshop was framed not just as a training event, but as an investment in the future of evidence-based homoeopathy. Participants were encouraged to actively engage, ask questions, and apply the skills learned to their own research for long-term impact. The speech concluded with a hopeful note, expressing confidence that the workshop would be a valuable, enriching experience for all attendees.

Dr. Geetha Menon, in her opening remarks, emphasised that SRs are the gold standard for assessing healthcare evidence. They help minimise bias, enhance reliability, and provide a balanced understanding of what truly works and what does not. She noted that such reviews will help Ayush systems gain recognition and credibility in the eyes of medical science and urged all homoeopathic practitioners to actively undertake SRs.

Dr. Vikas Dhikav highlighted that Homoeopathy must be supported by evidence-based research and guidelines in order to stand the test of time. Strengthening the evidence base, he said, will not only improve clinical practice in Homoeopathy but also help train experts in the principles of evidence-based medicine.

Dr. Krushna Chandra Sahoo underscored the importance of health and medical technology in achieving the vision of Viksit Bharat 2047. He stressed that professionals must contribute meaningfully by advancing in their respective fields. The real challenge, he noted, lies in integrating science and policy into real-world practice. While homoeopathy is known to be clinically effective and many have experienced relief through it, he emphasised the need to establish its efficacy systematically through robust evidence. He urged all participants to become data generators in addition to being good practitioners, reminding them that without evidence there can be no policy, and without policy there can be no practice.

The inaugural address by Dr. Subhash Kaushik underscored a pivotal moment in the integration of traditional Indian medicine into the global scientific community. The core message was the crucial need to validate ancient wisdom with modern scientific rigor, using a "language" that the international community understands: SRs and MAs. He emphasized that while traditional systems like Homoeopathy have been a living reality for millions and are based on clinical experience, they must move beyond individual case reports to provide a compelling, data-driven narrative.

He used a powerful analogy, comparing a single study to a single photograph and a systematic review to a comprehensive documentary film that brings together all available data to create a clearer, more reliable picture. This process, when combined with MA, aggregates quantitative data to arrive at statistically powerful conclusions. The Ministry of Ayush's unwavering vision is to elevate traditional medicine to a position of international prominence, and this workshop was a direct reflection of that commitment. The Ministry is not just encouraging research but actively building the infrastructure to support it, with significant investments and collaborations with leading institutions of science like ICMR, AIIMS, Indian Institute of Technology (IIT), and other national and international institutes. He remarked that CCRH is expanding its research horizons, particularly through its extensive network of research units and its commitment to capacity building through regular workshops.

Furthermore, he highlighted Homoeopathy's impressive worldwide standing by citing a 2024 survey that showed Homoeopathy is widely used, with a high rate of user satisfaction, particularly in India. This extensive public trust presents a significant opportunity that demands rigorous scientific exploration and validation. The recent MoU with the World Health Organization to integrate traditional Indian medicine into the International Classification of Health Interventions was presented as a milestone for global acceptance. The Director General concluded by urging the workshop participants to embrace this opportunity, master the methodology of SRs, and use their new skills to produce world-class research. He added that the ultimate goal is to elevate Homoeopathy through scientific excellence, ensuring it is respected not just for its ancient lineage but also for its modern, evidence-based credibility (Figs. 1 and 2).

The session concluded with the release of Dr. Vikas Dhikav's book, *Pharmacological Drugs Classifications Made Easy*, by Dr. Subhash Kaushik, Director General, CCRH (Fig. 3).

Dr. K. C. Muraleedharan, Assistant Director (Homoeopathy) and Administrative In-charge, delivered the vote of thanks at the end of the inaugural session. He reiterated the sentiments expressed by the previous speakers, emphasizing that SRs and evidence-based research are the need of the hour in the field of Homoeopathy. He stated that while some skeptics manipulate scientific data to label Homoeopathy as mere placebo, others make contradictory claims suggesting that homoeopathic medicines are toxic to certain human organs. Despite their inconsistency, both narratives aim to undermine the system. He further highlighted that some published research papers are facing retraction not due to shortcomings in their scientific merit, but as a result of false propaganda. He urged the community to empower itself with the tools of SR and MA to safeguard the discipline, counter misinformation, and ensure that any claims, whether supportive or critical, are evaluated through rigorous scientific evidence.

All the dignitaries were felicitated with mementos (Fig. 4).

Session 1: Understanding systematic reviews

Trainer: Dr. Vikas Dhikav, Deputy Director General, Scientist- E (Medical), Centre for Evidence-Based Guidelines, Research to Action Division, DHR, MoHFW, GOI (Fig. 5)

The first session offered a comprehensive and insightful exploration of the principles, processes, and significance of SR and MA in contemporary evidence-based healthcare. The session offered an in-depth exploration of SRs and MAs, emphasizing their status as gold-standard methodologies for synthesizing scientific evidence in a transparent, comprehensive, and unbiased manner. Participants were introduced to the defining features of SRs, including the use of explicit protocols, reproducible methods, and structured study selection processes that collectively ensure reliability and minimize the influence of subjective judgment.

Dr. Dhikav also clarified how MAs complement SRs by statistically combining data from multiple studies to produce precise and powerful quantitative effect estimates, thereby strengthening conclusions that individual studies alone may not support. The importance of SRs and MAs in modern evidence-based medicine was highlighted, particularly their role in resolving conflicting findings, increasing statistical power, and identifying gaps that guide future research priorities. A significant portion of the discussion focused on their critical role in developing clinical practice guidelines, with frameworks such as GRADE and reporting standards like PRISMA ensuring methodological rigor and transparency. The Indian context of Homoeopathy was examined as a case where systematic evidence synthesis is especially needed, given its widespread use under the Ayush system and the scientific scrutiny it faces. By summarizing existing research objectively, SRs and MAs have the potential to enhance the scientific credibility of homeopathic practices and support informed policy and clinical decision-making. Overall, the session underscored that SRs and MAs are indispensable tools for strengthening the foundation of healthcare research and ensuring that clinical recommendations are grounded in the best available evidence.

Session 2: Developing a review protocol

Trainer: Dr. Krushna Chandra Sahoo, Scientist-D, ICMR, Health Technology Assessment in India, DHR, MoHFW, GOI (Fig. 6)

The session focused on developing a systematic review protocol and guiding participants through essential methodological steps. The discussion centred on formulating a focused research question using frameworks such as PICO or SPIDER, followed by defining clear inclusion and exclusion criteria. Participants practiced drafting review questions and protocol components through hands-on exercises, which helped reinforce key concepts.

Emphasis was placed on protocol registration to ensure transparency and avoid duplication. Dr. Sahoo highlighted major registration platforms including PROSPERO, OSF, Cochrane Library, and the JBI Register, explaining their roles and differences. The importance of registering before initiating screening or analysis was reiterated to prevent reporting bias

and ensure reproducibility. The session also covered designing search strategies using synonyms, Boolean operators, and controlled vocabularies across multiple databases. Databases such as Embase and the Cochrane Database were discussed, along with advancements in search interfaces and automation tools that support more efficient retrieval of evidence.

A stepwise process for conducting SRs was outlined, covering searching, screening, full-text retrieval, data extraction, synthesis, and reporting. Dr. Sahoo introduced modern screening tools such as Rayyan, Covidence, EPPI-Reviewer, CADIMA, DistillerSR, and SR Toolbox, noting their accessibility, suitability, and functions in managing workflow. Participants were also guided on documenting the review process using the PRISMA flow diagram, which supports transparency in reporting.

Additional insights included considerations for combining study designs, determining exact interventions and comparators, and understanding when updates are necessary prior to journal submission. The session concluded with the reminder that beyond learning methodology, applying it practically is essential for conducting high-quality and publishable SRs.

Session 3: Designing a search strategy

Trainer: Dr. Vikas Dhikav, Deputy Director General, Scientist- E (Medical), Centre for Evidence-Based Guidelines, Research to Action Division, DHR, MoHFW, GOI (Fig. 5)

Dr. Dhikav highlighted several practical and conceptual points essential for designing an effective search strategy for SR and MA. He differentiated search engines from research databases, stressing that databases use structured indexing systems while search engines operate broadly and lack controlled vocabulary. He reiterated that selecting the right database depends on the research question and existing evidence, as the choice of database directly influences review quality.

While guidelines recommend searching a minimum of two databases (as noted in ICMR recommendations), he mentioned that using three to five databases further minimizes publication bias and enhances reproducibility. He also emphasized checking whether a SR already exists before initiating a new one.

A key focus was on grey literature, its sources (e.g., trial registries, theses, conferences), and its importance in reducing selective reporting. He noted that if full text of a retrieved article cannot be accessed, it must be explicitly stated under limitations.

Dr. Dhikav discussed Boolean operators (AND/OR/NOT), truncation symbols, and the advantage of MeSH terms in refining search accuracy. He clarified the difference between a search strategy (overall plan) and a search string (exact query execution). The speaker also noted that databases do not function like Google and require structured execution, including clear decisions on how many result pages to screen.

Additionally, he referred to risk-of-bias tools such as RoB2, ROBINS-I, and Newcastle–Ottawa Scale, and highlighted that the quality of included literature depends on a well-framed research question and hypothesis. The session ended with a live demonstration on formulating a PICO-based question and performing database searches, along with future prospects of developing an Indian research database.

Session 4: Screening and study selection

Trainer: Dr. Krushna Chandra Sahoo, Scientist-D, ICMR, Health Technology Assessment in India, DHR, MoHFW, GOI (Fig. 6)

This session focused on the essential methodological stage of screening and selection of studies. It provided participants with a clear understanding of the workflow for identifying, screening, and including studies in SRs.

Dr. Sahoo presented the key components of the screening process, such as the use of multiple bibliographic databases, development of search trees, and application of the PRISMA Flow Diagram for transparent reporting. A significant part of the session highlighted the use of software tools that streamline screening and documentation. Platforms including Rayyan, Covidence, EPPI-Reviewer, CADIMA, DistillerSR, and the Systematic Review Toolbox were introduced, with explanations of their workflow features, citation screening functions, coding capabilities, and automation support. Participants were guided through practical demonstrations of these tools, gaining hands-on exposure to efficient screening workflows. The session emphasized how such platforms enhance collaboration, reduce screening time, and improve documentation quality.

Overall, this session strengthened participants methodological skills and improved their ability to conduct rigorous and well-documented SRs and MAs.

DAY 2: 14th August 2025

Session 5: Data extraction and risk of bias

Trainer: Dr. Geetha Menon, Scientist F, ICMR, DHR, MoHFW, GOI (Fig. 7)

The key methodological steps of data extraction, effect measures, and risk of bias assessment were covered by Dr. Menon, which gave the participants a structured understanding of these core components.

She introduced the intent and process of data extraction, emphasizing standardized, unbiased, and reproducible documentation of study characteristics. The participants received an overview of the key items to be extracted-study identification, design, participants, interventions, outcomes, and results-and were introduced to best practices such as piloting data extraction forms, dual data extraction, and involving a third reviewer to resolve disagreements.

A significant part of the session addressed critical appraisal and risk of bias (RoB) evaluation. Using validated tools including Cochrane RoB 2, ROBINS-I, JBI appraisal checklists, and AMSTAR-2, Dr. Menon explained major bias domains such as selection, performance, detection, attrition, and reporting bias. She also distinguished between overall critical appraisal and RoB assessment and discussed specific considerations relevant to Homoeopathy trials.

This session enhanced participants ability to evaluate study quality and conduct SRs with greater methodological rigor and transparency.

Session 6: Introduction to meta-analysis

Trainer: Dr. Sachit Anand, Paediatric Surgeon, AIIMS, New Delhi (Fig. 8)

The presentation explained the concept, purpose, and application of MA in evidence-based medicine. He began by defining MA as a statistical technique that combines data from multiple independent studies addressing the same research question to derive a more precise and reliable conclusion. The session outlined when MA should be conducted, specifically when studies share similar research questions, methodologies, and measurable outcomes, and explained alternatives, such as narrative synthesis, when data pooling isn't possible. The lecture emphasised that MA helps in resolving inconsistencies between studies, identify variability, and strengthen clinical guidelines and decision-making.

He further elaborated on key statistical concepts underlying MA, including effect sizes (such as mean difference, odds ratio, risk ratio, and hazard ratio) and their interpretation across various study types and outcome measures. He differentiated between fixed-effect and random-effects models, explaining how the choice depends on whether the studies estimate a common true effect or reflect diverse populations. Fixed-effect models assign more weight to larger studies with less variance, whereas random-effects models distribute weightings to account for between-study differences. The session concluded by emphasising that model choice should be made a priori and grounded in a solid understanding of study heterogeneity and research design.

Session 7: Performing a basic meta-analysis

Trainer: Dr. Geetha Menon, Scientist F, ICMR, DHR, MoHFW, GOI (Fig. 7)

This session was focused on critical appraisal and RoB as essential components of SRs and evidence-based medicine. She described critical appraisal as a structured and systematic process for evaluating the validity, reliability, and applicability of research evidence before using it for clinical or policy decision-making. The discussion emphasised both internal validity (ensuring methodological rigour and minimisation of bias), and external validity (assessing the generalizability of findings to wider populations). Dr. Menon compared the Cochrane and JBI frameworks, explaining that Cochrane's approach centers on structured bias assessment using tools such as RoB 2 and ROBINS-I, while JBI adopts a broader perspective encompassing methodological quality, contextual applicability, and relevance for qualitative and mixed-methods studies.

The session was highly practical, featuring hands-on training exercises that guided participants using RevMan software. She provided detailed, step-by-step instructions on how to navigate each domain, fill in the relevant data fields, and perform a comprehensive risk of bias assessment. She emphasised the importance of being ready with a complete data extraction sheet before starting data entry into RevMan, ensuring accuracy and consistency during analysis. Participants were also shown how to input study data to generate a forest plot, visually summarising the pooled results of multiple studies. Various types of bias, such as selection, performance, detection, attrition, and reporting bias, were discussed, along with appropriate tools including ROBIS, AMSTAR 2, RoB 2, ROBINS-I, and QUADAS-2, as well as adaptations for homoeopathy-specific trials. The workshop concluded by distinguishing between critical appraisal, which is a broader evaluation of study quality and applicability, and risk of bias, which specifically addresses internal validity. It underscored that careful data preparation and the accurate use of RevMan enhance the reliability and transparency of SRs and MAs.

Session 8: Reporting and publishing

Trainer: Dr. Sachit Anand, Paediatric Surgeon, AIIMS, New Delhi (Fig. 8)

The session focused on the key aspects of reporting and publishing SRs and MAs. He began by discussing the importance of narrative synthesis as an approach for organizing and summarizing data

when MA is not feasible. The process, as explained, involved developing a theory, conducting preliminary synthesis, exploring data relationships, and assessing the robustness of results, following guidelines such as Popay et al., 2006 and the SWiM (Synthesis Without Meta-analysis) framework. Dr. Anand also elaborated on the structure of a SR covering title, abstract, introduction, methods, results, discussion, and funding details, highlighting that clear and transparent reporting ensures scientific reproducibility. He introduced the PRISMA 2020 checklist and flow diagram as essential tools to enhance completeness and transparency in reporting, explaining each section's purpose, including eligibility criteria, data collection methods, bias reporting, and evidence certainty through the GRADE approach.

In the later part of the session, Dr. Anand addressed ethics, registration, and publication strategies for SRs. He emphasised ethical practices such as avoiding plagiarism, selective reporting, and ghost authorship, while ensuring transparency through proper data handling and conflict of interest disclosures. Participants were guided on the importance of registering protocols in databases like PROSPERO, Cochrane Library, and Open Science Framework (OSF) to prevent duplication and promote credibility. The benefits of maintaining updated registrations, including improved transparency and collaboration, were also discussed. Finally, he explained how to identify appropriate journals for publication, check journal scope and indexing, and avoid predatory publishers. The session concluded by reinforcing that adherence to PRISMA standards, ethical conduct, and proper registration significantly improve the quality, reliability, and impact of SR publications.

Other glimpses of the event can be seen in Figs. 9 to 13

Valedictory session

The valedictory session of the Systematic Review and Meta-analysis Workshop delivered insightful reflections and encouraging remarks from distinguished speakers.

Dr. Krushna applauded the enthusiasm and active participation demonstrated by all attendees. He emphasized the need for homeopaths to adopt diverse research methodologies and to publish their work in high-impact, reputable journals. He expressed optimism that, with time and continued scholarly efforts, guidelines could be developed to identify conditions where Homoeopathy may be considered as a first-line treatment.

Dr. Sachit Anand highlighted that the current era is one of integrative medicine, where different systems of healthcare work together to benefit patients. He stressed that such integration must always be grounded in evidence-based research, reinforcing the importance of rigorous scientific inquiry within Homoeopathy.

Dr. Geetha Menon congratulated the organizing team for successfully conducting the workshop. She encouraged participants to contribute to the advancement of Homoeopathy by undertaking and publishing high-quality randomized controlled trials, which are essential for strengthening the scientific credibility of the discipline.

Dr. Subhash Kaushik extended heartfelt thanks to all speakers, participants, and contributors who made the workshop a success. He expressed hope that this initiative will serve as a stepping stone toward establishing concrete research milestones in the field of Homoeopathy and will inspire continued academic collaboration and innovation.

Dr. Harleen Kaur, Research Officer/ Scientist-2, CCRH and the overall coordinator of the workshop, conveyed her gratitude to the concerned authorities, the organising team and resource persons for their consistent support and guidance in making the event a great success. She also thanked Dr. Deepti Singh, Research Officer/ Scientist-2, CCRH who coordinated the web casting services (Fig. 14).

The session concluded on a note of motivation and with a recommendation to initiate efforts for advancing evidence-based homoeopathic research through well planned systematic reviews and meta-analyses by Council's scientists in near future.

Acknowledgments and source of funding

None

Conflicts of interest

None

Author contributions

HK and SJ conceived the idea about the workshop and executed it under the mentorship of KCM, SSR and SK. All authors contributed equally in writing the report and the content of the manuscript was mutually agreed upon and finalised.

Glimpses from the workshop on systematic review and meta-analysis: CCRH's capacity building initiative for evidence synthesis

Fig. 1. Dignitaries on the stage (L-R): Dr. Krushna Chandra Sahoo, Dr. Geetha Menon, Dr. Subhash Kaushik, Dr. Vikas Dhikav, Dr. Sunil S. Ramteke, Dr. K.C. Muraleedharan.

Fig. 2. Inaugural ceremony in progress.

Fig. 3. Release of the Book Titled 'Pharmacological Drugs Classifications Made Easy' authored by Dr. Vikas Dhikav.

Fig. 4. Felicitation: The dignitaries being presented mementos made of eco-friendly banana fibre.

Technical sessions

Fig. 5. Dr. Vikas Dhikav: Speaker for technical sessions 1 & 3.

Fig. 6. Dr. Krushna Chandra Sahoo: Speaker for technical sessions 2 & 4.

Fig. 7. Dr. Geetha Menon: Speaker for technical sessions 5 & 7.

Fig. 8. Dr. Sachit Anand: Speaker for technical sessions 6 & 8.

Fig. 9. A view of auditorium with enthusiastic, on-site delegates.

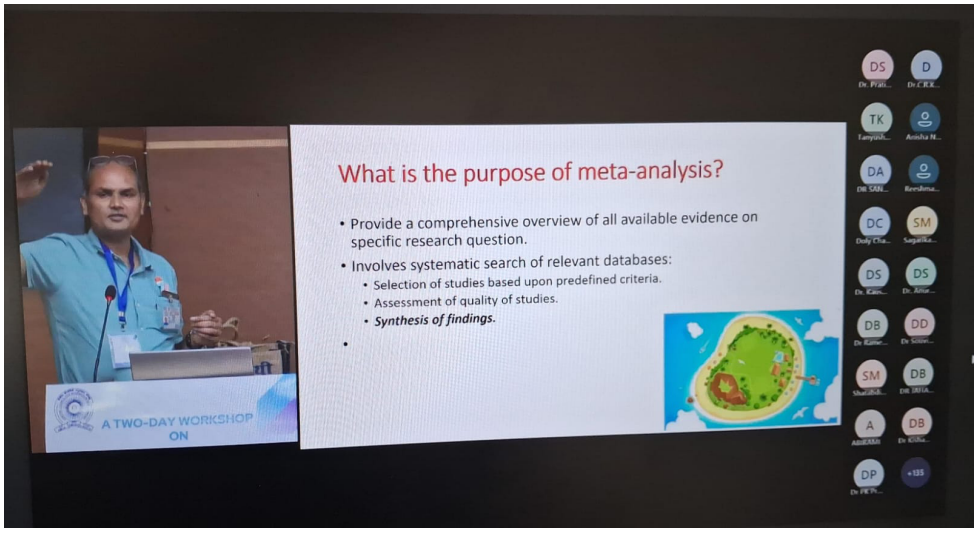

Fig. 10. A view of the workshop (online mode).

Fig. 11. Group photograph with on-site delegates.

Fig. 12. The organizing team with dignitaries (L-R): Dr. Anjali, Dr. Purnima Rani, Dr. Shalini Rao, Dr. Surbhi Jain, Dr. Parul, Dr. Deepti Singh, Dr. Harleen Kaur, Dr. Krushna Chandra Sahoo, Dr. Geetha Menon, Dr. Subhash Kaushik, Dr. Chaturbhuja Nayak, Dr. Vikas Dhikav, Dr. Sunil S. Ramteke, Dr. K.C. Muraleedharan, Dr. Gurpreet Singh, Dr. Garima Jindal, Ms. Kiranmayi Garikapati, Dr. Tania Chatterjee, Ms. Akansha Harit and Mr. Shivam.

Fig. 13. Rangoli (A colourful art) exhibiting the systematic review as the first level of evidence.

Fig. 14. Valedictory speech by Dr. Harleen Kaur, coordinator of the workshop.

Atelier sur les revues systématiques et les méta-analyses: Initiative de renforcement des capacités du CCRH pour la synthèse des données probantes

L'atelier intitulé « Revues systématiques et méta-analyses pour débutants : Introduction pratique » a été organisé par le Conseil central de la recherche en homéopathie (CCRH) en mode hybride les 13 et 14 août 2025 à l'auditorium du bâtiment Ayush à New Delhi, en Inde. Cet atelier, composé de huit sessions techniques réparties sur deux jours, a réuni plus de 400 délégués issus de différentes unités et instituts du CCRH. Son objectif était de renforcer les capacités des scientifiques et chercheurs du CCRH en matière de réalisation de revues systématiques et de méta-analyses, celles-ci représentant le plus haut niveau de preuve scientifique et étant essentielles pour améliorer la crédibilité, l'intégration et l'application des systèmes AYUSH dans les soins de santé conventionnels.

Workshop zu systematischen Reviews und Metaanalysen: Initiative des CCRH zum Kapazitätsaufbau für Evidenzsynthese

Der Workshop „Systematische Reviews und Metaanalysen für Einsteiger: Eine praktische Einführung" wurde vom Central Council for Research in Homoeopathy (CCRH) am 13. und 14. August 2025 im Auditorium des Ayush-Gebäudes in Neu-Delhi, Indien, als Hybridveranstaltung organisiert. An dem zweitägigen Workshop mit acht Fachsitzungen nahmen über 400 Teilnehmende aus verschiedenen Einrichtungen und Instituten des CCRH teil. Ziel war der Kompetenzaufbau der Wissenschaftler und Forscher des CCRH im Bereich der Durchführung systematischer Reviews und Metaanalysen, da diese die höchste Stufe der wissenschaftlichen Evidenzhierarchie darstellen und maßgeblich zur Stärkung der Glaubwürdigkeit, Integration und Anwendung von AYUSH-Systemen im regulären Gesundheitswesen beitragen.

व्यवस्थित समीक्षा और मेटा-विश्लेषण पर कार्यशाला: साक्ष्य संश्लेषण के लिए सीसीआरएच की क्षमता निर्माण पहल

'शुरुआती लोगों के लिए व्यवस्थित समीक्षा और मेटा-विश्लेषण: एक व्यावहारिक परिचय' विषय पर कार्यशाला का आयोजन केंद्रीय होम्योपैथी अनुसंधान परिषद (सीसीआरएच) द्वारा 13 और 14 अगस्त 2025 को आयुष भवन के सभागार, नई दिल्ली, भारत में हाइब्रिड मोड में किया गया। इस दो दिवसीय कार्यशाला में 8 तकनीकी सत्र थे, जिसमें सीसीआरएच की विभिन्न इकाइयों/संस्थानों के 400 से अधिक प्रतिनिधियों ने भाग लिया। इसका उद्देश्य सीसीआरएच के वैज्ञानिकों/शोधकर्ताओं की व्यवस्थित समीक्षा और मेटा-विश्लेषण के संचालन के बारे में क्षमता निर्माण करना था, क्योंकि ये वैज्ञानिक साक्ष्य के पदानुक्रम में सर्वोच्च स्तर का प्रतिनिधित्व करते हैं और मुख्यधारा की स्वास्थ्य सेवा में आयुष प्रणालियों की विश्वसनीयता, एकीकरण और अनुप्रयोग को बढ़ाने में महत्वपूर्ण भूमिका निभाते हैं।

Taller sobre Revisión Sistemática y Metaanálisis: Iniciativa del CCRH para el desarrollo de capacidades en la síntesis de evidencia

El taller "Revisión Sistemática y Metaanálisis para Principiantes: Una Introducción Práctica" fue organizado por el Consejo Central para la Investigación en Homeopatía (CCRH) en modalidad híbrida los días 13 y 14 de agosto de 2025 en el auditorio del edificio Ayush en Nueva Delhi, India. El taller, compuesto por 8 sesiones técnicas y realizado durante 2 días, contó con la asistencia de más de 400 delegados de diversas unidades e institutos del CCRH. El objetivo fue fortalecer las capacidades de los

científicos e investigadores del CCRH en la realización de revisiones sistemáticas y metaanálisis, ya que representan el nivel más alto en la jerarquía de la evidencia científica y son fundamentales para mejorar la credibilidad, la integración y la aplicación de los sistemas AYUSH en la atención médica general.

系统评价和荟萃分析研讨会：CCRH 的证据综合能力建设举措

“系统评价和荟萃分析入门：实用指南”研讨会由印度中央顺势疗法研究委员会 (CCRH) 于 2025 年 8 月 13 日至 14 日在印度新德里 Ayush 大楼礼堂以线上线下混合模式举办。为期两天的研讨会包含 8 个技术环节，吸引了来自 CCRH 各部门/机构的 400 多名代表参加。研讨会的目的是提升 CCRH 科研人员开展系统评价和荟萃分析的能力，因为系统评价和荟萃分析代表了科学证据等级中的最高级别，对于提高 AYUSH 体系在主流医疗保健中的可信度、整合性和应用至关重要。