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INDIAN COUNCIL OF  
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भारतीय आयुर्विज्ञान अनुसंधान परिषद  
स्वास्थ्य अनुसंधान विभाग, स्वास्थ्य और परिवार  
कल्याण मंत्रालय, भारत सरकार

Indian Council of Medical Research  
Department of Health Research, Ministry of Health  
and Family Welfare, Government of India

File No. 5/7/75/MH/2020-RBMCH

Dated: 21-08-2023.

The Dean,  
Manipal College of Nursing,  
Manipal Academy of Higher Education  
Manipal 576104, India.

**Subject:** - Continuation for 3<sup>rd</sup> year for the ICMR Ad-hoc Scheme project entitled: "A Study to Assess the Effectiveness of Support Therapy And Relaxation (STAR) on Amount of Breast Milk Production Stress Postnatal Depression in Mothers of Preterm Infants Admitted to the Postnatal Wards and Outcomes of Preterm Infants Admitted to the Neonatal Intensive Care Unit of a Selected Tertiary Referral Hospital of Udupi District A Randomized Control Trial" under Dr. Shobha Kamath.

Dear Sir/Madam,

The Director-General of the Indian Council of Medical Research sanction the Continuation of the above mentioned scheme for 3<sup>rd</sup> year with budget allotment of **Rs. 5,20,194/- (Rupees Five Lakh Twenty Thousand One Hundred Ninety Four Only)** as detailed in attached statement for the budget from 01.02.2023 to 31.01.2024 subject to the following conditions.

The grant will be released to the head of the Institute in installments during the financial year on receipt of the demand in the prescribed form (Appendix-I) as indicated below:

**Budget : Rs. 5,20,194/-**

While asking for the release of the installment it may be ensured that the amount for the pay and Allowances of the staff that are actually in position is included.

The other terms and conditions will remain the same as mentioned in this office letter of even number dated: 15.03.2021 the issues with the concurrence of the Finance Division vide **RFC NO. RBMCH/Adhoc/31/2020-21 dated: 08/01/2021.**

The receipt of this letter may kindly be acknowledged.

Yours faithfully,

  
Administrative Officer  
For Director General

1. **Mrs. Shobha Kamath**, Manipal College of Nursing, Manipal – 576104, India
2. Accounts. V For Information.
3. IRIS Cell ID:- **2020-5521** (P & I) Section
4. **Sh. Rohitash Singh**, PTO, Division of RCN, ICMR New Delhi.

For Director General



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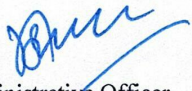
Subject: Payment of 1<sup>st</sup> installment of 3<sup>rd</sup> year project entitled: "A Study to Assess the Effectiveness of Support Therapy And Relaxation (STAR) on Amount of Breast Milk Production Stress Postnatal Depression in Mothers of Preterm Infants Admitted to the Postnatal Wards and Outcomes of Preterm Infants Admitted to the Neonatal Intensive Care Unit of a Selected Tertiary Referral Hospital of Udupi District A Randomized Control Trial" under Dr. Shobha Kamath.

**MEMORANDUM**

The Director-General, ICMR sanctions the payment of Rs. 5,20,194/- (Rupees Five Lakh Twenty Thousand One Hundred Ninety Four Only) as the 1<sup>st</sup> installment of 3<sup>rd</sup> year the grant for incurring expenditure in connection with the above mentioned research scheme. The amount of Rs. 5,20,194/- may be debited in the provision of Rs. 5,20,194/- made for the above mentioned research scheme for the current financial year 2023-2024.

A formal bill for Rs. 5,20,194/- is sent herewith after adjustment of unspent balance of Rs. 66,587/-, and 10% retaining amount of Rs. 52,019/- (10% retained amount will be released after receiving the final report, utilization certificate and statement of expenditure), a net amount of Rs. 4,01,588/- for payment to **The Dean, Manipal College of Nursing, Manipal Academy of Higher Education, Manipal 576104** through RTGS. (Mandate form and cancelled cheque are enclosed)

This is issued with the concurrence of the finance year Division RBMCH/Adhoc/31/2020-21 dated: 08/01/2021

  
Administrative Officer  
For Director General

**Accounts V Section, ICMR**

Copy to:

1. **The Dean**, Manipal College of Nursing, Manipal Academy of Higher Education, Manipal 576104, India. An amount of Rs. 4,01,588/- being the 1<sup>st</sup> installment of 3<sup>rd</sup> year grant will be sent to your through RTGS. The grant has been sanctioned on the condition laid down in our letter referred to above.
2. **Mrs. Shobha Kamath**, Manipal College of Nursing, Manipal – 576104, India
3. IRIS Cell ID:- 2020-5521 (P & I) Section
4. **Sh. Rohitash Singh**, PTO, Division of RCN, ICMR New Delhi.

For Director General

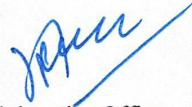
STATEMENT

File No. 5/7/75/MH/2020-RBMCH  
 Date of Start 01.02.2021  
 Duration: 3 Years  
 IRIS ID No. 2020-5521  
 RFC No. RBMCH/Adhoc/31/2020-21  
 Dated: 08/01/2021

Project entitled "A Study to Assess the Effectiveness of Support Therapy And Relaxation (STAR) on Amount of Breast Milk Production Stress Postnatal Depression in Mothers of Preterm Infants Admitted to the Postnatal Wards and Outcomes of Preterm Infants Admitted to the Neonatal Intensive Care Unit of a Selected Tertiary Referral Hospital of Udupi District A Randomized Control Trial" under Dr. Shobha Kamath.

Budget for 3<sup>rd</sup> year  
 (01.02.2023 to 31.01.2024)

S. No	Item	3 <sup>rd</sup> Year
<b>A</b>	<b>Staff</b>	
1.	Junior research fellow (Post-1) @Rs. 31,000/+HRA (9%)(2,790)=33790	4,05,480
<b>B</b>	<b>Contingencies</b>	
1.	Acquisition of books, journals and documents of relevance to the research topic	20,000
2.	Printing, data entry	25,000
3.	Miscellaneous(stationery, postage, printing, communication, photocopying, attending seminars /symposiums/ workshops/ conference, CDs (Indian Classical/instrumental music original, pre-recorded audio CDs	40,000
	<b>Sub Total</b>	<b>85,000</b>
<b>C</b>	<b>Non-recurring (equipment)</b>	
1.	Headphones - Hytech Model HT68 with ear cushions(20 No + 4 No extra standby) with accessories like connecting wires	5,000
2.	Tablet or smart phone for installing the music	10,000
	<b>Sub Total</b>	<b>15,000</b>
<b>D</b>	<b>Overhead Charge 3%@ A+B</b>	<b>14,714</b>
	<b>Grand Total</b>	<b>5,20,194</b>
<b>E</b>	<b>10% Holding Amount</b>	<b>52,019</b>
<b>F</b>	<b>Unspent Balance</b>	<b>66,587</b>
	<b>Grant to be released</b>	<b>4,01,588</b>

  
 Administrative Officer  
 For Director-General