

CCRAS-led Initiatives Promote Women's Health, Environmental Conservation, and Ayurvedic Wellness

CARI New Delhi Marks 10th Ayurveda Day with Theme "Ayurveda for People and Planet" through Nationwide Outreach

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During the celebration of the 10th Ayurveda Day, the Central Ayurveda Research Institute (CARI), under the aegis of the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, organized a wide range of events and outreach programmes for the effective dissemination of the theme "Ayurveda for People and Planet." These initiatives reflect CARI's commitment to enhancing healthcare through Ayurveda and contributing to the broader Ayush ecosystem.

An Ayurveda Pledge was taken at public gatherings along with the technical officers and staff of CARI, New Delhi. The ceremony began with an introductory speech by Dr. Bharti, Director of the Institute. Participants pledged to adopt Ayurveda-based principles for improving personal health and protecting the environment. An Ayurveda Expo was also organized by CARI New Delhi from 10.09.2025 to 23.10.2025, during which IEC materials were distributed to create awareness about Ayurveda. A wide range of Ayurveda books was also displayed.

A series of lectures were delivered by eminent Ayurveda doctors. These sessions focused on the introduction of the Ayurveda Day theme "Ayurveda for People and Planet," the role of Ayurveda in geriatric care, diet and nutrition, Panchkarma in prevention of diseases, seasonal dietary and lifestyle modifications, everyday Ayurveda for women's healthcare, and Ayurveda for mental and emotional well-being. As part of the Swasth Nari, Sashakt Parivar Abhiyan 2025, Ayurveda treatment units of CARI New Delhi and its peripheral branches organized an awareness programme featuring lectures on different stages of a woman's life and ways to improve overall health. During the OPD, priority was given to female patients, and Ayurvedic medicines were distributed to improve blood hemoglobin levels. Approximately 35 female patients benefitted from this initiative every day.

Free Prakriti assessments were carried out to help individuals understand their unique body constitution. Each day, five prakriti types were assessed, and participants received personalized dietary and lifestyle guidance. Traditional Ayurvedic food items were also distributed to promote the concept of wholesome and seasonal eating. Participants were educated on how food can act as preventive medicine and support overall well-being.

Plantation drives were conducted to raise awareness about environmental conservation. Medicinal plants were also distributed to the public, encouraging the establishment of household herbal gardens for self-care and sustainability. A total of 200 Tulsi and Giloy plants were distributed to patients and their attendants, along with information on their utility and medicinal value.

On 11.09.2025, an awareness lecture on "Post-menopausal Care through Ayurveda" was delivered at Gharadsii village, Kurukshetra, with advisory on women's bone health after menopause, as well

as diet and lifestyle changes for preservation and promotion of health. About 15–20 elderly women participated. Another awareness lecture on “Geriatric Care through Ayurveda” was conducted at Government School, Block Thanesar, Kurukshetra under the SCSP programme on 12.09.2025. In view of Poshan Maah 2025, an awareness lecture on “Childhood Obesity: Causes & Prevention” was organized under the SCSP programme. Additionally, a free medical camp on bone and geriatric health was held at Shree Ram Mandir Trust, Sultanpuri, with free consultation and Hb and blood sugar testing. A total of 25 patients benefitted from this initiative.

Run for Ayurveda and Walkathons were organized at both local and national levels. These events drew enthusiastic participation and spread the message of active living and Ayurveda-inspired wellness. CARI also organized various competitions in nearby schools. A drawing competition was held at MCD Pratibha Co-Ed School, Punjabi Bagh West on 12.09.2025, with 50 students participating. Cash prizes of Rs. 1000, 800, 600, 500 and 500 were awarded to the top five winners.

A special yoga camp was organized at MCD Pratibha Co-Ed Primary School, Punjabi Bagh West, New Delhi, for young students. The session included an insightful lecture on how yoga helps boost concentration and physical strength, followed by a hands-on practice session where over 40 students performed yoga asanas with enthusiasm. As part of the observance of Ayurveda Day, a cleanliness drive was conducted in the Institute’s Eye OPD, Geriatric OPD, and Panchakarma section under the theme ‘Ayurveda for People and Planet.’ The drive highlighted the importance of maintaining hygiene, cleanliness, and adopting sustainable practices for community well-being.

In celebration of the 10th Ayurveda Day, a yoga contest was organized at Sarvodaya Kanya Vidyalaya No. 2, Punjabi Bagh West, with 28 students participating. They were divided into teams named after the five elements—Agni, Vayu, Jala, Prithvi, and Akash. The event served as a reminder of how yoga brings balance and strength to life. As part of Poshan Maah 2025, an insightful session on “Ayurvedic Nutrition for Adolescent Girls” was conducted at Sarvodaya Kanya Vidyalaya No. 2 on 16.09.2025. Students were also provided with Shankhpushpi and M-Brahmi Rasayan, known for their brain-boosting properties.

An online session was organized on the sub-theme of Ayurveda Day—“Role of Ayurveda in Cancer Management and Supportive Care”—on 16.09.2025. Dr. Sanjay Khedekar, In-Charge of the Integrative Oncology Unit, All India Institute of Ayurveda, Goa, delivered the keynote lecture.





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