



11th Ayurveda Day Celebrated at Regional Ayurveda Research Institute, Mandi After Month-Long Awareness Campaign

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The Regional Ayurveda Research Institute (RARI), Mandi, celebrated the 11th Ayurveda Day on September 23, 2026, with enthusiasm and participation following a month-long public awareness campaign organised on the theme “Ayurveda for a Healthy Tomorrow”.

During September, the Institute organised a series of awareness activities covering important aspects of Ayurveda, including evidence-based and safe treatment practices, healthy digestion and diet, safe use of medicines, prevention of lifestyle disorders, mental health, Ritucharya and research ethics. Senior Research Fellows (SRFs) and consultants of the Institute delivered a series of lectures on these topics, benefiting hundreds of people.

To encourage interest in Ayurveda among students, the Institute organised poster-making, slogan-writing, essay-writing and rangoli competitions. A Prakriti Assessment Camp was also organised on September 11, 2026, in which 45 beneficiaries were provided guidance on Ayurvedic diet and lifestyle based on their individual Prakriti, health and sleep-related aspects.

As part of the awareness campaign, a Walkathon was organised on September 22 from the Institute premises to BBMB Colony. Around 60 people, including school students and Institute personnel, participated in the awareness walk.

The month-long campaign culminated in the 11th Ayurveda Day celebrations at the Institute on September 23. The day began with Havan and Pujan, followed by distribution of medicinal plants. The main programme commenced with the lighting of the ceremonial lamp by Dr. Vineeta Kumari Negi, In-charge, RARI Mandi, before the idol of Lord Dhanvantari, followed by the singing of the CCRAS Kulgeet.

Welcoming principals, teachers from nearby schools and other distinguished guests, Dr. Vineeta Kumari Negi extended greetings on Ayurveda Day. In her address, she highlighted the importance of holistic well-being through the principles of Ayurveda and emphasised the relevance of adopting an Ayurvedic lifestyle for building a healthy and prosperous future.

The programme concluded with a vote of thanks by Dr. Vikas Nargiyal, Nodal Officer for the event. He expressed gratitude to all teachers, principals and Institute personnel for their valuable contribution towards the successful organisation of the month-long campaign and Ayurveda Day celebrations.



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