



11th Ayurveda Day Celebrated at Central Ayurveda Research Institute, New Delhi

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The Central Ayurveda Research Institute (CARI), New Delhi, celebrated the 11th Ayurveda Day today with a series of activities aimed at creating awareness about Ayurveda, healthy lifestyle practices and preventive healthcare.

The programme commenced with Dhanwantri Poojan, performed by Dr. Hemant Panigrahi, Institute In-charge, in the presence of officers and officials of the Institute.

As part of the celebrations, a 'Run for Ayurveda' was organised with participation from officers, employees and patients of the Institute. The initiative focused on promoting awareness about Ayurveda and healthy living.

An Ayurveda Day lecture was also organised, highlighting the principles of Ayurveda, healthy lifestyle practices, disease prevention and the relevance of Ayurveda in contemporary healthcare. Participants and patients were sensitised to the role of Ayurveda in health promotion and disease prevention.

Medicinal plants were distributed among patients visiting the Institute to create awareness about their importance, conservation and appropriate use.

A press conference was also organised on the occasion, during which media representatives were briefed about the activities undertaken as part of the Ayurveda Day celebrations and their objectives.

The programme was coordinated by Dr. Shweta Mata, Research Officer (Ay.), and Dr. Ashima Jain, Research Officer (Path.), with active participation of officers and officials of the Institute.

The activities organised at CARI on the occasion of the 11th Ayurveda Day highlighted the importance of Ayurveda, healthy lifestyles and preventive healthcare, while promoting greater public awareness about the traditional system of medicine.



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