



CARI Guwahati Concludes 10-Day Celebrations of 11th Ayurveda Day

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The Central Ayurveda Research Institute (CARI), Guwahati, concluded a 10-day series of programmes organised to mark the 11th Ayurveda Day 2026 with a public walkathon today.

Held under the theme “Ayurveda for a Healthier Tomorrow”, the celebrations included health camps, awareness programmes, lectures, exhibitions and community outreach activities focused on preventive healthcare, healthy lifestyle practices and Ayurveda.

As part of the celebrations, CARI Guwahati organised free health check-up camps at various locations across Assam, providing medical consultations, diagnostic screenings and Ayurvedic medicines. The camps also focused on creating awareness about early intervention and preventive healthcare practices.

Awareness lectures were organised at the Institute’s OPD on various aspects of Ayurveda, including Dinacharya (daily regimen), Ritucharya (seasonal regimen) and appropriate Ahara (diet). Interactive exhibitions and awareness activities on medicinal plants were also organised to familiarise the public with their traditional uses and importance.

CARI Guwahati also conducted outreach programmes for personnel of the Central Industrial Security Force (CISF) at IOCL, Bongaigaon, focusing on stress management, yoga and Ayurveda-based approaches for maintaining physical and mental well-being.

An expert seminar on Marma Chikitsa was conducted by Dr. Tikendrajit Sarma, Associate Professor, Government Ayurvedic College, Guwahati. The session provided an overview of traditional Ayurvedic approaches related to Marma points and their relevance in healthcare.

Speaking on the occasion, Dr. P. L. Bharati, Research Officer (In-charge), CARI Guwahati, highlighted the role of Ayurveda in promoting preventive healthcare and healthy living. He said that the 10-day programme was aimed at connecting Ayurvedic principles with contemporary lifestyle needs and encouraging people to adopt healthy practices in their daily lives.

The celebrations culminated in a public walkathon, which was flagged off by Mrs. Anjana Bora, Councillor, Ward No. 43, Guwahati Municipal Corporation. Healthcare professionals, youth and members of the local community participated in the event.

The 10-day celebrations provided a platform for CARI Guwahati to engage with the community through healthcare services, awareness activities and educational programmes, highlighting the preventive and promotive aspects of Ayurveda.



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