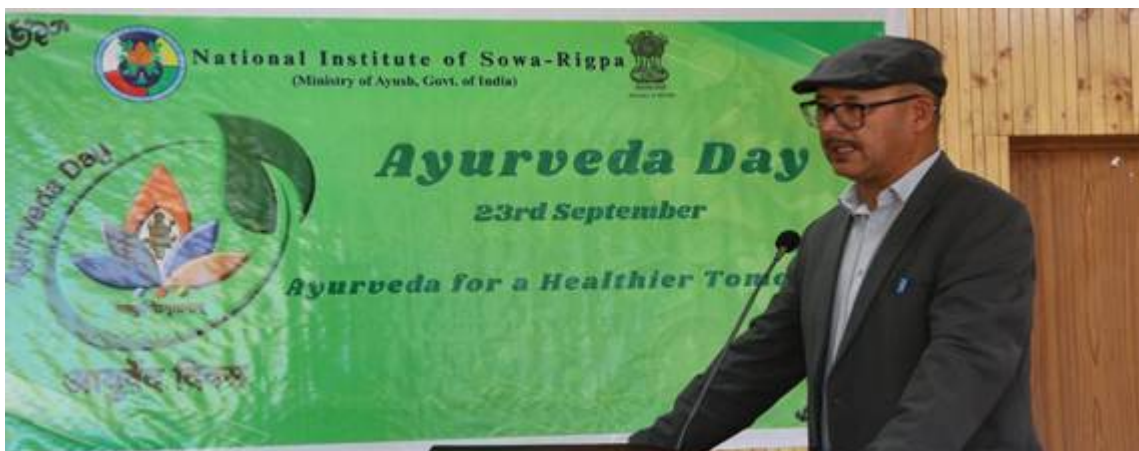


National Institute of Sowa Rigpa, Leh Celebrates 11th Ayurveda Day

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The National Institute of Sowa Rigpa (NISR), Leh, celebrated the 11th Ayurveda Day at its New Academic Building, Saboo Thang, Leh, on September 23, 2026. The programme was organised under the theme “Ayurveda for a Healthier Tomorrow” under the chairmanship of Dr Padma Gurmet, Director, NISR.

The celebration brought together participants, practitioners, scholars and stakeholders from different parts of Ladakh and the Himalayan region, including Lahaul, Dharamsala, Sikkim and Arunachal Pradesh. The programme provided a platform for interaction, knowledge sharing and discussion on the relevance of traditional systems of medicine in contemporary times.



Experts from different fields delivered presentations highlighting various aspects of Ayurveda and other traditional healthcare practices and their role in promoting health and well-being. The presentations also highlighted the rich traditional knowledge systems of the Himalayan region and the importance of preserving, documenting and promoting these traditions.

Participation from different parts of Ladakh and the wider Himalayan belt added a regional dimension to the celebration and facilitated an exchange of knowledge and experiences.

The programme reflected NISR's efforts towards promoting traditional systems of medicine, strengthening academic engagement and creating greater awareness about their contribution to a healthier future.

The celebration concluded with an emphasis on knowledge sharing, collaboration and collective efforts towards building a healthier tomorrow through the wisdom and practices of traditional systems of medicine.



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