

# 11th Ayurveda Day 2026: Ayush Institutions Undertake Nationwide Awareness, Wellness and Community Outreach Activities

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The 11th Ayurveda Day 2026 was observed across the country through a range of public awareness, community outreach, academic, wellness and student engagement activities organised by Ayush institutions.

## Central Ayurveda Research Institute (CARI), Jhansi

The Central Ayurveda Research Institute (CARI), Jhansi, conducted Ayurveda pledge and yoga camps, educational visits, cleanliness and medicinal plant drives, “Run for Ayurveda”, webinars, public awareness programmes and competitions in painting, rangoli and quiz. The activities engaged students, youth, staff and the public on Ayurveda, yoga and healthy lifestyles.



## R.R.A. Podar Central Ayurveda Research Institute (RRAP-CARI), Mumbai

R.R.A. Podar Central Ayurveda Research Institute (RRAP-CARI), Mumbai, conducted a webinar on “Research Innovation, Patenting and Entrepreneurship in Ayurveda”, Ayush wellness programmes for CISF personnel and an Ayurveda Walkathon at Kharghar, with more than 200 participants. The institute also held an Ayurveda Aahar cooking competition, drawing competition for school children, Ayush Food Festival and cleanliness activities, besides distributing more than 100 medicinal plant saplings. The celebrations concluded with a valedictory programme on September 23.



### **Regional Ayurveda Research Institute (RARI), Gangtok**

The Regional Ayurveda Research Institute (RARI), Gangtok, observed Ayurveda Day at ICAR, Tadong, with participation from researchers, healthcare professionals and scholars associated with Ayurveda, Homoeopathy, Sowa-Rigpa and other traditional systems. Technical sessions focused on Ayurveda's role in health and well-being and contemporary healthcare needs, facilitating knowledge sharing among practitioners and scholars of different traditional healthcare systems.



### **Central Ayurveda Research Institute (CARI), Kolkata**

The Central Ayurveda Research Institute (CARI), Kolkata, organised medicinal plant and raw drug exhibitions, yoga demonstrations, IEC distribution, medical camps, an Ayush Aahar Festival and competitions on rangoli, slogans, posters and quizzes. The institute also conducted awareness programmes through Akashvani and Doordarshan and a webinar on geriatric healthcare through Ayurveda. The celebrations concluded with Dhanvantari Puja and a programme focusing on Ayurveda, scientific research, evidence-based healthcare and holistic well-being.



### **Regional Ayurveda Research Institute (RARI), Ahmedabad**

The Regional Ayurveda Research Institute (RARI), Ahmedabad, organised public awareness lectures on Ayurveda, healthy lifestyle, diet and disease prevention, along with poster-making and rangoli competitions. An Ayurveda quiz and elocution competition was also held for students in collaboration with Shri Balahnuman Ayurveda College, Lodara and Government Akhandanand Ayurveda College, Ahmedabad. The institute further conducted interactive sessions on Ayurveda and healthy living for staff of the Reserve Bank of India, CISF and ONGC.



### **Regional Ayurveda Research Institute (RARI), Itanagar**

The Regional Ayurveda Research Institute (RARI), Itanagar, conducted awareness lectures, a “Selfie with 11th Ayurveda Day” campaign, besides distributing of 134 medicinal plant saplings from September 9 to 23. The institute also organised a health camp, essay competition and herbal garden initiative at PM Shri

Kendriya Vidyalaya No. 2, Chimpur, along with a webinar, medicinal plant exhibition and cleanliness drive, engaging students, patients, visitors and the wider community.

### **Regional Ayurveda Research Institute (RARI), Gwalior**

The Regional Ayurveda Research Institute (RARI), Gwalior, organised lectures, public awareness activities, medicinal plant distribution and exhibitions, a “Run for Ayurveda” and other health-promoting activities as part of the 11th Ayurveda Day celebrations. The activities focused on Ayurveda’s role in healthy lifestyles, disease prevention and holistic well-being, with emphasis on integrating Ayurvedic principles with modern scientific research and promoting evidence-based knowledge. The celebrations concluded with Dhanvantari Puja on September 23, with participation from institute officials, scientists, staff and students.



### **North Eastern Institute of Ayurveda and Homoeopathy (NEIAH), Shillong**

The North Eastern Institute of Ayurveda and Homoeopathy (NEIAH), Shillong, conducted activities from September 9 to 23, including free health camps, medicinal plant and plantation drives, student outreach, yoga sessions, academic lectures, competitions and public awareness programmes. The programme also featured an Ayush food festival, Open Day, radio talk, medicinal plant awareness campaign and student reel-making competition, culminating in Dhanvantari Puja, a plantation drive and valedictory programme.



### **National Institute of Naturopathy (NIN), Pune**

The National Institute of Naturopathy (NIN), Pune, organised a plantation drive at its Nisarg Gram campus. Prof. (Dr.) Geetha Shetty, Director, NIN, inaugurated the drive. Faculty members and experts participated in planting medicinal plants including Bilva, Shatavari, Arjuna, Guduchi and Ghrita Kumari (Aloe vera).



### **Ayurveda Treatment Centre, Safdarjung Hospital, CCRAS-CARI, New Delhi**

The Ayurveda Treatment Centre (ATC), Safdarjung Hospital, CCRAS-CARI, New Delhi, organised an academic lecture on “Alternative Systems of Medicine in India” on September 23, 2026, as part of the 11th Ayurveda Day celebrations. Dr. Shivshankar Rajput, In-charge, ATC, Safdarjung Hospital, delivered

the lecture for 164 first-year MBBS students and faculty members of VMMC & Safdarjung Hospital, Ministry of Health & Family Welfare.

The session provided an overview of Ayurveda, its fundamental principles and therapeutic approaches, and their relevance in contemporary healthcare. The participants were also sensitised to the role and organisational structure of the Ministry of Ayush, its key initiatives and schemes, major reforms, and ongoing research activities in the field of Ayurveda.



The nationwide activities reflect the focus of Ayush institutions on public health awareness, healthy lifestyles, nutrition, academic engagement, scientific research and community outreach under the theme “Ayurveda for a Healthier Tomorrow.”

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