



Dr. Shweta Mata, R.O. (Ay.) delivered an awareness lecture on the *“Importance of Millets”* in the inauguration of the **International Year of Millets-2023** at CARI, New Delhi on 10/01/23



MoU signed between CARI, New Delhi and VMMC, Safdarjung hospital on 12/01/2023 for two projects entitled “ Clinical evaluation of Ayurvedic Management of Allergic Rhinitis- A randomized controlled clinical trial “ and “Efficacy of Ayurveda Interventions on the management of Menorrhagia (Raktapradara)- a randomized controlled trial”



Dr. Kishor Patel, R.O. (Ay.) delivered a lecture on “Importance of millets in our daily life” at CARI, New Delhi under the celebration of the International year of Millets on 17.01.2023



Dr. Shweta Mata, R.O. (Ay.) delivered lecture on *“Introduction and importance of Millets”* at MCD Pratibha School, Punjabi Bagh (W), New Delhi-110026 under the celebration of the **international year of Millets** on 19.1.2023.



Dr. Shweta Chaudhary, R.O. (Ay.) delivered lecture on *“Introduction and importance of Millets”* at MCD Pratibha School, Punjabi Bagh (W), New Delhi-110026 under the celebration of the **international year of Millets** on 19.1.2023.



Dr. Seema Jain, R.O. (Ay.) and Dr. Renu Rani, R.O. (Ay.) organized Health check-up camp and distribution of nutritious food items at Asharan Orphanage, C/o Hope foundation, A-46 , New Multan Nagar, Peeragarhi, New Delhi, **Mission Vatsalya Poshan 2.0** under Ministry of Ayushon 21.1.2023



Dr. Seema Jain, R.O. (Ay.) and Dr. Renu Rani, R.O. (Ay.) organized Health check-up camp at Asha Griha Children Home for Girls Sector-8 and Asha Griha Children Home for Boys, Sector 19 South west, New Delhi, **Mission Vatsalya Poshan 2.0** under Ministry of Ayushon 23.1.2023



Dr. Seema Jain, R.O. (Ay.) and Dr. Renu Rani, R.O. (Ay.) distributed nutritious food items and immuno-modulator drugs at Asha Griha Children Home for Girls Sector-8 and Asha Griha Children Home for Boys, Sector-19 South west, New Delhi, under **Mission Vatsalya Poshan 2.0**, Ministry of Ayush on 24.1.2023



Dr. Amit, R.O. (Ay.) delivered an awareness lecture on “*Importance of millets in our daily life*” under the celebration of the **International year of Millets** on 24.01.2023.



Inauguration of CCRAS- JNU Ayurveda Treatment & Research Facility by Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, Sh. Pramod Pathak, Special Secretary, Prof. Rabinarayan Acharya, DG- CCRAS, Dr. N. Srikanth, DDG-CCRAS, Dr. Bharti, Director (Institute) on 25.01.2023.



Secretary Ayush, Spl. Secretary Ayush, DG-CCRAS, DDG-CCRAS, Director & Officers of CARI, New Delhi, at Inauguration of **CCRAS- JNU Ayurveda Treatment & Research Facility at JNU Health Centre** on 25.01.2023.



Flag hoisting on Republic Day at the CARI, New Delhi on 26/01/2023



Dr. Kishor Patel, R.O. (Ay.) participated as Nodal officer at Bharat Parv organized by Ministry of Tourism, GOI at Red Fort, New Delhi from 26.01.2023 to 31.01.2023.



Dr. Seema Jain, R.O. (Ay.) and Dr. Renu Rani, R.O. (Ay.) delivered an awareness lecture on “Health benefits of millets” at Sarvodaya Kanya School, Punjabi Bagh, New Delhi under the celebration of **International Year of Millets** on 27.01.2023.



Dr. Kuldeep, R.O. (Ay.), delivered an awareness lecture on *“Importance of millets in our daily diet”* at CARI, New Delhi under the celebration of the **International Year of Millets** on 30.01.2023



2<sup>nd</sup> Cardiopulmonary Resuscitation(CPR) training under NABH conducted at CARI, New Delhi 08/02/2023



Dr. Renu Rani, R.O. (Ay.), organised 2<sup>nd</sup> Visit, group discussion activity and colouring competition along with distribution of nutritious food items at Asharan Orphanage c/o Hope foundation, A-46, New Multan Nagar, Peeragarhi, New Delhi, Mission **Vatsalya Poshan 2.0** under Ministry of Ayush on 06/02/23



Dr. Seema Jain, R.O. (Ay.) and Dr. Renu Rani, R.O. (Ay.), organised 2<sup>nd</sup> Visit, group discussion activity and colouring competition along with distribution of nutritious food items at Asha Griha Children Home for Girls, D-41, Sector-8 South west, Dwarka, New Delhi, Mission **Vatsalya Poshan 2.0** under Ministry of Ayush on 08/02/23



Dr. Seema Jain, R.O. (Ay.) and Dr. Renu Rani, R.O. (Ay.), organised 2<sup>nd</sup> Visit, group discussion activity and colouring competition along with distribution of nutritious food items at Asha Griha Children Home for Boys, B-215, sector-19,Dwarka, South West, New Delhi, **Mission Vatsalya Poshan 2.0** under Ministry of Ayush on 09/02/23



Dr. Amit, R.O. (Ay.) delivered Lecture on topic “*Importance of major millets*” at CARI, New Delhi, under the celebration of the **International year of Millets** on 09/02/23



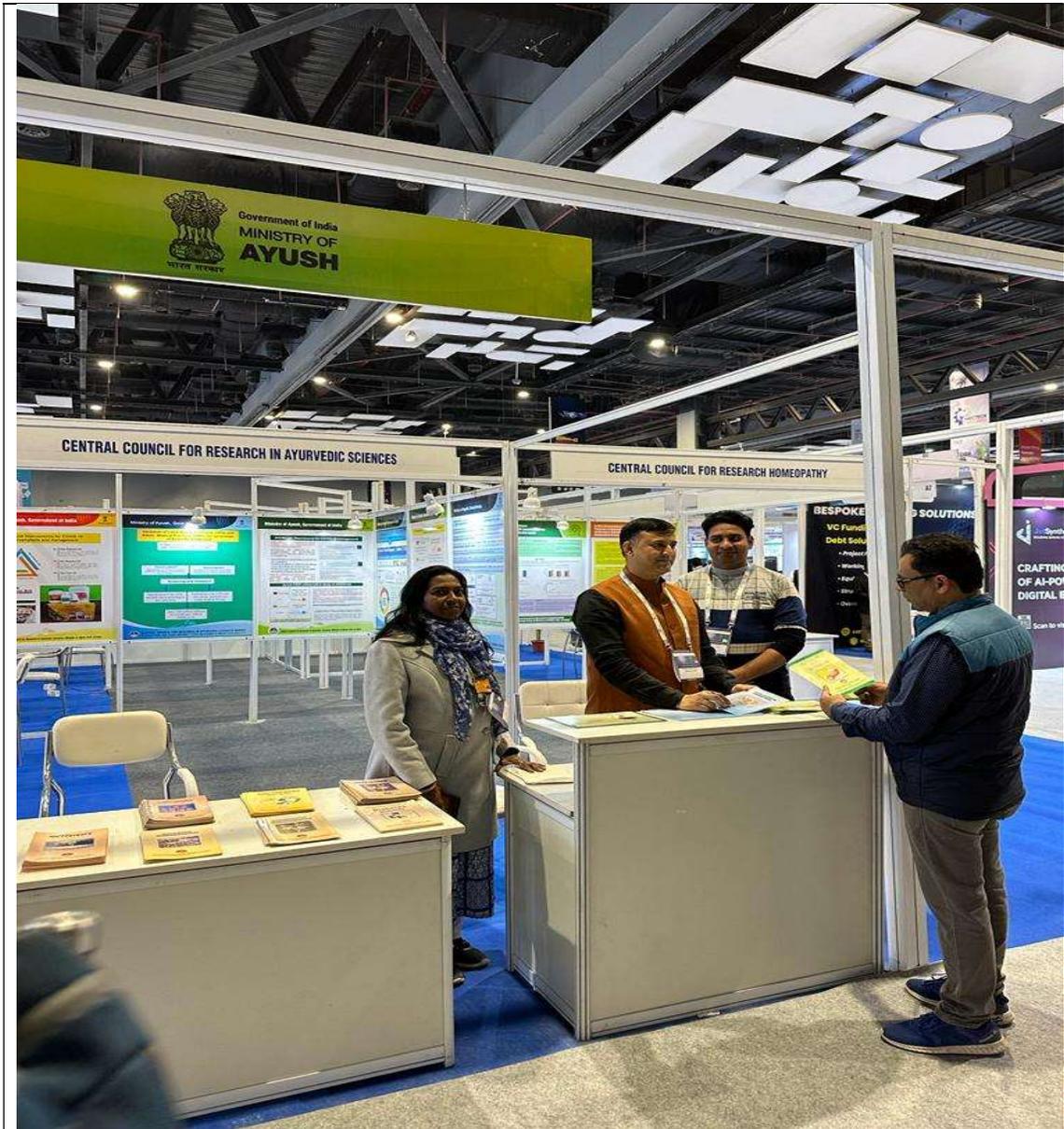
Dr. Shivshankar Rajput, R.O.(Ay.) participated in 30<sup>th</sup> Edition of South Asia's Travel & Tourism Exchange (SATTE)" at India Expo Mart, Greater Noida from 09<sup>th</sup>-11<sup>th</sup> Feb. 2023



Dr. Kishor Patel, R.O.(Ay.) delivered a lecture on, "*Importance of minor millets in our daily life*" at CARI, New Delhi under the celebration of the **International year of Millets** on 14.02.23



Dr. Amit, R.O. (Ay.) and team participated in the International Conference on “Communication and Dissemination of Traditional Knowledge (CDTK-2023)” organized by CSIR-NISCPH during 14-15 February, 2023



Dr. Sudha Kumari K.G, R.O (Ay.) and Dr. Shiv Shankar Rajput, R.O (Ay.), participated in 4<sup>th</sup> edition of Health Tech India 2023, organized by Confederation of Indian Industry (CII) at Pragati Maidan, New Delhi on 16<sup>th</sup> – 18<sup>th</sup> February, 2023



Dr. Bharti, Director (Institute), Dr. Kishor Patel, R.O.(Ay.) and Dr. Amit, R.O. (Ay.) participated in MoU signing for the collaborative clinical research project of **Osteoarthritis (OA) under SMART program between CCRAS, CBPACS-RGGPGAC-Paprola, Gurukul- Haridwar, Parul College-Vadodara and BHU-Varanasi at CARI, New Delhi** on 17/02/23



Dr. Bharti, Director (Institute), Dr. Seema Jain, R.O. (Ay.) and Dr. Renu Rani, R.O. (Ay.) participated in MoU signing for Collaborative Clinical Research Proposal of **Iron Deficiency Anemia (IDA) under SMART program** between CCRAS, CBPACS-New Delhi, MSM-Khanpur, RGGPGAC-Paprola and SAMC & H-Indore at CARI, New Delhi on 17/02/23



Inauguration of three day training program on Basic Bio-Statistics under the ARMS by Prof. Rabinarayan Acharya, DG- CCRAS, Dr. Bharti, Director (Institute) in the presence of eminent speakers, Research Officers of CARI and participants at CARI, New Delhi on 20<sup>th</sup> Feb. 2023



Inaugural remarks delivered by Prof. Rabinarayan Acharya, Director General, CCRAS, New Delhi on 20<sup>th</sup> Feb. 2023.



Concluding remarks and certificate to all the participants were given by Dr. N. Srikanth, DDG-CCRAS on 3<sup>rd</sup> day of training program at CARI, New Delhi on 22/02/2023.



Dr. Seema Jain, R.O. (Ay.) delivered a lecture in the Symposium on Sickle Cell Disease, organized by ICMR-NIRTH at Jabalpur, Bhopal, MP on 23/02/23



Dr. Kuldeep, R.O. (Ay.) delivered a lecture on “*Importance of Ragi*” at CARI, New Delhi under the celebration of the **International year of Millets** on 16/02/2023.



Dr. Renu Rani, R.O. (Ay.), delivered a lecture on “*Importance of Bajra*” at CARI, New Delhi under the celebration of the **International Year of Millets** on 24.02.2023



Dr. Renu Rani, R.O. (Ay.), organised 3<sup>rd</sup> Visit, group discussion activity and Yoga demonstration sessions along with distribution of nutritious food items and immuno-modulator drugs at Asha Griha Children Home for Boys, B-215, sector-19, Dwarka, South West, New Delhi, **Mission Vatsalya Poshan 2.0** under Ministry of Ayush on 27/02/23



Dr. Renu Rani, R.O. (Ay.), organised 3<sup>rd</sup> Visit, group discussion activity and Yoga demonstration sessions along with distribution of nutritious food items and immuno-modulator drugs at Asha Griha Children Home for Girls, D-41, Sector-8 South west, Dwarka, New Delhi, **Mission Vatsalya Poshan 2.0** under Ministry of Ayush on 01/03/23



Dr. Aishvarya, S.R.F. (Ay.), organised 3<sup>rd</sup> Visit, group discussion activity and Yoga demonstration sessions along with distribution of nutritious food items and immuno-modulator drugs at Asharan Orphanage c/o Hope foundation, A-46, New Multan Nagar, Peeragarhi, New Delhi, under **Mission Vatsalya Poshan 2.0** under Ministry of Ayush on 02/03/23



MoU Signed for the 3 collaborative projects between **CARI, New Delhi** and **VMMC, Safdarjung, New Delhi** entitled “Clinical assessment of the efficacy of Ayurvedic management in PCOS-a randomized open-label control trial” and “Randomized control trial of “Anshumati Ksheer Paka” in hypertension induced left ventricular hypertrophy” and “Efficacy of Ayurveda Interventions (Pushkar Guggulu and Haritaki) as add-on to Standard Care in Stable Coronary Artery Disease: A Double-blind Randomized Controlled Study” on 14.03.2023



Dr. Kuldeep R.O. (Ay.), participated in Ayurved Parv organized by All India Ayurvedic Congress in collaboration with Ministry of Ayush at Chaudhary Charan Singh University Meerut, Uttar Pradesh from 11/03/2023 to 13/03/2023.



Dr. Shweta Mata, R.O. (Ay.) presented a paper in RAV's 28<sup>th</sup>National Seminar on “Usage of Trina Dhanya (Millets) in Contemporary Lifestyle” at Vigyan Bhavan (Hall No.6), Rajpath area, Central Secretariat, New Delhi on 16-17<sup>th</sup> March 2023.



Yoga Session as a part of Yoga Day Countdown was practiced in CARI, New Delhi on 16/03/23.



Dr. Shrawan Kumar Sahu, R.O.(Ay.), participated in Ayush Camp at Parliament house annex, New Delhi from 20<sup>th</sup> - 24<sup>th</sup> March 2023.



Dr. Renu Rani, R. O. (Ay.), Organised 4<sup>th</sup> visit, health check up camp and delivered lecture along with distribution of nutritious food items and immuno-modulator drugs at Asha Griha Children Home for Boys, B-215, sector-19, near Ambrahi Extension, Dwarka, South West, New Delhi, **Mission Vatsalya Poshan 2.0** under Ministry of Ayush 23/03/23.



Dr. Renu Rani, R.O. (Ay.), delivered a lecture on “*Importance of Millets*” at Asha Griha Children Home for Boys, B-215, sector-19, near Ambrahi Extension, Dwarka, South West, New Delhi under the celebration of the **International year of Millets** on 23/03/2023



Dr. Renu Rani, R. O. (Ay.), Organised 4<sup>th</sup> visit, health check up camp and delivered lecture along with distribution of nutritious food items and immuno-modulator drugs at Asharan Orphanage, C/o Hope foundation, A-46, New Multan Nagar, Peeragarhi, New Delhi, **Mission Vatsalya Poshan 2.0** under Ministry of Ayush 24/03/23.



Dr. Renu Rani, R.O. (Ay.), delivered a lecture on "*Importance of Millets*" at Asharan Orphanage/o Hope foundation, A-46, New Multan Nagar, Peeragarhi, New Delhi under the celebration of the **International year of Millets** on 24/03/2023



Dr. Seema Jain, R.O. (Ay.) and Dr. Renu Rani, R. O. (Ay.), Organised 4<sup>th</sup> visit, health check up camp and delivered lecture along with distribution of nutritious food items and immunomodulator drugs at Asha Griha Children Home for Girls, D-41, Bagdola Village, Sector-8, South West, Dwarka, New Delhi, Mission Vatsalya Poshan 2.0 under Ministry of Ayush 25/03/23



Dr. Seema Jain, R.O. (Ay.), delivered a lecture on "*Importance of Millets*" at Asha Griha Children Home for Girls D-41, bagdola Village, Sector-8 South west , Dwarka, New Delhi, under the celebration of the **International year of Millets** on 25/03/2023



Dr. Seema Jain, R.O. (Ay. ) attended **Primary Trauma Care (PTC) training** at A & U Tibbia College, New Delhi organized by RAV on 01/07/2023



Dr Shaizi Layeeq, R.O. (Ay.) gave an awareness lecture on "Promotion of Mental Health through Ayurveda " as a part of celebration of **Azadi Ka Amrit Mahotsava 2.0 (AKAM 2.0)** to the staff and OPD patients at CARI, New Delhi on 06/07/2023.



Dr. Seema Jain, R.O. (Ay.) & team attended two-day training workshop on *CCRAS- Research Oriented Public Health Care Programme* at Bhubaneswar from 6<sup>th</sup>-7<sup>th</sup> July 2023



A free health check-up camp was organized by CARI, New Delhi under celebration of *Azadi Ka Amrit Mahotsava 2.0 (AKAM 2.0)* at Madipur Village on 10/07/2023



Dr. Amit, R.O. (Ay.) gave an awareness lecture on "Ayurveda Principals for maintaining Mental Health" as a part of celebration of *Azadi Ka Amrit Mahotsava 2.0 (AKAM 2.0)* to the staff and OPD patient's at CARI, New Delhi on 14/07/2023.



Dr. Seema Jain, R.O. (Ay.) gave an awareness lecture on "Stress & Mental health of children and elderly peoples" as a part of celebration of *Azadi Ka Amrit Mahotsava 2.0 (AKAM 2.0)* to the staff and OPD patient's at CARI, New Delhi on 19/07/2023.



Dr. Kuldeep, R.O. (Ay.) gave an awareness lecture on "Ayurveda and Mental Health" as a part of celebration of *Azadi Ka Amrit Mahotsava 2.0 (AKAM 2.0)* to the staff and OPD patient's at CARI, New Delhi on 03/08/2023



The 'Angdaan Mahotsav' – Indian Organ Donation Day was celebrated under the celebration of *Azadi ka Amrit Mahotsava 2.0 (AKAM 2.0)* at CARI, New Delhi on 03/08/2023



Dr. Renu Rani, R. O. (Ay.) delivered an awareness lecture on "*Prevention of Psychological disorders through Ayurveda especially in children's*" as a part of celebration of *Azadi ka Amrit Mahotsava 2.0 (AKAM 2.0)*, to the staff and OPD patients at CARI, New Delhi on 09/08/2023.



Dr. Shweta Mata, R.O. (Ay.) gave an awareness lecture on "*Mental health and it's management through Ayurveda*" as a part of celebration of *Azadi Ka Amrit Mahotsava 2.0 (AKAM 2.0)* to the staff and OPD patient's at CARI, New Delhi on 11/08/2023



Dr. Bharti, Director (Institute) hoisted the flag on the occasion of 77<sup>th</sup> Independence Day at CARI, New Delhi on 15/08/2023.



Under the *Fit India Mission*, National Sports Day 2023 was celebrated and inaugurated in the CARI, New Delhi on 25/08/2023.



Tennis Ball Cricket was played as an activity under *National Sports Day 2023* at CARI, New Delhi on 26/08/2023.



Tug of war was played as an activity under *National Sports Day 2023* at CARI, New Delhi on 28/08/2023



On the auspicious occasion of *Major Dhyanchand birth anniversary*, **National Sports Day 2023**, was celebrated at CARI from 21/8/2023 to 29/08/2023. Sh. Ankit Khatana, National and International Judo Karate player was felicitated at this occasion.



Officers and officials of CARI, New Delhi visited *CARI Institute land, FC -5, A block, sector 28, Rohini* on 01/09/2023



Dr. Shweta Mata, R.O. (Ay.) presented a 0 draft on, "*To develop minimum standard requirements to practice Kriyakalpa*" in a hospital/clinical set up at *Brainstorming session on development of standard operative procedure and standardization of Netra Kriyakalpa* organised by CARI, Bengaluru on 09/09/23



*Rashtriya Poshan Maah 2023* has been inaugurated by Dr. Bharti, Director (Institute) at CARI, New Delhi on 11/09/2023.



Dr. Bharti, Director (Institute) attended a meeting of *Insurance brokers cum advisor* for the insurance of participants going to be involved in clinical trials at CCRAS HQs on 12/09/2023.



Dr. Seema Jain, R.O. (Ay.) delivered an awareness lecture on "*Life style changes for prevention of life style diseases*" as a part of celebration of **Rashtriya Poshan Maah 2023** to the staff, OPD patients and attendants at CARI, New Delhi on 12/09/2023.



Dr. Kishor Patel, R.O. (Ay.) delivered an awareness lecture on "*Role of Millets in prevention of life style diseases*" as a part of celebration of **Rashtriya Poshan Maah 2023** to the staff, OPD patients and attendants at CARI, New Delhi on 13/09/2023.



A Lecture was given and awareness camp was conducted under the celebration of Rashtriya Poshan Maah 2023, by Dr. Amit, R.O (Ay.) and Ms. Shweta Chaudhary, Staff Nurse on the topic " Healthy dietary practices" at CARI, New Delhi on 14/09/2023



Dr. Bharti, Director (Institute) Inaugurated **Hindi Pakhwada 2023** at CARI, New Delhi on 14.09.2023



# सेवा भारती

दिल्ली

द्वारा आयोजित

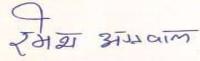
## आभार समारोह

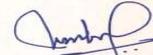
2023

### डॉ. भारती

केंद्रीय आयुर्वेद अनुसंधान संस्थान

नर सेवा - नारायण सेवा  
के भाव से आपके द्वारा प्रदान की गई  
मानवीय चिकित्सा सेवाओं के लिए  
आपको सादर नमन एवं साधुवाद।

  
रमेश अग्रवाल  
अध्यक्ष

  
सुशील गुप्ता  
महामंत्री

Dr. Bharti, Director (Institute) received appreciation letter from *Seva Bharti* on 15/09/2023



16/09/2023 14:30

Hindi noting and drafting competition was held under celebration of *Hindi Pakhwada 2023* at CARI, New Delhi on 16.09.2023



Dr. Sakshi Sharma, R.O. (Ay.) delivered an awareness lecture on "Life style changes for prevention of Lifestyle diseases" as a part of celebration of **Rashtriya Poshan Maah 2023** to the staff, OPD patients and attendants at CARI, New Delhi on 18/09/2023.



Dictation competition for MTS was held under celebration of **Hindi Pakhwada 2023** at CARI, New Delhi on 18.09.2023



Dr. Shweta Mata, R.O. (Ay.) delivered an awareness lecture on "Role of Millets in prevention of life style diseases" as a part of celebration of *Rashtriya Poshan Maah 2023* to the staff, OPD patients and attendants at CARI, New Delhi on 19/09/2023.



Debate competition for all officers and officials was held under celebration of *Hindi Pakhwada 2023* at CARI, New Delhi on 19.09.2023



Essay writing competition for all officers and officials was held under celebration of **Hindi Pakhwada 2023** at CARI, New Delhi on 20.09.2023



Dr. Shaizi Layeeq R.O. (Ay.) delivered an awareness lecture on "AYUSH lifestyle practices for promotion of Health" as a part of celebration of **Rashtriya Poshan Maah 2023** to the staff, OPD patients and attendants at CARI, New Delhi on 21/09/2023.



A yoga session was conducted in the supervision of Dr. Amit, R.O. (Ay.) under the theme **#Adopting healthy lifestyles through Ayush practices like Yoga** to the Officers and officials of CARI, New Delhi on 22/09/2023.



Hindi Poem Reciting competition for all officers and officials was held under celebration of **Hindi Pakhwada 2023** at CARI, New Delhi on 22/09/2023



Plantation drive at CARI Institute land, FC -5, A block, sector 28, Rohini under celebration of **Rashtriya Poshan Maah 2023** on 23/09/2023.



An awareness Lecture was given by Dr. Shrawan Sahu, R.O (Ay.) and Ms. Shweta Chaudhary, Staff Nurse at CARI, New Delhi, on the topic "Healthy dietary practices" as a part of celebration of **Rashtriya Poshan Maah 2023** to the staff, OPD patients and attendants at CARI, New Delhi on 23/09/2023.



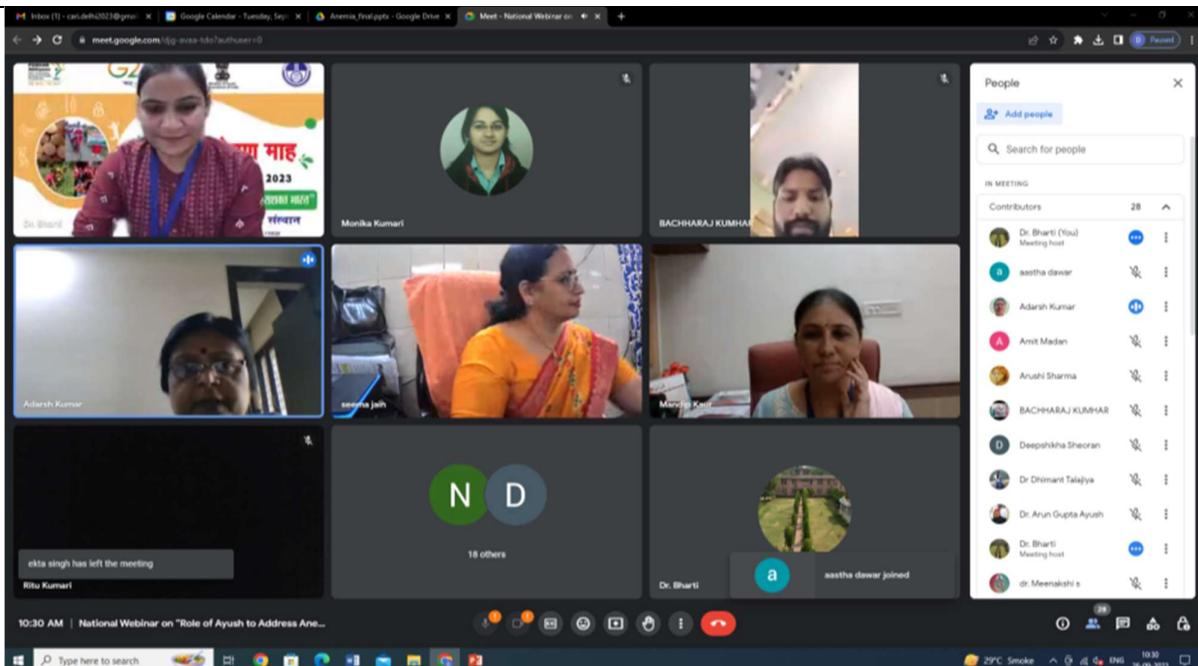
Dr. Bharti, Director (Institute) participated in “2-day brainstorming session- *Manthan 2023*” along with 30 CCRAS unit heads from across the country at CCRAS HQs from 25th -26th Sept. 2023.



Dr. Seema Jain, R.O (Ay.), Dr. Ashima Jain, R.O. (Path.) and team conducted an awareness Lecture, anaemia screening, Collage competition, distribution of nutritious food items and *Drakshavaleha* as a part of celebration of *Rashtriya Poshan Maah 2023* at Asha girls griha home, sector 8, Dwarka on 25/09/2023.



Hindi Quiz for all officers and officials was held under celebration of **Hindi Pakhwada 2023** at CARI, New Delhi on 25/09/2023



A national Webinar on **"Role of Ayush to address anemia"** was organized on 26/09/2023 at 10.30 am as a part of celebration of **Rashtriya Poshan Maah 2023**. Lecture was delivered by Dr. Mandip Goyal, Asso. Prof. & I/C HOD, Dept. of KC & RNVV, ITRA, Jamnagar



Dr. Bharti, Director (Institute) received *letter of Appreciation* for NABH & NABL Accreditation from DG, CCRAS on 26/09/2023



An awareness Lecture and anaemia screening camp was conducted at Gali no. 2, Bhalaswa Dairy, Jahangir Puri as a part of celebration of *Rashtriya Poshan Maah 2023* on 27/09/2023.



Hindi Antakshri Competition was held under celebration of **Hindi Pakhwada 2023** at CARI, New Delhi on 27.09.2023



Dr. Sakshi Sharma, R.O. (Ay.) delivered a invited talk on **"Ayurveda in Healthy Ageing"** in Geriatric Conference at AIIMS, New Delhi on 28/09/2023



A national webinar was organized on the topic "**Convergence of Traditional wisdom with Modern Diets- Promising Health Solution**" on 29/09/2023 at 10.30 am as a part of celebration of **Rashtriya Poshan Maah 2023**. Lecture was delivered by Dr. Anuja Agrawala, Former Sr. Dietitian, Dept. of Paediatrics, AIIMS, New Delhi.



Dr. Seema Jain, R.O. (Ay.) delivered awareness lecture on the topic "Ayush measures to treat Anemia" as a part of celebration of **Rashtriya Poshan Maah 2023** to the staff, OPD patients and attendants at CARI, New Delhi on 30/09/2023.



Delhi, Delhi, India  
 232, Swayamsidha Colony, Punjabi Bagh, Delhi, 110026, India  
 Lat 28.670853°  
 Long 77.125347°  
 30/09/23 12:54 PM GMT +05:30

Sensitization activity on *Paushtik Aahara* was conducted under the observance of *Rashtriya Poshan Maah 2023* "Improving nutrition through Mission Life" at CARI on 30/09/2023.



Delhi, Delhi, India  
 M4CG+865, Swayamsidha Colony, Punjabi Bagh, Delhi, 110026, India  
 Lat 28.670807°  
 Long 77.125532°  
 30/09/23 10:49 AM GMT +05:30

In observance to the theme of *Swachhata Hi Sewa 2023* a cleanliness drive "Garbage free India" conducted at CARI, New Delhi on 30/09/2023



A one day quaterly *Hindi workshop* was held at CARI, New Delhi on 30/09/2023. Shri Devi Prasad Mishra, Ex. Deputy Director (Rajbhasha), Min. Of Rural Development, GOI delivered lecture on “*Rajbhasha Niti evam Niyam*”.



Concluding and Prize Distribution Ceremony of *Hindi Pakhwada 2023* at CARI, New Delhi on 30/09/2023



A one-day training program for SMART- OA (an OPD based multi centric collaborative study) has been inaugurated by Prof. R.N. Acharya, DG CCRAS organized through CCRAS-CARI, New Delhi at International Youth Hostel, Chanakya Puri, New Delhi on 04/10/23.



Dr. Shrawan Sahu, R.O. (Ay.) and team from CARI, New Delhi attended a **6-day Health Mela** organised by Guru Govind Singh Indraprastha University at **Talkatora stadium** from **5<sup>th</sup> -10<sup>th</sup> October 2023**.



Dr. Bharti, Director (Institute) inaugurated the training program related to **"Capacity Building of Preventive Vigilance on Public Procurement and Ethics & Governance"** organised by CARI, New Delhi on 07/10/2023. **Shri Rajiv Verma, Director CVC** was the resource person for this Training program.



Multiple activities have been initiated under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** at CARI, New Delhi on 12/10/2023.



An awareness lecture under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** was given by Dr. Amit, R.O. (Ay.) to the patients and their attendants visiting the OPD at CARI, New Delhi on 13/10/2023. After lecture, the patients and their attendants also visit the Exhibition cum mini expo.



Dr. Amit Soni, SRF (Ay.) delivered a lecture under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** to the IPD patients at CARI, New Delhi on 14/10/2023.



Dr. Shaizi Layeeq, R.O. (Ay.) delivered an awareness lecture under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** to the Staff and OPD patients at CARI New Delhi on 16/10/2023.



Dr. Seema Jain, R.O. (Ay.) delivered an awareness lecture under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** to the Staff and OPD patients at CARI New Delhi on 17/10/2023.



A free health check-up camp was conducted under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** at DDA market, Sultanpuri by CARI, New Delhi on 18/10/2023.



Dr. Shweta Mata, R.O. (Ay.) and Dr. Sudha, R.O. (Ay.) visited MCD Pratibha School, Punjabi Bagh (w), New Delhi and briefed about the 8th Ayurveda Day followed by a **drawing and colouring competition** under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** organized by CARI, New Delhi on 18/10/2023 .



Under the celebration of **8<sup>th</sup> Ayurveda day and International year of Millets 2023 (IYM)**, Millet Rangoli competition was held at CARI, New Delhi on 18/10/23.



Under Celebration of 8<sup>th</sup> Ayurveda Day 2023, visitors visited the expo cum mini exhibition displaying the achievements of council, IEC material and medicinal plants at CARI, New Delhi on 19/10/2023.



An awareness lecture was given by Dr. Shrawan Kumar Sahu, R.O. (Ay.) under the **Celebration of 8th Ayurveda Day 2023** to the OPD patients and staff of the Institute on the topic "Management of eye diseases with Ayurveda" at CARI, New Delhi on 19/10/2023.



Dr. Sakshi Sharma R.O. (Ay.) addressed OPD Patients and General Public on the topic “Specific Dietetic rules as per Ayurveda” under the **Celebration of 8th Ayurveda Day 2023** at CARI, New Delhi on 20/10/2023.



Dr Renu Rani, R.O. (Ay.) delivered an awareness lecture on "Dincharya according to Ayurveda perspective" to the Staff and OPD patients under the **Celebration of 8th Ayurveda Day 2023** at CARI, New Delhi on 21/10/2023.



Under the Celebration of 8<sup>th</sup> Ayurveda Day 2023, visitors visited the expo cum mini exhibition displaying the achievements of council, IEC material and medicinal plants at CARI, New Delhi on 21/10/2023.



Dr Kishor Patel, R.O. (Ay.) delivered an awareness lecture on "Medicinal use of Tulsi" and distributed Tulsi plant to the OPD patients under the Celebration of 8<sup>th</sup> Ayurveda Day 2023 at CARI New Delhi on 21/10/2023.



**Inauguration of Health Camp** by Prof. R.N. Acharya, DG CCRAS with an Awareness lecture, Free Health consultation and Free Medicine Distribution camp organised at **BIS, Manak Bhawan** under Ministry of Consumer affairs by CARI, New Delhi on 25/10/2023.

Social Media post- Facebook Handle update of **Health Camp, Awareness lecture, free consultation with distribution of medicine** at **BIS, Manak Bhawan** by CARI, New Delhi on 25/10/2023



Dr. Seema Jain, R.O. (Ay.) delivered an Awareness lecture on “**वैरोधिक आहार (Incompatible diet) in Ayurveda**” under the **Celebration of 8th Ayurveda Day 2023** at CARI, New Delhi on 25/10/2023.



*Prakriti Assessment* done through Prakriti web Portal by Dr. Sakshi Sharma, R.O. (Ay.) under the Celebration of 8<sup>th</sup> Ayurveda Day 2023 at CARI New Delhi on 25/10/2023



Under the celebration of 8<sup>th</sup> Ayurveda Day, Millet food recipe competition was held at CARI, New Delhi on 25/10/2023.



Shot on OnePlus  
By Sunil Malik

25/10/23  
11:02 am

Under the celebration of 8<sup>th</sup> Ayurveda Day, an awareness lecture was delivered by Dr. Aditya Kapoor, SRF (Ay.) on "Prevention of Diabetes through Ayurveda" during camp at Bhalswa Dairy, New Delhi under SCSP program on 25/10/2023.



Shot on OnePlus  
Powered by Triple Camera

Dr. Ashima Jain, R.O. (Path.) delivered a lecture on the "Importance of cleanliness" under the Celebration of Swachhta Pakhwada at CARI, New Delhi on 25/10/2023.



Dr. Shrawan Sahu, R.O. (Ay.) delivered an awareness lecture on *"Role of Pathapathya in maintaining a healthy life"* to the OPD patients and attendants under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** at CARI, New Delhi on 26.10.2023.



Dr. Tabassum, SRF (Ay.) delivered an awareness lecture on *"Prevention of heart diseases"* at Jahangir puri, New Delhi to spread awareness in public followed by health camp for Screening of Hypertension under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** on 26/10/2023.



A free health check-up camp was conducted by CARI, New Delhi under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** at Vikaspuri, New Delhi on 26/10/2023.



Dr. Shiv Rajput, R.O. (Ay.) delivered an awareness lecture on “स्वस्थजीवनशैली एवं आयुर्वेद का महत्व” as an activity under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** at ATC, Safdarjung Hospital on 27/10/23.



A Public awareness lecture was initiated in CARI New Delhi under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** with the address of Dr. Bharti, Director (Institute) laying emphasis on *“importance of Ayurveda in diet design with time schedule”* on 27/10/2023.



A **one-day training program for SMART- IDA** (a multi centric collaborative research study) has been organized by Central council for Research in Ayurvedic Sciences through CARI, New Delhi on 27/10/23.



Under the observance of Swachhta Pakhwada soap and face mask was distributed at Mundaka, New Delhi by CARI, New Delhi on 27/10/2023.



On 14<sup>th</sup> countdown day of Celebration of 8<sup>th</sup> Ayurveda Day 2023, IEC material and medicinal plants were distributed to the general public on 28.10.2023.



Dr. Sakshi Sharma, R.O. (Ay.) and Dr. Ashima Jain, R.O. (Path.) delivered an awareness lecture under the Celebration of 8th Ayurveda Day 2023 at Seva Sadan Vridh Ashram, Peeragarhi Camp, New Delhi on 30/10/2023.



Under the celebration of International year of Millets 2023 (IYM), a Slogan Competition was held at Asha Griha Girls Home, Dwarka by CARI, New Delhi on 30/10/23.



Dr. Bharti, Director (Institute) inaugurated the program **Vigilance Awareness Week** with the theme *"Say no to Corruption; Commit to Nation"* from 30/10/23 to 05/11/23. An integrity pledge has been taken by all officers and officials of the Institute on 30.10.2023



Dr. Sakshi Sharma, R.O (Ay.) organised a quiz on the subject of millets in view of **Celebration of International year of Millets 2023** in MCD Co-Ed Primary schools by on 30/10/23.



Under the celebration of 8<sup>th</sup> Ayurveda Day, a medical camp was organised for the employees of CSIR-TKDL by CARI, New Delhi on 02/11/23.



Dr Shrawan Kumar Sahu, R.O.(Ay.) delivered an awareness lecture under the celebration of 8<sup>th</sup> Ayurveda Day at CARI, New Delhi on 2/10/2023.



**A one-day training on “Ethics Guidelines for Biomedical & Health Research involving Human Participants”** was jointly organized by *Central Ayurveda Research Institute, Punjabi Bagh, World Health Organization Country Office for India & ICMR Bioethics Unit, Indian Council of Medical Research at Ayush Auditorium, CCRAS Headquarters* on 03/11/2023.



Dr. Renu Rani, R.O. (Ay.) delivered an awareness lecture on "*Prevention of Lifestyle disorders through Ayurveda*" under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** to the OPD patients and attendants at CARI, New Delhi on 4/11/2023.



Dr. Sudha Ashwin, R. O. (Ay.) delivered an awareness lecture on the topic "*Ayurveda for Mental Health*" at Ayurveda Treatment Centre, ABVIMS, Dr. RML Hospital on 3/11/2023.



Shri.T. P. Sharma, OSD CVC delivered a lecture on *"The importance of Ethical values to fight corruption"* under the observance of **Vigilance Awareness Week** at CARI, New Delhi on 4/11/2023 .



*"Bikers Rally"* organized under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** by CARI, New Delhi on 05/11/2023.

NNS  
बदलते भारत की राह्य तस्वीर  
**मेरी दिल्ली**

## 8वें आयुर्वेद दिवस के उपलक्ष्य में बाइक रैली का आयोजन

**पंजाबी बाग।** केंद्रीय आयुर्वेद अनुसंधान संस्थान (सीएआरआई), नई दिल्ली द्वारा 8वें आयुर्वेद दिवस के उपलक्ष्य में बाइक रैली का आयोजन किया गया। जिसका मुख्य उद्देश्य देश भर के युवाओं को आयुर्वेद दिवस के वैश्विक संदेश 'आयुर्वेद फॉर वन हेल्थ' से जोड़ना और आयुर्वेद की समृद्ध विरासत और सार्वजनिक कल्याण के लिए आयुर्वेद के समग्र दृष्टिकोण को बढ़ावा देना है। रैली में दिल्ली के विभिन्न बाइकर्स ग्रुप के करीब 170 प्रोफेशनल बाइकर्स द्वारा भाग लिया गया। रैली सुबह 8 बजे केंद्रीय आयुर्वेद अनुसंधान संस्थान से शुरू होकर मोती नगर से जखीरा होते हुए



वापस केंद्रीय आयुर्वेद अनुसंधान संस्थान पर समाप्त हुई।  
दिल्ली बाइकर्स ग्रुप के समन्वयक अनस और शिवम (टिवन नोमैड्स बाइकर्स क्लब, टीएनबीसी), मोहम्मद अरशद, (पुरानी दिल्ली मोटरसाइकिलिस्ट -

पीडीएम), आशीष मल्होत्रा (वीकेंड राइडर्स क्लब- डब्ल्यूआरसी), मोहम्मद समीर (कायी राइडर ग्रुप-केआरजी), केसी त्यागी (मेराकी राइडर समूह-एमआरजी) ने रैली में अपने ग्रुप सदस्यों के साथ हिस्सा लिया। रैली में आमिर सिद्दीकी के

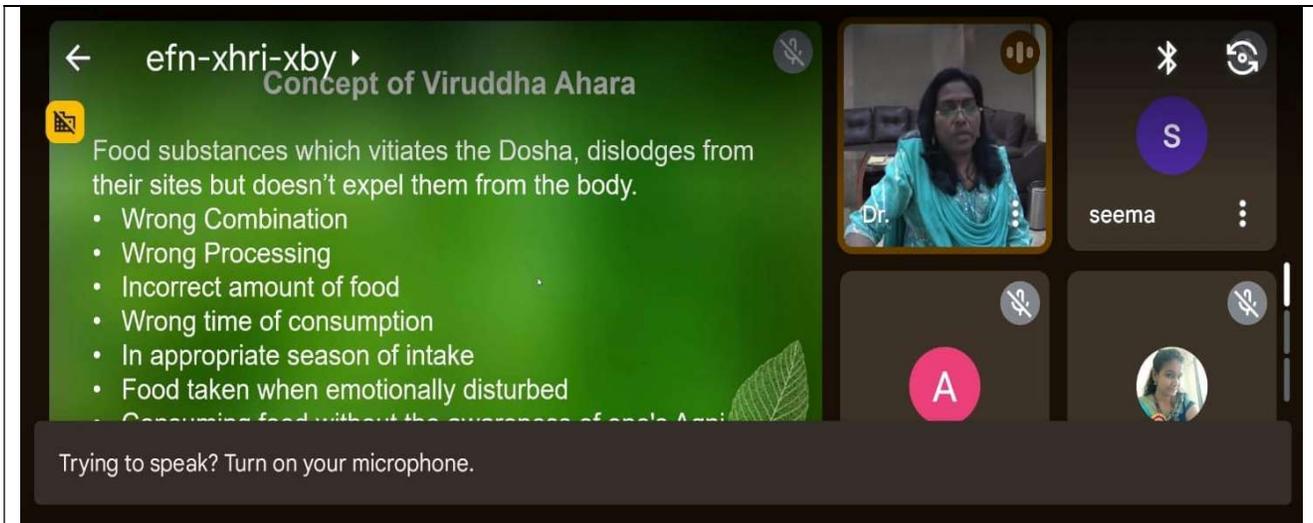
नेतृत्व में 20 दिव्यांगजनों के एक बाइकर्स समूह ने भी हिस्सा लिया। समापन समारोह में संस्थान की निदेशक डॉ. भारती, अखिल भारतीय आयुर्वेद महासम्मेलन के सचिव अवधेश कुमार श्रीवास्तव, केंद्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद के सांख्यिकी अधिकारी डॉ. राकेश राणा, केंद्रीय आयुर्वेद अनुसंधान संस्थान के आयुर्वेद दिवस के नोडल अधिकारी डॉ. शैजी लईक एवं डॉ. अमित तथा संस्थान के अन्य अधिकारी एवं कर्मचारियों मौजूद रहे। बाइकर्स ग्रुप के सभी प्रतिभागियों को मुख्य अतिथि द्वारा प्रमाण पत्र तथा मोमेंटो प्रदान किए गये।



Meri Delhi newspaper coverage on Bikers Rally organized on 05/11/2023.



Dr. Sakshi Sharma, R.O. (Ay.) and Dr. Ashima Jain, R.O. (Path.), delivered an awareness lecture on "Role of Ayurveda in stress and lifestyle disorders" in Delhi Police Bhawan CID special branch, Asif Ali Road, New Delhi activities under the Celebration of 8<sup>th</sup> Ayurveda Day 2023 on 06/11/23.



Dr. Sudha Ashwin, R.O. (Ay.) delivered an awareness lecture through virtual mode on "Principles and Practice of Ayurveda for Health and Wellness" to the the staff of Institute of Genomics and Integrative Medicine (IGIB) – CSIR under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** on 06/11/2023.



"Run for Ayurveda" event was organised to commemorate the **8<sup>th</sup> Ayurveda Day 2023** by CARI, New Delhi on 07/11/23.



Dr. Shalu, S.R.F. (Ay.) delivered an awareness lecture on “*प्रदूषण में नस्य का महत्व*” under the Celebration of 8<sup>th</sup> Ayurveda Day 2023 at ATC, Safdarjung Hospital on 08/11/23.



Dr. Sudha Ashwin, R.O. (Ay.) delivered an awareness lecture on "*Advocacy for Swasthya Rakshana in Ayurveda*" under the Celebration of 8<sup>th</sup> Ayurveda Day 2023 at Ayurveda Treatment Centre, ABVIMS, Dr. RML Hospital on 08/11/2023.



A free medical health camp was organized at CSIR-CRRI by CARI, New Delhi under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** on 08/11/2023



Dr. Sakshi Sharma, R.O. (Ay.) delivered an awareness Lecture on *"Strength of Ayurveda in prevention of lifestyle disorders"* on the occasion of **celebration of 8<sup>th</sup> Ayurveda Day** at in CSIR-NIScPR Pusa campus, New Delhi on 9/11/2023



Dr. Sudha Ashwin, R.O. (Ay.) delivered an awareness lecture under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** at Ayurveda Treatment Centre, ABVIMS, Dr. RML Hospital on 09/11/2023.



Dr. Sudha Ashwin, R.O. (Ay.) delivered an awareness lecture "*Ayurveda Advocacies for Health and Wellness*" under the **Celebration of 8<sup>th</sup> Ayurveda Day 2023** at Department of Public Enterprises, New Delhi on 09/11/23.



On the auspicious occasion of **8th Ayurveda Day**, Dhanwantri Pooja was performed at Central Ayurveda Research Institute, Punjabi Bagh (west), New Delhi on 10/11/2023.



Dr. Tabassum, SRF (Ay. ) delivered a lecture on "*Ayurveda for healthy life*" at Mundaka, New Delhi under AMHCP,SCSP program in views of **Celebration of 8th Ayurveda Day 2023** on 10/11/2023.



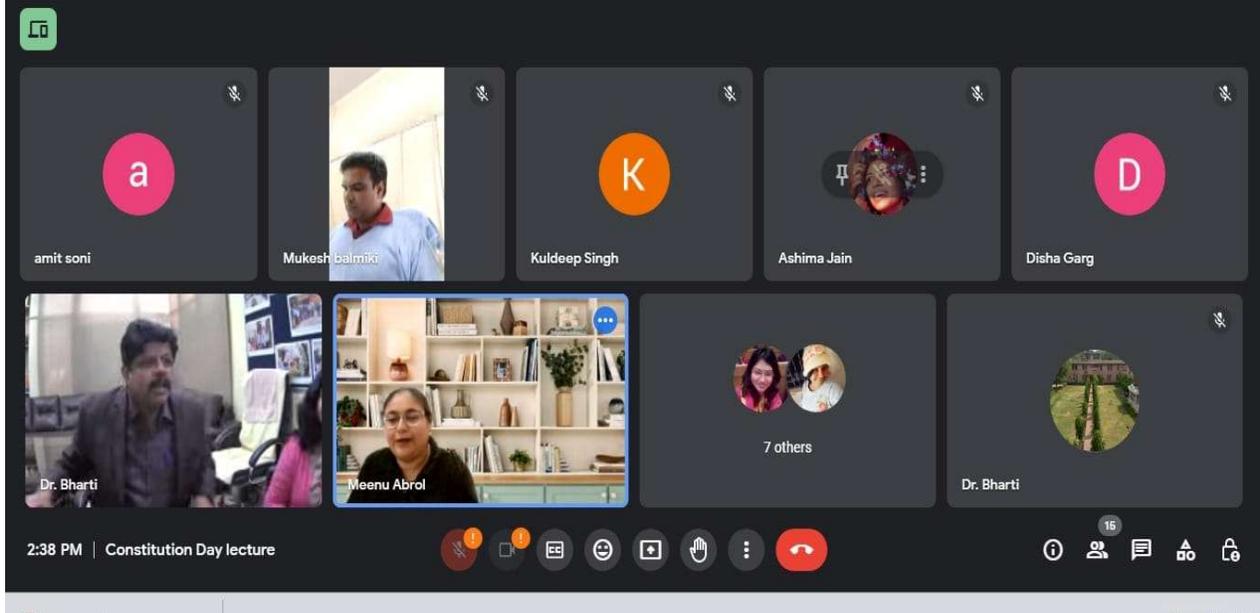
Dr. Bharti, Director (Institute) along with other technical officers and Panchkarma staff welcomed new batch of **Panchkarma Technician Course (PTC)** affiliated to Healthcare Sector Skill Council (HSSC) at CARI, New Delhi on 16/11/2023.



Prof. Rabinarayana Acharya, Director General, CCRAS visited pavilion of Ministry of Ayush and Ayurveda at **IITF 2023** on 18/11/23



**Constitution Day** celebrated in CARI, New Delhi, Dr. H. Panigrahi, Incharge Director (Institute) administered oath to all officers and officials on 29/11/2023.



Mrs. Meenu Aberol, Legal Advisor, CCRAS HQ delivered an awareness lecture on "**Indian Constitution**" through virtual mode at 2.30 pm on 29/11/2023.



Dr. Shrawan Kumar Sahu.R.O.(Ay) from CARI New Delhi participated in the event "**Rise in India (Health and Wellness Expo)**" held during 21– 23 Dec. 2023 at HRIT Ghaziabad on 21/12/2023.