Annexure XII

Glimpse of the activities



A public awareness lecture was Delivered by Dr. Saroj Devi, R.O. (Ay.) to the OPD patients and their attendants at CARI, New Delhi under the campaign of ***"End Latent Tuberculosis (LTB) Elimination through Ayurvedic- Interventions"*** on 11.04.2025.



An Awareness lecture regarding ***"Early diagnosis and prevention of tuberculosis"*** was taken by Dr. Meenakshi Suri and Dr. Shweta Mata at Sarvodaya Kanya Vidyalaya Punjab

Bagh New Delhi under activities for the "Latent TB Elimination through Ayurvedic interventions" campaign on 16/04/2025.



Dr. Kuldeep, R.O. (Ay.) participated in the ***Convocation Ceremony of Panchkarma Technician Course (PTC)*** student's batch 2023-24 organized by the HSSC-Health Care Sector Skill Council (sub -Council on Ayush) at Juniper hall, India Habitat Centre, New Delhi on 13.05.2025.



To mark the countdown to the ***11th International Yoga Day 2025,*** and its theme "Yoga for One Earth, One Health," a Common Yoga Protocol (CYP) was conducted for all officers and officials at CARI, New Delhi on 22.05.2025.



Under the pre-campaign of Word Environment Day, a pledge was administred to all the officers and officals by Director (Institute) to promote awareness towards freeing the environment from plastic pollution on 24/05/2025



As a part of ***World Environment Day Celebration*** Campaign all the officers and officials took part in cleanliness drive at CARI, New Delhi on 26.5.2025.



In Continuation to the celebration of **11th International Yoga Day 2025**, and its theme "Yoga for One Earth, One Health," a Common Yoga Protocol (CYP) was conducted for all officers, officials & patients at CARI, New Delhi on 27.05.2025.



5 जून 2025 को केन्द्रीय आयुर्वेद अनुसंधान संस्थान, नई दिल्ली में **विश्व पर्यावरण दिवस** उत्साहपूर्वक मनाया गया जिसके अंतर्गत संस्थान के प्रांगण में वृक्षारोपण किया गया और रोगियों को पौधे वितरित किए गए|



Launching of "SMART 4.0 Flyer" a unique initiative of CCRAS for preventive care with the theme of *Ritu Shodhana* by all the dignitaries during the ***One-day Workshop under Yoga Samyog*** organized by CARI, New Delhi on 18/06/2025.



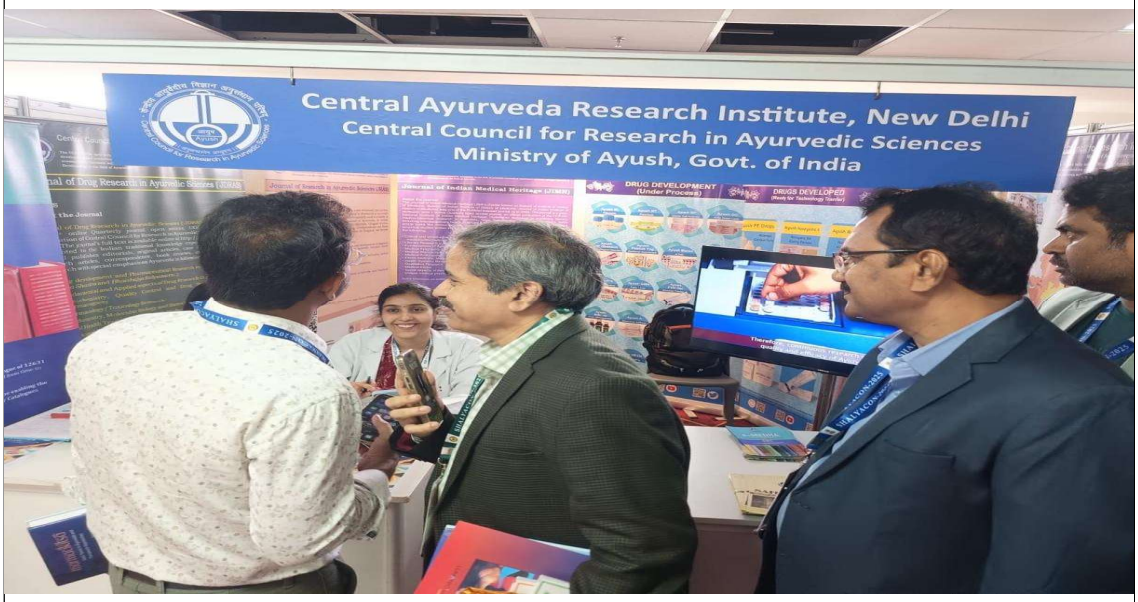
Common Yoga Protocol (CYP) Practiced by participants in the Central Yoga Park of CARI, ND on 21.06.2025



दिनांक 26.6.2025 को राजभाषा विभाग, गृह मंत्रालय, भारत सरकार द्वारा स्वर्ण जयंती समारोह का आयोजन किया गया जिसमें संस्थान की ओर से डॉ. सीमा जैन, अनु. अधि. (आयु.) व प्रभारी हिंदी अधिकारी, श्री करनपाल सिंह, अनुवादक (हिंदी सहायक) और सोनाली शर्मा, अनुवादक (हिंदी सहायक) ने भाग लिया।



दिनांक 27.6.2025 को केंद्रीय आयुर्वेद अनुसंधान संस्थान, पंजाबी बाग, नई दिल्ली में हिंदी कार्यशाला का आयोजन किया गया जिसमें अतिथि वक्ता के रूप में श्री संजय कुमार सिंह, उप महाप्रबंधक (हिंदी कार्यान्वयन), सेवानिवृत्त, इंडियन ऑयल लिमिटेड, नई दिल्ली ने राजभाषा नीति पर अपने विचार व्यक्त किए।



CCRAS-CARI participated in ***Shalyacon 2025*** during 13-15 July 2025 at AIIA, ND. MoS Shri Pratap Rao Jadhav & Secretary Ayush had inaugurated the event and visited the CCRAS stall on 14 July 2025.



An "***Exposure Visit "*** was organized at CARI, New Delhi for Dark Room Assistants and Radiographers from various CCRAS institutes on 16/07/2025



Training on ***Patient Rights & Responsibilities*** imparted by Dr. Babita Yadav, R.O. (Ay.) to all the officers and officials of the Institute CARI, New Delhi on 30/07/2025



An ***"Exposure Visit"*** was organized at CARI, New Delhi for Nursing Staff and MTS from various CCRAS institutes on 31/07/2025



In Depth Interviews (IDIs) Conducted by CARI, New Delhi AHMCP-SCSP Team on "Documentation of plants, metals, minerals and animal products and other materials used in various indigenous religious practices and rituals across India" @ Sai Baba Mandir, Najafgarh on 02/08/2025.



In Depth Interviews (IDIs) Conducted by CARI, New Delhi AHMCP-SCSP Team on "Documentation of plants, metals, minerals and animal products and other materials used in various indigenous religious practices and rituals across India" @ Gurudwara Sri Guru Sahib, Bali Nagar, Ramesh Nagar, New Delhi on 05/08/2025.



A team from ***Ayush Department, Uttar Pradesh consisting Ms. Nisha Anant, IAS, Mission Director, National Ayush Mission, Uttar Pradesh*** & others visited the institute. Dr. Sakshi Sharma, R.O. (Ay.), I/C Director welcomed the team and brief about the institute activities. Dr. Babita Yadav, R. O. (Ay.) & Dr. Renu Rani, R.O. (Ay.) coordinated the visit, gave details about all the research & other activities carried out at CCRAS & Institute level on 07/08/2025



Dr. Ratheesh P., R.O. (Ay.) imparted hands on training of e office to all officers and officials of the Institute on 11/08/2025.



Dr. Bharti, Director (Institute) and Dr. Vandana Siroha, Director, RAV hosted the National flag on the occasion of 79th Independence Day at CARI, New Delhi 15/8/2025





Yoga camp and Drawing Competition was organized for the young minds by Team of CARI including Dr. Ashima Jain, Dr. Meenakshi Suri and Dr. Disha Garg in MCD Pratibha Co-Ed school, Punjabi Bagh (West), ND on 12/09/2025	
	
An **Awareness Lecture** was delivered by Dr. Shivshankar Rajput, R.O. (Ay.) on "Arthritis" at ATC, Safdarjung Hospital, under 10th Ayurveda Day celebration on 12/09/2025	On occasion of 10th Ayurveda Day Celebration, **an awareness Lecture** was delivered by Dr. Swati Sharma, R.O. (Ay.), at the Department of Integrated Medicine, LHMC Hospital on 13/09/2025



8th Rashtriya Poshan Maah was inaugurated by Dr. Bharti, Director (Institute), Dr. H. Panigrahi, R.O. (Ay.) talk focusing on how men's roles & responsibilities in mainstreaming of nutrition at CARI, ND on 16/09/2025



On the occasion of Inauguration of **Swasth Nari Sashakt Parivar Abhiyan 2025,** Dr.Bharti, Director (Institute) Inaugurated the Abhiyan, Staff and patients took the pledge on 17/09/2025



संस्थान में 10वें आयुर्वेद दिवस के उपलक्ष्य में संस्थान में आयुर्वेद खाद्य महोत्सव का भव्य आयोजन 22.09.2025 को किया गया।



"Run for Ayurveda" event is organized on the occasion of 10th Ayurveda Day 2025, with active participation from staff and community members on 22.09.2025









On the occasion of the ***10th Ayurveda Day (23rd September 2025)*** celebrated with Dhanwantri Poojan at different Satellite units of CARI, New Delhi



Opening Meeting of NABH assessors with all the officers of CARI, ND for reassessment of NABH on 25.09.2025





दिनांक 26.09.2025 को **स्वच्छता पखवाड़ा–2025** के अंतर्गत केंद्रीय आयुर्वेद अनुसंधान संस्थान (CARI), नई दिल्ली में सभी कर्मचारियों द्वारा कार्यालय एवं संस्थागत भवनों की सफाई की गई।





On behalf of CCRAS, Central Ayurveda Research Institute, New Delhi and Bangalore are participating in 4th edition of ***World Food India held at Bharat Mandapam, Pragati Maidan, New Delhi*** from 25th September to 28th September 2025



Under celebration of ***Rashtriya Poshan Maah, "Ek Ped Maa ke Naam"*** activity organized at CARI, ND. Dr. Bharti, Director (Institute) along with all officers and officials planted the *Amlaki* plant in CARI Garden. *Tulsi* and *Guduchi* saplings were distributed to the Patients attending the OPD on 03.10.2025



Under celebration of ***Rashtriya Poshan Maah***, a *'Growth Monitoring & Health Check-up Camp'* organized by Dr. Renu Rani, R.O. (Ay.) at Balroga OPD, CARI, New Delhi on 08.10.2025.



CARI, New Delhi under CCRAS successful completed its first ***KARMYOGI Batch*** training on dated 09.10.2025.



Under celebration of ***Rashtriya Poshan Maah,*** a *free anemia screening camp* for patients especially females and children were organized in the laboratory of CARI, New Delhi on 10.10.2025.



World Menopause Day 2025 was observed on 18.10.2025 at CCRAS–CARI, New Delhi. Informative and interactive sessions were organized in the OPD to highlight the importance of women's health during menopause & CCRAS-CARI New Delhi organized different activities under "***Ek Bharat Shreshtha Bharat"*** on the auspicious day of Dhanwantri Jyanti on dated 18.10.2025.



Concluding session of Vigilance Awareness Week has been observed at CCRAS-CARI New Delhi on 03.11.2025. Shri Sachidanand Prasad Secretary NCISM, New Delhi took an informative class on Preventive Vigilance



A ***sensitization training on SoP of SIDCER-FERCAP*** was organized at CARI, New Delhi on 04.11.2025.



A plantation drive was conducted at CARI, Punjabi Bagh, New Delhi on 7th November, 2025 to celebrate the commemoration of 150 years of National Song- ***"Vande Matram".***



A ***MoU has been signed between CCRAS-CARI, New Delhi and VMMC & Safdarjung Hospital*** for a Collaborative Project on Menopause on 18 November 2025 at Safdarjung Hospital, New Delhi



CCRAS-CARI Insightful day at HRIT University on 25/11/25. Officials from DRDO, UP Police and DST visit the stall.



Celebration of the ***Constitution Day*** at CARI, New Delhi on 26.11.2025. A pledge was administered to all the officers and officials by Dr. H. Panigrahi, Institute Incharge.



The ***Ministry of Ayush Pavilion recognized for Excellence in Display with a Special Appreciation Medal*** at the 44th India International Trade Fair (IITF 2025), Bharat Mandapam, New Delhi (14–27 Nov 2025).



Pharmacovigilance awareness program cum Seminar was organized among faculty, students and other staff of the Nehru Homoeopathic Medical College and Hospital, defence colony, New Delhi on 27/11/2025 by PPvC, Central Ayurveda Research Institute- CCRAS, New Delhi



CCRAS-CARI under leadership of Dr. Hemant Panigrahi, Incharge (Institute) organized a ***press conference for upcoming WHO Summit*** event on 09.12.2025



CCRAS-CARI, New Delhi, has been awarded the ***ATAB Accreditation Certificate*** by Rashtriya Ayurveda Vidyapeeth (RAV) for its Panchakarma Technician course on 23/12/2025



CCRAS-CARI celebrated the ***Veer Bal Diwas*** with great enthusiasm. All the officers and officials of the Institute joined the live webcast of the event, graced by the Hon'ble Prime Minister on 26/12/2025



The ***3rd batch of Rashtriya Karmayogi Large Scale Jan Seva Program*** – Phase II was successfully conducted on 30.12.2025 at CARI, ND.



Monitoring Visit of construction site of new building of CARI, New Delhi by DG, CCRAS & CARI officers at Rohini, Sector 8, New Delhi on 05.01.2026



CCRAS–CARI team actively participated in ***Bharat Parv 2026,*** held from 26.01.2026 to 31.01.2026 at the historic Red Fort, New Delhi.



A team of 42 students along with 3 faculty members from Bapuji Ayurvedic Medical College, Karnataka visited Central Ayurveda Research Institute (CARI), New Delhi on 12th February 2026.



A ***Continuing Medical Education (CME)*** program focused on the "Management of Lifestyle Disorders" was sponsored by Baidyanath at CARI, New Delhi on 13/02/2026.



CCRAS-CARI,New Delhi successfully completed ***1st surveillance audit of BIS*** without any non- conformities(NC's) subsequent to BIS Certification on 09/02/26-10/02/26



CCRAS-CARI, New Delhi, successfully organized the **CCRAS BEST Training Program - Building Ethics, Standards and Transparency, under the SMART 2.0 Collaborative Project** on Osteopenia on 18/02/2026.





CCRAS-CARI, New Delhi, proudly ***flagged off a new ambulance, sponsored under CSR*** initiative of NBCFDC on 19/02/2026.



On the occasion ***of International Women's Day, a Health Camp was*** successfully organized for all women staff at Central Council for Research in Ayurvedic Sciences (CCRAS), Janakpuri, New Delhi on 25.02.2026



A team of ***students from Samata Ayurvedic Medical College, Hospital & Research Centre*** visited CCRAS-Central Ayurveda Research Institute (CARI), New Delhi on 26.02.2026.



A Tripartite Memorandum of Understanding (MoU) was signed at ***Jawaharlal Nehru University (JNU), New Delhi, among the Central Council for Research in Ayurvedic Sciences (CCRAS) – Central Ayurveda Research Institute (CARI), New Delhi, Jawaharlal Nehru University (JNU), and A & U Tibbia College & Hospital*** for the collaborative research project on Vasanthik Vamana on 06.03.2026.



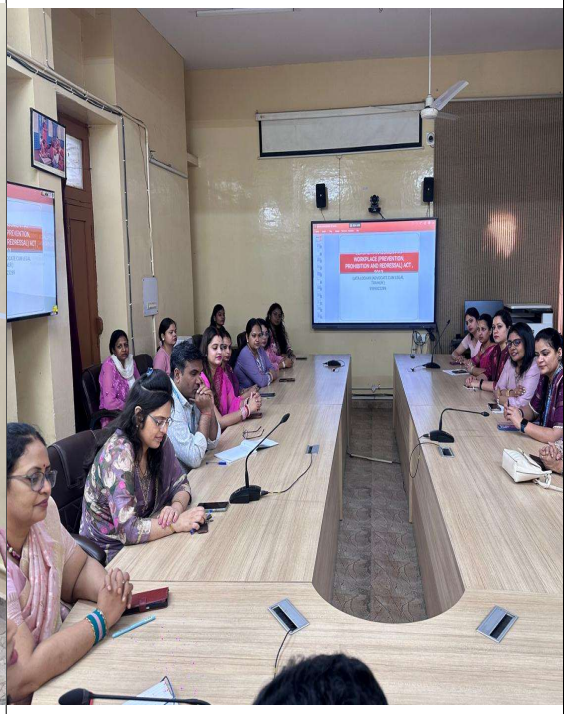
The Central Ethics Committee of the Central Council for Research in Ayurvedic Sciences (CEC-CCRAS), MoA, GoI, successfully underwent a Survey by an internationally recognized ethics accreditation body - ***Strategic Initiative for Developing Capacity in Ethical Review (SIDCER) i***n collaboration with the Forum for Ethical Review Committees

in Asia and the Western Pacific (FERCAP) from 9th to 12th March 2026, at CARI, New Delhi.



The Central Ethics Committee of the Central Council for Research in Ayurvedic Sciences (CEC-CCRAS), MoA, GoI, successfully underwent a Survey by an internationally recognized ethics accreditation body - ***Strategic Initiative for Developing Capacity in Ethical Review (SIDCER) i***n collaboration with the Forum for Ethical Review Committees in Asia and the Western Pacific (FERCAP) from 9th to 12th March 2026, at CARI, New Delhi.







International Women's Day was celebrated at the CCRAS-Central Ayurveda Research Institute on 17.03.2026. A meeting was organized by the **Internal Complaints Committee (ICC)** for the women staff of the institute followed by cultural event.



An ***MoU has been signed between CCRAS - Central Ayurveda Research Institute, New Delhi and Institute for Ayurved Studies and Research, Shri Krishna Ayush University, Kurukshetra*** for the project titled "Impact Assessment of Ayurveda-Based Lifestyle Advocacy and Utilization of Medicinal Plants in Primary Healthcare" under SCSP programme on 20.03.2026.



8th Poshan Pakhwada 2026 has been officially inaugurated by Dr.Hemant Panigrahi, Assistant Director (Incharge) and Dr Sakshi Sharma, R.O. (Ay.) delivered an awareness lecture on the theme of Poshan Pakhwada "Maximixing Brain Development in the First Six Years of Life" on 10/04/2026



Dr. Ram Rao Patil, DDG (Ayush Vertical), DGHS, Ministry of Health and Family Welfare, conducted an official visit to the Ayurveda Department at VMMC & Safdarjung Hospital under CCRAS-CARI on 21.04.2026.







As part of celebration of the 8th Poshan Pakhwada 2026, a Growth Monitoring and Health Check-up Camp was Inaugrated by Dr. H. Panigrahi, AD (Incharge) and conducted by Dr. Renu Rani, R.O. (Ay.) followed by distribution of IEC material and fruits on 22/04/2026.



Dr. Ramarao D. Patil, DDG (Ayush), DGHS, Ministry of Health & Family Welfare, visited the Department of Integrated Medicine at Lady Hardinge Medical College under CCRAS-CARI on 24/04/2026.



100-Day TB Elimination Campaign was formally inaugurated at Institute with the administration of the Nikshay Pledge, Dr. Hemant Panigrahi, I/C highlighted the campaign's significance while Dr. Ashima Jain, R.O. (Ay.) emphasized early detection, treatment awareness on 28/04/2026



Dr. Ramarao D. Patil, DDG (Ayush), DGHS, visited the Department of Integrated Medicine at Dr. Ram Manohar Lohia Hospital under CCRAS-CARI on 28 April 2026.

ationwide 100-Day TB Elimination Campaign, CARI actively participated in raising awareness about (TB) and its prevention, diagnosis, and treatment, 04.05.2026









st ICMR Annual Clinical Trial Meet 2026, themed "International Clinical Trials Day: Focus on Integrative Medicine Clinical Trials"



Kotecha , Secretary, Ministry of Ayush, 21.05.2026





26 को केंद्रीय आयूर्वेद अनुसंधान संस्थान, नई दिल्ली में, टीबी मुक्त भारत अभियान के अंतर्गत डॉक्टर डॉ. सरोज देवी, अनुसंधान अधिकारी (आयु.) के द्वारा जागरूकता व





eduled Caste Sub Plan (SCSP) programme, a team from #CCRAS–Central Ayurveda Research Institute (CA conducted a health camp on 30 May 2026 at A-1, Sultanpuri, New Delhi.





he countdown to #IDY2026 and in line with the theme "Yoga for Healthy Ageing," #CCRAS–Central Ayurved (CARI), New Delhi, organized a Common Yoga Protocol (CYP) session for IPD patients in the morning of 31 M



As part of the ongoing countdown to IDY2026 CARI, New Delhi conducted a morning Common Yoga Protocol (CYP) session for OPD & IPD patients on 01 June 2026.



As part of the ongoing countdown to #IDY2026 CARI, New Delhi conducted a morning Common Yoga Protocol (CYP) session for IPD patients on 02 June 2026.



As part of the ongoing countdown to IDY2026 and aligned with the theme "Yoga for Healthy Ageing," CARI, New Delhi organized an awareness lecture on "Yoga and Meditation for Emotional Well-being" on 03 June 2026 at OPD, by Ms. Sonam Chandhok, A.R.O. (Clinical Psychology) and Dr. Disha Garg, A.R.O. (Physiotherapy).



As part of the ongoing countdown to #IDY2026, conducted an awareness lecture on "Yoga for Healthy Ageing" on 03 June 2026 at the premises of ATC, RML Hospital, New Delhi. The session was delivered by Dr. Hemant Gupta and Mr. Shrawan Sahu



Under the SCSP programme, CCRAS-Central Ayurveda Research Institute (CARI), New Delhi conducted a health camp at Basant Gaon, New Delhi on 03 June 2026.





केंद्रीय आयुर्वेद अनुसंधान संस्थान, पंजाबी बाघ, नई दिल्ली, द्वारा विश्व पर्यावरण दिवस-२०२६ , के पूर्व अभियान गतिविधियों की श्रृंखला के अंतर्गत दिनांक 04.06.2026 को संस्थान निदेशक, डॉ. वी सुभोस द्वारा पर्यावरण संरक्षण हेतु संस्थान के समस्त अधिकारीयों एवं कर्मचारियों को शपथ ग्रहण कराइ गई

केंद्रीय आयुर्वेद अनुसंधान संस्थान, पंजाबी बाग, नई दिल्ली, द्वारा विश्व पर्यावरण दिवस-२०२६ , के पूर्व अभियान गतिविधियों की श्रृंखला के अंतर्गत दिनांक 04.06.2026 को डॉ. सरोज देवी, अनुसन्धान अधिकारी (आयु.) एवं डॉ. करिश्मा सिंह, अनुसंधान अधिकारी (आयु.)

द्वारा संस्थान प्रांगण में आये हुए रोगियों एवं उनके परिजनों को योग के माध्यम से पर्यावरण अनुकूल जीवन शैली (मिशन लाइफ)अपनाने हेतु प्रेरित किया गया |



As part of the countdown to IDY2026 the AYUSH Wellness Centre at Rashtrapati Bhawan, New Delhi organized a Common Yoga Protocol (CYP) awareness programme on 05 June 2026. Dr. Kuldeep, R. O (Ay.), delivered an awareness lecture, while Dr. Jyoti Aggarwal explained the CYP framework.



विश्व पर्यावरण दिवस 2026 के अवसर पर दिनांक 05.06.2026 को केंद्रीय आयुर्वेद अनुसंधान संस्थान, पंजाबी बाग, नई दिल्ली के परिसर में वृक्षारोपण कार्यक्रम आयोजित किया गया।





विश्व पर्यावरण दिवस 2026 के उपलक्ष्य में दिनांक 05.06.2026 को केंद्रीय आयुर्वेद अनुसंधान संस्थान, पंजाबी बाग, नई दिल्ली के परिसर में स्वच्छता अभियान आयोजित किया गया।



On June 6, 2026, ATC, VMMC & Safdarjung Hospital, New Delhi, under CCRAS-Cari New Delhi hosted a special Yoga demonstration dedicated for mental health and peace by Dr. Vishakha,



As part of the countdown to IDY2026 the Department of Integrated Medicine (Ayurveda), a unit of CARI, New Delhi at LHMC, New Delhi, organized a Yoga session on 08.06.2026. Dr. Swati Sharma and Dr. Arun Bhadula highlighted the benefits of Yoga for stress reduction and healthy ageing.



On 09.06.26, Under the beautiful initiative Yoga Samavesh, a refreshing nature walk was combined with soul-soothing yoga and mindfulness practices in the Institute Garden area, CARI New Delhi, guided by the Ms. Charu.



As part of IDY 2026, on 09.06.26 at CARI New Delhi, a highly insightful lecture was conducted by Dr. Saroj Devi, R.O. (Ay.), who spoke on the vital role of Yoga and Ayurveda in preventive healthcare.



As part of ongoing celebrations for the 12th International Day of Yoga, a special Yoga Break (Y-Break) session was organized on 11.06,26 for our OPD patients and medical staff. The session was led by Dr. Renu Rani, RO (Ayurveda) and Dr. Disha Garg, ARO (Physiotherapy).



As part of the IDY2026 countdown, Yoga activities were conducted during the SCSP Health Camp at Shahdara, Delhi on 11.06.2026



Dr. RML Hospital organized an informative lecture on "Introduction to Drugs in Alternative System of Medicine - Ayurveda for Common Ailments" for B.Sc. (Hons.) Nursing students. The session was led by Dr. Hemant Gupta, R.O (Psy) & Dr. Shrawan Sahu, R.O (Ayu).



As part of the countdown to IDY2026 the Department of Integrated Medicine, LHMC Hospital, New Delhi organized a session on "Yoga for Upper Body Strength and Flexibility" on 12 June 2026, led by Dr. Swati Sharma, Research Officer (Ay.)





As part of the Harit Yoga Initiative under the 12th International Day of Yoga, CCRAS–Central Ayurveda Research Institute (CARI), Punjabi Bagh, New Delhi organized a plantation drive and medicinal plant distribution programme



As part of the celebrations of the 12th IDY 2026, the CCRAS-CARI, ND, successfully organized a National Webinar on "Yoga for Holistic Health" on 15.06.2026. Dr. Indu Sharma, Assistant Professor, MDNIY, New Delhi, as the esteemed expert speaker for the session.



As part of the 12th International Yoga Day celebrations, organized a special awareness lecture dedicated to women's health during menopause, the session was led by Dr. Disha Garg (PT), ARO.



As part of the ongoing IDY2026 celebrations, CARI, New Delhi conducted a morning Yoga session for IPD patients on 18 June 2026 at 7:00 AM.



As part of the countdown to IDY2026, Yoga activities were conducted under the SCSP Project during a health camp at Gujarati Mandir Trust Samiti, B-4, Sultanpuri, New Delhi on 19 June 2026.



As part of the countdown to IDY2026, the Ayush Wellness Centre, Rashtrapati Bhawan, New Delhi organized a Yoga session on 19 June 2026.



As part of the celebrations of the 12th IDY 2026, CCRAS-CARI, New Delhi successfully organized a National Webinar on "Yoga Suitable for Geriatric Persons" on 19 June 2026. The session featured an enlightening expert talk by Dr. S. Lakshmi Kandhan, Assistant Professor, MDNIY, New Delhi.



As part of the ongoing IDY2026 celebrations, CARI, New Delhi conducted a morning Yoga session for IPD patients on 20 June 2026 at 7:00 AM.



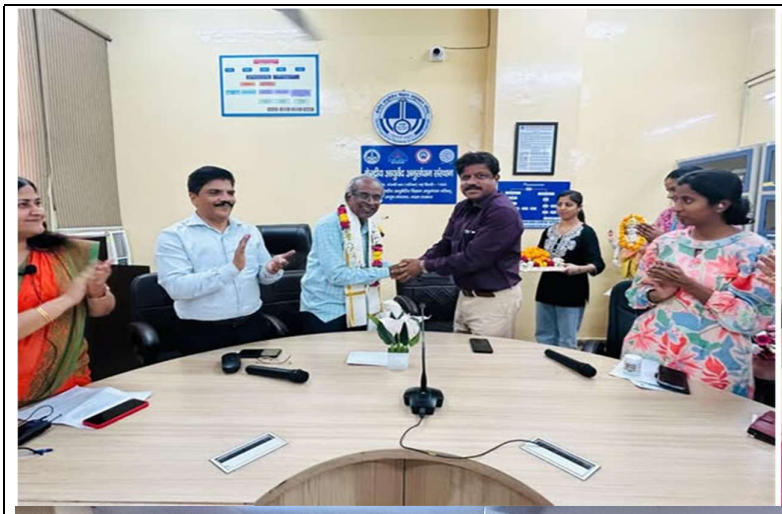
The CARI, New Delhi, under CCRAS, Ministry of Ayush, celebrated the 12th International Day of Yoga (IDY) 2026 on 21 June 2026 with great enthusiasm under the theme "Yoga for Healthy Ageing."



The CARI, New Delhi, under CCRAS, Ministry of Ayush, Government of India, successfully organized a One-Day Investigators' Training Programme on the CCRAS Standardized Prakriti and Swasthya Assessment Scale on 24 June 2026.



As part of the Nasha Mukt Bharat Abhiyaan, CARI, New Delhi, under the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, organized a 'Nasha Mukt Bharat' Pledge Ceremony on 25 June 2026.







CARI organized a Retirement ceremony on 30 June 2026 to honour Dr. V. Subhose, Director (Institute), on his superannuation after 31 years of dedicated service to CCRAS.

CELEBRATING 75 YEARS OF NNS
बदलते भारत की सच्ची तस्वीर
साप्ताहिक
मेरी दिल्ली

केंद्रीय आयुर्वेद अनुसंधान संस्थान पंजाबी बाग में उत्साहपूर्वक मनाया गया 12वां अंतर्राष्ट्रीय योग दिवस







पंजाबी बाग। आयुष मंत्रालय, भारत सरकार एवं केंद्रीय आयुर्वेदीय विज्ञान अनुसंधान परिषद (सीसीआरएएस) के अंतर्गत कार्यरत केंद्रीय आयुर्वेद अनुसंधान संस्थान (सीएआरआई), पंजाबी बाग, नई दिल्ली में 12वां अंतर्राष्ट्रीय योग दिवस बड़े उत्साह और उल्लास के साथ मनाया गया। इस वर्ष अंतर्राष्ट्रीय योग दिवस की थीम 'योग फॉर हेल्दी एजिंग' रही।

कार्यक्रम में संस्थान के अधिकारियों, चिकित्सकों, वैज्ञानिकों, कर्मचारियों, शोधार्थियों, रोगियों एवं उनके परिजनों सहित 100 से अधिक प्रतिभागियों ने सक्रिय भागीदारी निभाई। कार्यक्रम का शुभारंभ आयुष मंत्रालय द्वारा जारी योग गीत के सामूहिक श्रवण से हुआ। इसके बाद प्रधानमंत्री नरेंद्र मोदी के योग संदेश का प्रसारण किया गया, जिसे उपस्थित सभी लोगों ने ध्यानपूर्वक सुना।

इसके पश्चात प्रशिक्षित योग प्रशिक्षकों के मार्गदर्शन में प्रतिभागियों ने कॉमन योग प्रोटोकॉल (सीवाईपी) का सामूहिक अभ्यास किया। योगाभ्यास के दौरान विभिन्न योगासन, प्राणायाम एवं ध्यान संबंधी क्रियाएं कराई गईं, जिनका उद्देश्य शारीरिक, मानसिक एवं भावनात्मक स्वास्थ्य को सुदृढ़ बनाना था।

संस्थान के निदेशक डॉ. वी. सुभोष ने अपने संबोधन में कहा या एक समग्र जीवनशैली है, जो स्वस्थ एवं सक्रिय वृद्धावस्था, एवं रोग–निवारण तथा मानसिक संतुलन बनाए रखने में महत्वपूर्ण भूमिका निभाती है। उन्होंने सभी प्रतिभागियों से अनियमित योगाभ्यास को अपने दैनिक जीवन का अभिन्न हिस्सा बनाने का आह्वान किया।

इस अवसर पर सहायक निदेशक डॉ. हेमंत पाणिग्रही ने कहा कि वर्तमान जीवनशैली से उत्पन्न विभिन्न स्वास्थ्य चुनौतियों के समाधान में योग एक प्रभावी एवं वैज्ञानिक पद्धति के रूप में स्थापित हो चुका है। विशेष रूप से वृद्धजनों के लिए नियमित योगाभ्यास शारीरिक क्षमता, मानसिक संतुलन तथा जीवन की गुणवत्ता को बनाए रखने में अत्यंत सहायक सिद्ध होता है।

अंतर्राष्ट्रीय योग दिवस 2026 के सफल आयोजन एवं समन्वयन का दायित्व नोडल अधिकारी डॉ. रेणु रानी के नेतृत्व में संपन्न हुआ। कार्यक्रम के आयोजन में सह–नोडल अधिकारी डॉ. दिशा गर्ग तथा सुश्री सोनम चंधोक का विशेष योगदान रहा। उनके समन्वित प्रयासों से कार्यक्रम का सफल संचालन एवं क्रियान्वयन सुनिश्चित हुआ।

कार्यक्रम के समापन पर सभी प्रतिभागियों ने योग को जन–जन तक पहुंचाने तथा स्वस्थ, सशक्त और जागरूक भारत के निर्माण में सक्रिय योगदान देने का संकल्प लिया। यह आयोजन योग के प्रति बढ़ती जागरूकता और स्वस्थ जीवनशैली अपनाने की दिशा में एक महत्वपूर्ण पहल साबित हुआ।

Meri Delhi Newspaper Coverage on IDY 2026 Celebration



CCRAS-CARI, New Delhi, successfully conducted a One-Day Hands-on Training on the CCRAS-Ayur Web Portal for Senior Research Fellows (SRFs) of CCRAS on 04 July 2026, coordinated by Dr. Sakshi Sharma, Research Officer (Ay.), and Dr. Saroj Devi, Research Officer (Ay.).





On behalf of CCRAS–CARI, New Delhi, Dr. Shaizi Layeeq and Dr. Ratheesh P., Research Officers (Ay.), participated in Saushrutam 2026, the International Seminar on Shalya Tantra held from 15–17 July 2026 at the All India Institute of Ayurveda (AIIA), New Delhi.



Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, visited the Department of Integrated Medicine, including the Ayurveda & Panchakarma Unit of CCRAS–CARI, New Delhi, at Lady Hardinge Medical College on 17 July 2026. Welcomed by Dr. Hemant Panigrahi, Assistant Director In-charge, while Dr. Swati Sharma, Research Officer (Ay.), briefed him on the activities of the unit, including its clinical services, ongoing research projects, and patient care.





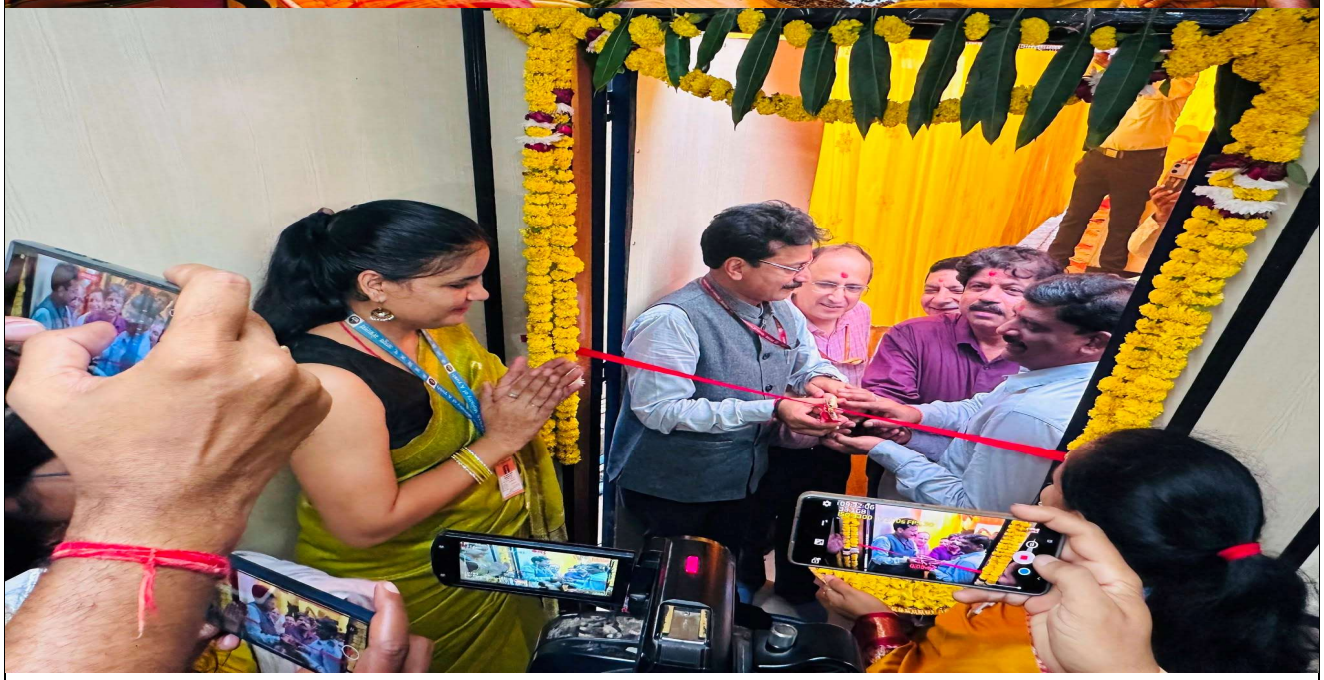
CCRAS–CARI, New Delhi, successfully organized a Specialized Continuing Medical Education (CME) Programme on Preventive Cardiology on 20 July 2026. Coordinated by Dr. Shweta Mata, Research Officer (Ay.), the programme was attended by all officers of the institute and featured technical sessions by Ms. Sonam Chandhok, ARO (Clinical Psychology), and Dr. Sakshi Sharma, Research Officer (Ay.), focusing on stress management and preventive cardiology.





Panchakarma Technician Course (Batch 2024–25) along with Dr. Saroj Devi, R.O. (Ay.) attended the Convocation Ceremony for Ayush Skilled Professionals, organized by the Healthcare Sector Skill Council (HSSC), New Delhi, at the India Habitat Centre, New Delhi, on 31 July 2026. The prestigious ceremony was graced by Prof. (Vaidya) Rabinarayan Acharya, DG, CCRAS, ND







The Central Ayurveda Research Institute (CARI), New Delhi, under the Central CCRAS, Ministry of Ayush, Government of India, inaugurated its new Extension Outpatient Department (OPD) Facility by DG-CCRAS and other officials at FC-5, Block-A, Sector-28, Rohini, New Delhi, 11 August 2026.



On the occasion of the 80th Independence Day celebrations, the National Flag was hoisted at the CCRAS-Central Ayurveda Research Institute (CARI), New Delhi, on 15 August 2026.