

Press Release from Regional Ayurveda Research Institute

The Regional Ayurveda Research Institute (RARI), Tadong, Gangtok, under the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Government of India, celebrated the 11th Ayurveda Day on 23 September 2026 at ICAR, Tadong, Gangtok.

The programme was graced by Cdr. (Dr.) Gurdaman L. Sharma, Hon'ble Vice Chancellor, SRM University Sikkim, as the Chief Guest. Dr. Ashok Kumar, Joint Director In-Charge / Principal Scientist, ICAR Research Complex for NEH Region, Sikkim Centre, Tadong, and Dr. Rajesh Joshi, Centre Head, Sikkim Regional Centre, G.B. Pant National Institute of

Himalayan Environment, were present as distinguished Guests of Honour.

The programme was also attended by various invitees from different institutes, including Dr. Santosh Tamang, Research Officer (Homeopathy), and professors, doctors and scholars associated with the Namgyal Institute of Tibetology and Sowa Rigpa.

The programme commenced with a welcome address by Dr. A. J. V. Sai Prasad, Assistant Director In-Charge, RARI, Gangtok, who highlighted the significance of Ayurveda Day and briefed the gathering on the mandate, activities, achievements and research initiatives of RARI, Gangtok under achievement of CCRAS.

The programme was anchored by Dr. Nidhi Rai, along with co-host Dr. Parveen Sultana. The technical sessions and presentations focused on the relevance of Ayurveda in promoting health and well-being and its role in addressing contemporary healthcare needs. Dr. A. J. V. Sai Prasad, Dr. Debajyoti Das, Research Officer (Ayurveda), and Dr. J. C. Arya, Research Officer (Botany), contributed to the technical deliberations and shared insights on various activities and initiatives of RARI, Gangtok.

The programme was attended by Research Officers, Senior Research Fellows (SRFs), Junior Research Fellows (JRFs) and staff members of RARI, Gangtok. The event also witnessed the participation of healthcare professionals, professors, doctors and scholars from different traditional systems of medicine, including representatives associated with Homeopathy, the

Namgyal Institute of Tibetology and Sowa Rigpa, as well as scholars from SRM University Sikkim. The programme provided a platform for interaction, knowledge sharing and exchange of ideas among experts, researchers, healthcare professionals and scholars working in different traditional systems of medicine.

The celebration concluded with a vote of thanks delivered by Dr. Nidhi Rai, JRF (Ayurveda).

The event reaffirmed the commitment of RARI, Gangtok, and CCRAS, Ministry of Ayush, Government of India, towards promoting Ayurveda through research, education, evidence-based practices and public awareness.