

**GURU GORAKSHNATH INSTITUTE OF MEDICAL SCIENCES
FACULTY OF AYURVEDA
MAHAYOGI GORAKHNATH UNIVERSITY, GORAKHPUR**

REPORT

11th NATIONAL AYURVEDA DAY CELEBRATIONS – 2026

Theme: “Ayurveda for a Healthier Tomorrow”

Period of Celebration: 17 September 2026 to 23 September 2026

1. Introduction

Guru Gorakshnath Institute of Medical Sciences, Faculty of Ayurveda, Mahayogi Gorakhnath University, Gorakhpur, organized the 11th National Ayurveda Day Celebrations 2026 from 17 September 2026 to 23 September 2026. The celebrations were conducted under the auspices of the Indian Knowledge Tradition Centre for Traditional Medicine and the National Service Scheme. The week-long programme comprised academic, community outreach, clinical awareness, cultural, creative and student-oriented activities.

The central message of the celebrations was “Ayurveda for a Healthier Tomorrow”, with emphasis on health promotion, disease prevention, healthy lifestyle, responsible medicine use, community health awareness, Ayurveda education and preservation of Indian knowledge traditions.

2. Objectives of the Celebrations

- To create awareness among students and the public regarding the relevance and utility of Ayurveda.
- To promote preventive healthcare, healthy lifestyle practices and responsible use of medicines.
- To strengthen community outreach and public-health-oriented activities through Ayurveda.
- To provide students with opportunities for academic, creative, clinical and community-based learning.
- To promote yoga, healthy nutrition, medicinal-plant awareness and women’s health awareness.
- To encourage quality Ayurveda education through faculty development and contemporary teaching and evaluation methods.
- To disseminate the principles of Ayurveda and the Indian knowledge tradition among students and the wider community.

3. Day-wise Programme Report

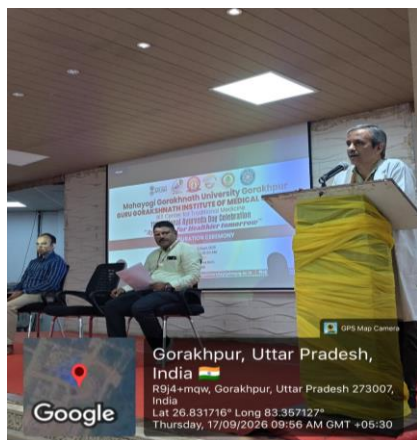
DAY 1 – 17 SEPTEMBER 2026

Inauguration of the 11th National Ayurveda Day Celebrations

The inaugural programme was held at the Panchakarma Auditorium on 17 September 2026. The programme commenced with ceremonial lighting of the lamp. Dr. Naveen Kodlady, Chairperson of the Organizing Committee, highlighted the significance of National Ayurveda Day and emphasized Ayurveda as a holistic system concerned with healthy living, immunity, balanced diet and overall well-being. The week-long programme from 17 to 23 September 2026 was announced. Dr. Giridhar

Vedantam, Principal, highlighted the relevance of Indian knowledge traditions in the present era and the role of Ayurveda in building a healthy society. Dr. Giridhar Vedantam, Principal, highlighted the relevance of Indian knowledge traditions in the present era and the role of Ayurveda in building a healthy society.

An Ayurveda Day pledge was administered by Dr. Naveen Kodlady to strengthen the commitment towards a healthy India and improved social health on this occasion with the pledge statement “I pledge to embrace Ayurveda for a healthier tomorrow by adopting preventive lifestyle practices, supporting evidence-based traditional knowledge, promoting integrative healthcare, and contributing to community well-being and sustainable living”.



Awareness Programme to College students – Anaemia and Personal Hygiene



DAY 2 – 18 SEPTEMBER 2026

Medicinal Plant Distribution and Agricultural Field Visit

Students of the Nagarjuna BAMS batch visited Krishi Vigyan Kendra, Pipiganj, and distributed medicinal plants among rural residents as part of a public-awareness initiative. Students explained the names and uses of medicinal plants and provided awareness regarding bone health, appropriate diet and lifestyle, and complications associated with bone weakness. Dr. Yasmin, Associate Professor, Dravyaguna; Dr. Srinath R., Assistant Professor, Dravyaguna; and Dr. Shantibhushan Handur, Head, Samhita Siddhanta & Sanskrit, provided guidance. Dr. Shweta, Agriculture Science Specialist, explained soil, irrigation, nursery management, organic manure, cultivation methods and production technologies for medicinal crops. Students also observed the nursery and agricultural fields and recorded relevant information.



Women's Health and Awareness Programme

A women's health and awareness programme was conducted at 4:00 PM at the Panchakarma Auditorium, GGIMS, MGUG, by the Department of Prasuti Tantra & Stree Roga under the guidance of Dr. Jitendra Mishra. Ayurveda students and faculty members from different departments participated. The programme focused on increasing awareness regarding women's health and related important issues.



DAY 3 – 19 SEPTEMBER 2026

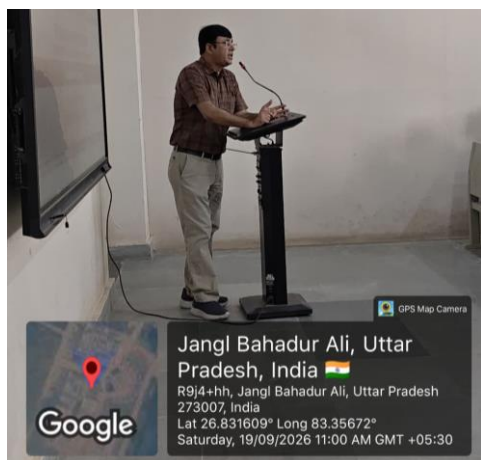
Yoga Workshop for Patients and Attendants

A yoga workshop was conducted in the GGIMS Yoga Hall for patients and their attendants. Yoga teacher Shri Chandrajit guided participants in the General Yoga Protocol and Surya Namaskar, explaining correct techniques, their physical and mental health benefits, and the importance of regular practice. Dr. Shantibhushan and Acharya Sadhvi Nandan Pandey were present and provided guidance.



Ayurveda Awareness Lecture for B.Pharm Students

Dr. Dinesh Singh, Medical Superintendent and Associate Professor, delivered a medicine-awareness lecture for B.Pharm students. The session addressed appropriate knowledge and rational use of medicines, necessary precautions and the responsible role of medicines in patient care, with emphasis on safe medicine use under appropriate clinical guidance.



Seminar – Insights from Ayurveda Clinical Practice

Dr. Pratima Srivastava, Senior Women AYUSH Physician, delivered a guest lecture on “Insights from Ayurveda Clinical Practice”. She shared practical and clinical perspectives, patient-centred approaches and the effective application of Ayurvedic principles in clinical practice.



Faculty Development Programme – Pedagogy and Evaluation in Ayurveda Education

A Faculty Development Programme was organized for the faculty of the Faculty of Ayurveda on “Application of Pedagogy and Evaluation Methodology for Ayurveda Education”. Dr. Rajesh Dasraju, Acharya and Head, Department of Pharmacology, guided faculty members on effective teaching methods, improving the learning process and contemporary approaches to evaluation in Ayurveda education.



DAY 4 – 20 SEPTEMBER 2026

Reel-Making Competition

A reel-making competition was conducted on Sunday as part of the National Ayurveda Day celebrations. Reels focusing on Ayurveda awareness were collected through a Google Form link. The activity provided students with an opportunity to communicate Ayurveda-related awareness messages through a creative digital format.

DAY 5 – 21 SEPTEMBER 2026

Ayurveda Medical and Health Awareness Camp – Sonbarsa and Balapar Village

Two Ayurveda medical camps and health-awareness camps were organized at Sonbarsa and Balapar village, Gorakhpur. The camp was conducted by Sushruta batch (2023-24) students under the guidance of Dr. Dinesh Singh and Dr. Kamlesh Pandey. Rural residents participated and received health-related information and consultation. Students created awareness regarding Ayurvedic healthcare, appropriate medicine use, healthy lifestyle and disease prevention.



Ayurveda Quiz Competition

An Ayurveda quiz competition was conducted in the afternoon under the organization and guidance of Dr. Jitendra Mishra and Dr. Devi R. Nair. Students from all three batches participated enthusiastically and demonstrated their subject knowledge and understanding. Faculty members from Ayurveda and other departments were present and encouraged the participants.



Awareness Programme on the Harmful Effects of Self-Medication

The Department of Dravyaguna conducted a self-medication awareness programme in the hospital premises. Patients and attendants were educated about possible adverse effects, inappropriate medicine use and health complications resulting from self-medication. The importance of medical advice, correct dosage, appropriate duration and rational medicine use was explained. The programme was conducted under the guidance of Dr. S. Yasmin, Associate Professor.

DAY 6 – 22 SEPTEMBER 2026

Ayurveda Awareness Rally

An Ayurveda awareness rally commenced at 9:30 AM from the college campus and proceeded towards the Balapar and Maniram areas. The rally aimed to create public awareness regarding the utility of Ayurveda, healthy lifestyle practices and the role of Ayurveda in disease prevention. Ayurveda students participated actively and communicated health-related messages to the public. The rally was conducted with the participation and guidance of Dr. Shanti Bhushan Handur, Dr. Naveen Kodlady,

Dr. Pragya Singh, Dr. Dinesh Singh and Acharya Sadhvi Nandan Pandey, along with other faculty members.



Speech Competition – “Multidimensional Impact of Ayurveda Beyond Treatment”

A speech competition was conducted at 11:30 AM on the topic “Multidimensional Impact of Ayurveda Beyond Treatment”. Students from different faculties of Mahayogi Gorakhnath University participated and presented their views on the wider impact of Ayurveda, healthy lifestyle, disease prevention, social health and the utility of Ayurveda in different dimensions of human life. The event was organized under the direction of Dr. Vinamra Sharma, Associate Professor, Rasashastra & Bhaishajya Kalpana. Dr. Ashwani Ojha and Dr. Jitendra Kumar Mishra served as judges.



Ayurvedic Food Exhibition Competition

A student food competition was organized under the guidance of Dr. Vijisha P. M., Department of Rasashastra & Bhaishajya Kalpana. Students prepared a variety of nutritious and attractive dishes and demonstrated creativity, culinary skills and knowledge of Ayurveda-compatible dietary practices. 14 teams have participated

in it. Approximately 28 main dishes, along with several accompanying dishes, were prepared. Vice Chancellor and Faculty members of different faculties of the university attended and encouraged the participants.



DAY 7 – 23 SEPTEMBER 2026

Nukkad Natak / Street Play

A street-play activity was conducted the streets of the campus to communicate Ayurveda and health-awareness messages to the audience including visitors, patients, attendants in an engaging public-oriented format.



Seminar by Dr. G. S. Tomar

Dr. G. S. Tomar delivered a special online guest lecture on “Ayurveda for Community Wellbeing and Sustainable Living”. He discussed Ayurveda’s broad approach, its role in health preservation and public welfare, and its relevance in contemporary life. He emphasized healthy communities, balanced lifestyles, environmental responsibility and the practical application of Ayurvedic principles.



Valedictory Programme of Ayurveda Day Celebrations – 2026

The valedictory programme of the 11th National Ayurveda Day Celebrations – 2026 was held at the Panchakarma Auditorium on 23 September 2026. The programme marked the formal culmination of the week-long academic, clinical, cultural and community-awareness activities. The programme was conducted under the joint auspices of the Indian Knowledge Tradition Centre for Traditional Medicine and the National Service Scheme.

Address by the Chief Guest

The Chief Guest, Shri Awadh Bihari Tiwari, addressed the gathering on the significance of Ayurveda Day and the importance of health awareness. The role of Ayurveda in public welfare was highlighted, and the enthusiasm and active participation of students were appreciated.

Presentation of the Week-long Activity Report

Dr. Naveen Kodlady presented a brief report of the activities conducted throughout National Ayurveda Day Celebrations 2026. A visual presentation was subsequently shown to provide an overview of the week-long activities.

Prize and Certificate Distribution

Students and participants who demonstrated outstanding performance in the competitions and activities conducted during the week were honoured with prizes and certificates. Participants were encouraged to contribute actively to the study, research, preservation and promotion of Ayurveda and the Indian knowledge tradition.

Throughout the celebration week

Public Awareness on Harmful Effects of Self-Medication

A public-awareness campaign was conducted in the OPD of Mahant Digvijaynath Hospital regarding the harmful effects of self-medication. Nagarjuna batch students Aditi Mishra, Aditi Pal, Akanksha Mishra, Abhishek Giri and Arya Pandey used pamphlets to educate patients and attendants regarding

possible adverse effects and health complications associated with taking medicines without medical advice. The campaign continued up to 23 September 2026 under the guidance of Dr. Yasmin, Department of Dravyaguna.



Free Nadi Pariksha using Nadi Tarangini equipment throughout the week:



Nadi Pariksha was done using Nadi Tarangini Equipement at the hospital throughout the week for the interested patients and their attendants.

Formal Conclusion

Dr. Giridhar Vedantam, Principal, presided over the valedictory programme and highlighted the importance of Ayurveda as a comprehensive Indian approach to healthy living and well-being. The programme concluded with a vote of thanks by Dr. Sandhya S. Pathak, followed by Vande Mataram and the formal conclusion of the celebrations. Faculty members, medical officers, programme officers, physicians, volunteers and students attended the programme.



4. Consolidated Summary of Activities

Date	Major Activities	Primary Focus
17.09.2026	Inauguration; health awareness on anaemia and personal hygiene	Awareness, healthy living, student outreach
18.09.2026	Medicinal plant distribution; agricultural field visit; women's health programme	Community outreach, medicinal plants, women's health
19.09.2026	Yoga workshop; medicine awareness; clinical-practice lecture on Insights from clinical practice; FDP on Pedagogy;	Clinical awareness, education, safe medicine use
20.09.2026	Reel-making competition	Digital awareness and creativity
21.09.2026	Village medical camp; Ayurveda quiz; self-medication awareness	Community service, knowledge and rational medicine use
22.09.2026	Awareness rally; speech competition; Ayurvedic diet/food exhibition	Public awareness, communication and healthy nutrition
23.09.2026	Street play; guest lecture; valedictory; report presentation; prize distribution	Knowledge dissemination, recognition and conclusion
Throughout the week	Awareness to patients and attendants on proper method of medicine intake and risk of self-medication, Free NadiPariksha using Nadi Tarangini	Awareness and introduction of Ayurveda's its own method of assessment.

5. Overall Outcome

The 11th National Ayurveda Day Celebrations 2026 provided an integrated platform for academic learning, community engagement, clinical awareness, health promotion, student participation and faculty development. The programmes extended Ayurveda-related learning beyond the classroom through village outreach, hospital-based awareness, medicinal-plant activities, yoga, nutrition education and public communication.

The week-long activities also provided opportunities for students to develop communication, teamwork, creative expression, community interaction and subject-related knowledge. Faculty development and academic sessions further supported the strengthening of Ayurveda education and teaching practices.

Overall, the celebrations contributed to dissemination of the message “Ayurveda for a Healthier Tomorrow” among students, patients, rural communities and the wider public, while reinforcing the institution’s commitment to Ayurveda education, healthcare, community service and the promotion of healthy living.

6. Conclusion

The 11th National Ayurveda Day Celebrations 2026 were concluded successfully on 23 September 2026. The programme series reflected coordinated participation of the administration, faculty members, physicians, students, volunteers and community participants. The institution records its appreciation for the active participation and contribution of all concerned departments and stakeholders in making the celebrations a meaningful academic and public-awareness initiative.



Dr. Naveen Kodlady
Nodal Officer/ Chairman,
Ayurveda Day Celebrations Committee 2026



Principal
PRINCIPAL
GURU GORAKSHNATH INSTITUTE OF MEDICAL SCIENCE
AROGYADHAM, SONBARSA, BALAPAR
GORAKHPUR (U.P.) 273007

Dr. Giridhar Vedantam
Principal

Date: 28/09/2026, Gorakhpur.