

## Geriatric Health Camp

A Geriatric Health Camp was organized under the National Ayush Mission on 28.08.2024 at Ayushman Arogya Mandir, Bhatpura, Block Mauranipur, Jhansi, jointly by the Central Ayurveda Research Institute, Jhansi (CCRAS) and the Department of Ayush, Government of Uttar Pradesh.



## National Seminar on Ayurvedic Drug Development –BHESHJ-2024

CARI, Jhansi organized a two-day national seminar titled "Ayurvedic Drug Development – Bheshaj 2024" on 21st–22nd November 2024, marking the Golden Jubilee of the Institute. The inaugural session, held at Pt. Deendayal Upadhyay Auditorium, began with the ceremonial lamp lighting by Shri Anurag Sharma, Hon'ble MP, Jhansi–Lalitpur. Eminent dignitaries including Vaidya Rajesh Kotecha (Secretary, Ministry of Ayush), Prof. (Vd.) Kartar Singh Dhiman, Vice Chancellor of Shri Krishna Ayush University, Kurukshetra (Haryana), Dr. Koustubha Upadhyay, Advisor (Ayurveda), Ministry of Ayush, New Delhi; Dr. Rabinarayan Acharya, Director General, CCRAS, New Delhi; Dr. CK Katiyar, Advisor & CEO Emami Pvt. Ltd.; Prof. Madhu Dixit, Distinguished Ayush Chair and Dr. Ch. V. Narasimhaji graced the event. A statue of Acharya Pt. R.V. Dhulekar was also unveiled on the institute campus during the event.



### **Ayurveda Parv-2025**

CCRAS-CARI Jhansi participated in Ayurveda Parv 2025 at Pt. Khushilal Sharma Govt. Ayurveda College, Bhopal (Jan 20–22, 2025), where it showcased Ayurvedic plant parts, IEC materials, research formulations, and provided free OPD consultation with medicine distribution.



### **Cleanliness Drive**

On 24th May 2025, a cleanliness drive was organized at the Central Ayurveda Research Institute (CARI), Jhansi) as a part of the activities leading up to World Environment Day. The program was conducted under the guidance of Dr. C. Venkata Narasimha, Assistant Director and Officer-in-Charge. All officers and staff members of the institute participated enthusiastically and contributed actively to maintaining cleanliness within the campus premises.



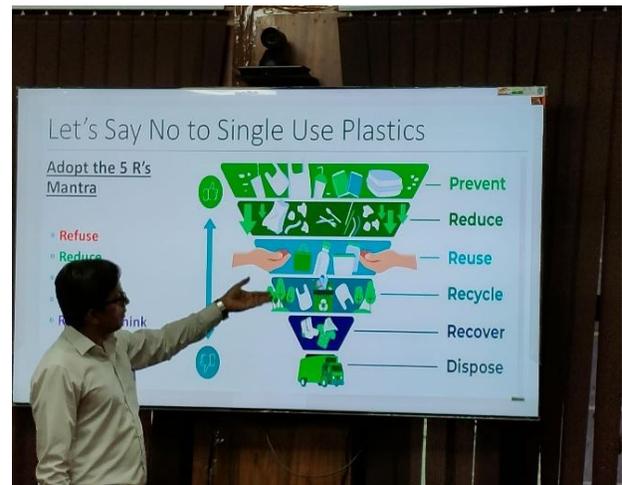
### **100-Day TB Elimination Campaign Activities**

Central Ayurveda Research Institute (CARI), Jhansi organized a series of activities as part of the 100-Day TB Elimination Campaign. On 4th January 2025, an awareness lecture was delivered by Dr. Neelam Singh, Research Officer (Ayurveda), on the topic “*Symptoms, Diagnosis, and Prevention of Tuberculosis.*” The session saw active participation from all institute officers and staff. Subsequently, on 31st January 2025, a TB-Free India pledge was administered by Dr. Sanjeev Kumar Lale, followed by an awareness lecture by Dr. Smriti Tandon, Research Officer (Microbiology), and distribution of IEC materials. Further, on 5th March 2025, Ms. Prachika, Research Officer (Botany), delivered a talk on “*Nature’s Cure: Exploring Plant-Based Solutions for Tuberculosis Prevention and Management.*” All sessions reflected the institute's strong commitment to supporting the national mission for TB elimination.



### Mission Life Campaign (June 2025)

CARI, Jhansi organized various activities from 22nd May to 5th June 2025 as part of the Mission LiFE Campaign 2025 on the occasion of World Environment Day (5th June 2025). Programs included oath-taking, medicinal plant distribution, cleanliness drives, competitions, plantation of 130 Guggul plants, and awareness lectures on plastic pollution, water conservation, sustainable food systems, e-waste reduction, energy saving, and land restoration.



## CME 2025

Central Ayurveda Research Institute, Jhansi, organized a six-day CME program for AYUSH doctors, scientists, and medical officers from 25th to 30th August 2025, focusing on practical training and knowledge enhancement in Ayurveda research, medical protocols, and advanced techniques. The program, themed “Empowering Excellence: Role of QA/QC in ASU Pharmaceutical Drug Development,” was sponsored by the Ministry of AYUSH and coordinated by the National Ayurveda Vidyapeeth (RAV), New Delhi.



## World Environment Day

Central Ayurveda Research Institute (CARI), Jhansi organized a plantation drive on the occasion of World Environment Day (5th June 2025) as part of the Mission LiFE campaign 2025. The event took place in the ‘C’ Block premises of the institute. With a target of planting 1,000 saplings during the month of June, a total of 130 Guggulu (*Commiphora wightii*) plants were planted on Environment Day. The plantation drive was coordinated by Mr. Sugreev Kumar Gaur, Research Officer (Botany), and Mr. Virendra Singh, Research Assistant (Horticulture). The program witnessed enthusiastic participation from the institute’s officers and staff.

## 11th International Yoga Day 2025

As part of the 11th International Day of Yoga celebrations, Central Ayurveda Research Institute (CARI), Jhansi organized a special event titled “Harit Yoga” on 18th June 2025, during which 600 *Guggulu* saplings were planted in the 'C' Block premises, promoting environmental sustainability through yoga.

On 21st June 2025, in collaboration with NIMA, the institute hosted a Common Yoga Protocol session following the live telecast of the Hon'ble Prime Minister's address, under the theme “Yoga for One Earth, One Health.” The event featured a live telecast of the Hon'ble Prime Minister's address, followed by a Common Yoga Protocol session led by Shri Vaibhav Lalamani. Dr. Sanjeev Kumar Lale highlighted yoga's role in daily well-being, and the program saw enthusiastic participation from institute staff and NIMA members.



## Yoga Bandhan 2025

As part of the 11th International Day of Yoga (IDY) 2025, themed “Yoga for One Earth, One Health”, Yoga Bandhan was one of the 10 signature events organized by MDNIY under the Ministry of AYUSH. Held from 15–22 June 2025, it brought together delegates from 15 countries for a unique blend of yoga and cultural exchange. Liaison officers Dr. Deepa Sharma and Dr. Sujeet Kumar Mishra coordinated with international delegates from Brazil and Singapore. The main event took place on 17 June at MDNIY, Delhi, followed by tours to key landmarks and yoga institutions in Delhi and Jaipur.



### 10th Ayurveda Day 2025

CARI, Jhansi celebrated the 10th Ayurveda Day from 8th to 23rd September 2025 with great enthusiasm, in line with the Ministry of AYUSH's theme, "Ayurveda for People and Planet." A range of impactful activities were conducted to promote Ayurveda's role in daily life and sustainable health. The celebrations featured an inaugural session, a vibrant Ayurveda exhibition displaying medicinal plants, classical formulations, and lifestyle practices, and community outreach through the free distribution of medicinal plants and educational pamphlets. Expert lectures and awareness talks focused on immunity, lifestyle disorders, and eco-friendly living. Cultural and educational highlights included plantation drives, Yogabhyasa, Run for Ayurveda, essay and poster competitions, and the traditional Dhanvantari Pooja, engaging the community in holistic wellness and environmental consciousness.





### **Swasth Nari, Sashakt Parivar and 8th Poshan Maah 2025**

Under the national initiative “Swasth Nari, Sashakt Parivar”, CARI Jhansi organized awareness sessions and Yogabhyasa (yoga practice) from 17<sup>th</sup> September-1st October 2025 for all women officers and staff of the institute. The program was held in conjunction with the observance of the 8th Poshan Maah (Nutrition Month) 2025.



### **Awareness Program on National Voluntary Blood Donation Day**

On the occasion of National Voluntary Blood Donation Day 2025, an awareness session was organized at the Central Ayurveda Research Institute (CARI), Jhansi on 1st October 2025.

### **‘Ek Bharat, Shreshtha Bharat’ Initiative – 2025**

As part of the 10th Ayurveda Day celebrations, the CARI, Jhansi organized a special awareness program on 23rd September 2025 under the ‘Ek Bharat, Shreshtha Bharat’ initiative. The program focused on promoting awareness about the rich cultural heritage, traditions, and practices of Arunachal Pradesh and Meghalaya.



### **Institute visits**

MD Scholars from Shri Dhanwantri Ayurvedic College & Hospital, Chandigarh, visited the Quality Control Laboratories, Ayurveda Pharmacy, Medicinal Plant Garden and the National Raw Drug Repository.

Students from Dept. of Rasashastra, Dr. NRS Govt. Ayurveda College, Vijayawada visited Central Ayurveda Research Institute (CARI), Jhansi as a part of an educational tour and their internship programme.

