

Events & outreach

1. On 29th August 2025, CARI, Bhubaneswar joyfully celebrated National Sports Day, 2025,



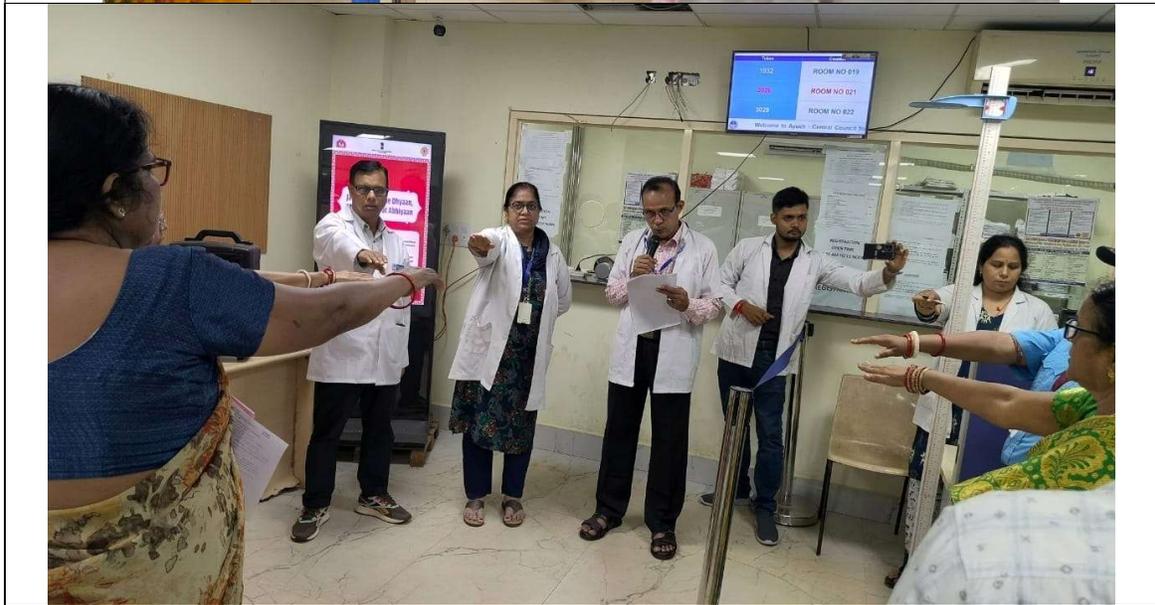
2. Glimpses of the Inauguration of the 6-day CME on Bioethics and Good Clinical Practices, sponsored by the Ministry of Ayush, Govt. of India and coordinated by Rashtriya Ayurveda Vidyapeeth, New Delhi,



3. CARI, Bhubaneswar celebrated the 79th Independence Day (15th August).



4. Central Ayurveda Research Institute Bhubaneswar celebrated 5th foundation day of the Nishamukta Bharat Abhiyan(drug free India campaign),a meeting and mass pledge was conducted at Central Ayurveda Research institute on 13.08.2025 , to Create an awareness against drug abuse.



5. Sh. Satyajit Paul, DDG, Ministry of Ayush, Govt. of India, Director General, CCRAS, New Delhi, Ministry of Ayush, Govt. of India and Dr.(Prof.) B.L.Mehera, Chairman, NCISM, New Delhi, Visited the Central Ayurveda Research Institute, Bhubaneswar. During this occasion the leech therapy unit has been inaugurated.



6. Central Ayurveda Research Institute Bhubaneswar Celebrated the World Heart Day 2025. On this occasion an awareness lecture was delivered on "Don't Miss a Beat" among the patients in the OPD waiting hall of the institute.



7. As part of Swachhata Hi Seva, SwachhataPakhwada was celebrating by the distribution of some medicinal plants among the public and delivered an awareness lecture. These all special events were conducted by the Central Ayurveda Research Institute, Bhubaneswar on 29/9/25.



8. Central Ayurveda Research Institute, Bhubaneswar organised a seminar on "Dont Miss a Beat: Early Detection of Silent Cardiac Conditions" on the occasion of World Heart Day on 29th Sept 2025 at 3 PM in the Auditorium in Hybrid Mode.The session was led by Dr. Saroj Kumar Sahoo, Assistant Professor, Department of Cardiology, AIIMS Bhubaneswar.All hospital staff, employees, and many online participants actively participated in the program.



9. केन्द्रीय आयुर्वेद अनुसंधान संस्थान भुवनेश्वर में हिंदी पखवाड़ा के अंतर्गत दिनांक 27.09.2025 को अंत्याक्षरी प्रतियोगिता का आयोजन किया गया, जिसमें संस्थान के सभी अधिकारियों एवं कर्मचारियों ने उत्साहपूर्वक भाग लिया।



10. As part of Swachhata Hi Seva, Swachhata Pakhwada was celebrating by the distribution of some medicinal plants among the public and delivered an awareness lecture by "One plant, Towards the environment Sustainability. These all special events were conducted by the Central Ayurveda Research Institute, Bhubaneswar on 27/9/25.



11. हिंदी प्रश्नोत्तरी प्रतियोगिता दिनांक 26.09.2025 को हिंदी पखवाड़ा के अंतर्गत आयोजित की गयी। सभी अधिकारियों एवं कर्मचारियों ने उत्साहपूर्वक इस कार्यक्रम में भाग लिया।



12. On the occasion of 10th Ayurveda day celebration Central Ayurveda Research Institute Bhubaneswar organised a non-flame Maharashtra food recipes preparation competition was conducted under Ek Bharat Srestha Bharat programme on 23.9.2025.



13. Central Ayurveda Research Institute, Bhubaneswar conducted a training on "Patient Safety in Hospitals: Overview, Standards and Best Practices" on 24th Sept 2025 at 3 PM in the Auditorium in Hybrid Mode. The session was led by Prof. (Dr.) Jawahar S. K. Pillai, Professor & Head, Hospital Administration, AIIMS Bhubaneswar. All hospital staff, employees, and many online participants actively participated in the program.



14. As part of Swachhata Hi Seva, SwachhataPakhwada was celebrating by the distribution of some medicinal plants among the public and delivered an awareness lecture on "Clean India, Plastic Free India and Green India- Our responsibility and our commitment" by Dr. Sunil Kumar and also taken pledge on Swachhata Hi Seva. These all special events were conducted by the Central Ayurveda Research Institute, Bhubaneswar on 24/9/25.



15. Central Ayurveda Research Institute Bhubaneswar Celebrating the PoshanMaah, 2025. On this occasion delivered an Awareness lecture by the Dr.Susmita P. Otta. in OPD Patients waiting hall of the institute on 23/09/2025 and distributed the medicinal plants also told the importance of medicinal values of it among the public.



16. Dr Kshirod Kumar Ratha Research Officer of CARI Bhubaneswar has participated as Guest and delivered lecture on National Ayurveda Day: theme Ayurveda for People and Planet at Centurion University Bhubaneswar and as a panelist in a program on DD odiaParikrama on the theme National Ayurveda Day: Ayurveda for People and Planet on 23.9.2025



17. Central Ayurveda Research Institute Bhubaneswar Celebrating the 10th National Ayurveda Day on 23/09/2025. On this occasion we have organised the Non-flammable Cooking competition and prepared the 13-15 healthy and nutritious items. Read the Prime minister Sandesh about the importance of Ayurveda among the public, and given the Awareness lecture on "Addressing Obesity by reducing the consumption of Sugar, Salt and Oil in their daily diet plan" and also distributed the Medicinal plants.



18. Central Ayurveda Research Institute Bhubaneswar Celebrating the 10th Ayurveda Day. Under this occasion a Cancer screening camp on oral, breast & cervical cancers held with HomiBhabha Cancer Hospital, Jatni in the Institute. Awareness lecture was delivered on Early detection of oral and Breast Cancer among the public/pateints and staffs of the Institute.



19. As part of Swachhata Hi Seva, SwachhataPakhwada was celebrating by the distribution of some medicinal plants among the public. This special events was conducted by the Central Ayurveda Research Institute, Bhubaneswar on 22/9/25.



20. As part of SwasthNariSashaktParivaarAbhiyaan Central Ayurveda Research Institute Bhubaneswar delivered an awareness lecture on "Awareness about Healthy Pregnancy Care through Ayurveda by Dr.Remya E. and also inauguration of new special Gynec OPD in the Institute by Dr.Sarada Ota. Assistant Director, Incharge CARI, Bhubaneswar.



21. केंद्रीय आयुर्वेद अनुसंधान संस्थान भुवनेश्वर में हिंदी पखवाड़ा के अंतर्गत आज दिनांक 22.09.2025 को हिंदी निबंध लेखन प्रतियोगिता का आयोजन किया गया। संस्थान के सभी अधिकारियों एवं कर्मचारियों इस कार्यक्रम में उत्साहपूर्वक भाग लिया।



22. As part of SwasthNariSashaktParivaar and celebration of 10th Ayurveda Day "Common Yoga Protocol demonstrated" and an awareness lecture was delivered by Dr.Kshirod Kumar Ratha among the pateints and their care take on 21/09/2025.



23. Central Ayurveda Research Institute Bhubaneswar Celebrating the National Voluntary Blood Donation Day (NVBDD). On this occasion Dr.Remya E. Research Officer delivered an Awareness lecture on "Importance and Benefits of Blood Donation what are the Procedures and what are the Precautions taken Before and After Blood Donation" in the OPD patients waiting hall of the institute on 20/09/2025



24. हिंदी पखवाड़ा कार्यक्रम के तहत आज केंद्रीय आयुर्वेद अनुसंधान संस्थान भुवनेश्वर के अधिकारियों और कर्मचारियों के बीच दिनांक :20.09.2025 को संस्थान में हिंदी कविता पाठगायन प्रतियोगिता का / आयोजक किया गया। प्रतियोगिता में सभी ने उत्साह से भाग लिया और हिंदी भाषा के उपयोग और उसके प्रचारप्रसार के प्रति अपनी प्रतिबद्धता जताई-



25. As part of SwasthNariSashaktParivaarAbhiyaan an awareness lecture was delivered by Dr.Sarada Ota, Assistant Director-CARI Bhubaneswar on "Breastfeeding and lactation Guidance for Women" in the OPD waiting hall of the Institute and also distributed the Brochure and IEC materials among the public on 20/9/25.



26. Central Ayurveda Research Institute Bhubaneswar Celebrating the PoshanMaah, 2025. On this occasion delivered an Awareness lecture by the Dr.SusmitaP.Otta. on the role of micronutrients and micronutrients in women's and young child health through ayurvedaahaar and importance of nutrients and how to take it and also free distributed the nutritional and medicinal plants on this occasions.



27. हिंदी पखवाड़ा कार्यक्रम के तहत आज केंद्रीय आयुर्वेद अनुसंधान संस्थान भुवनेश्वर के अधिकारियों और कर्मचारियों के लिए हिंदी टिप्पण और आलेख प्रतियोगिता और श्रुतलेख प्रतियोगिता एमएस के .टी. बीच आयोजित हुई। प्रतियोगिता में सभी ने उत्साह से भाग लिया और हिंदी भाषा के उपयोग और उसके प्रचारप्रसार के प्रति अपनी प्रतिबद्धता जताई।-



28. Central Ayurveda Research Institute Bhubaneswar Celebrating the PoshanMaah, 2025. On this occasion delivered an Awareness lecture about the role of nutrients in Anemia and malnutrition child health through ayurvedaahaar and importance of nutrients and how to take it and also free distributed the nutritional and medicinal plants on this occasions.



29. Central Ayurveda Research Institute Bhubaneswar celebrated the plantation event "EK PED MAA KE NAME". On this event distributed the medicinal plants among the employees of the institute and public and taking the pledge for making the pollution free environment and healthy life style by plantation drive.



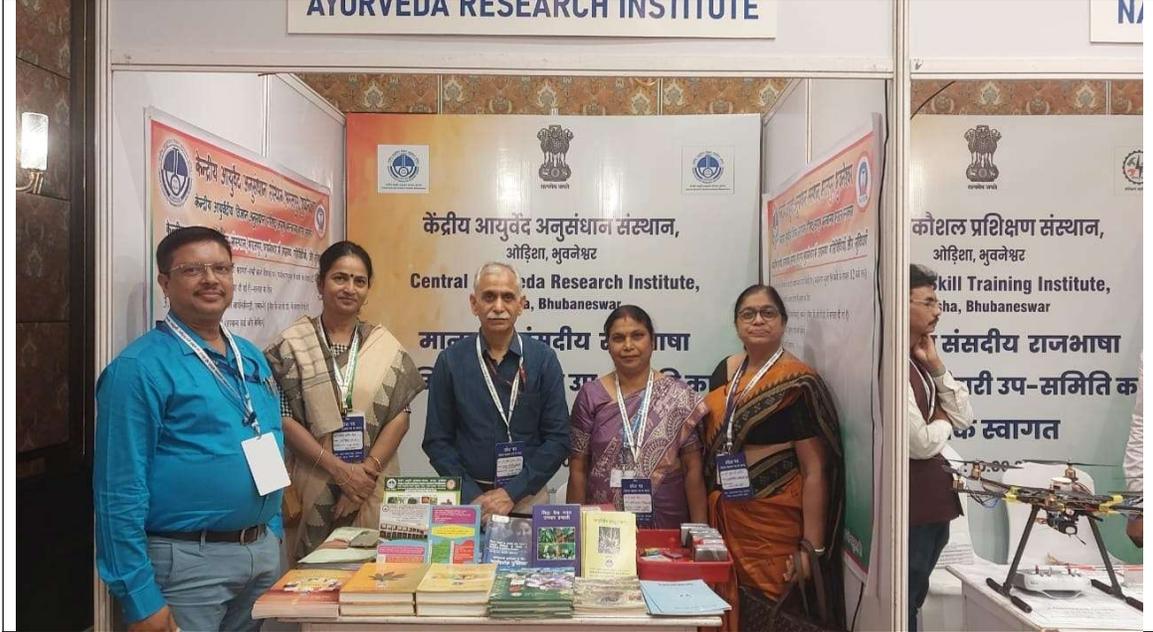
30. CCRAS-CARI, Bhubaneswar observed World Patient Safety Day on 17 September 2025 by organizing awareness lectures in the hospital OPD. Dr. K.K. Ratha spoke on the Importance of Patient Safety and its Aspects, Dr. P. Panda highlighted Medication Safety, and Dr. Susmita P. Otta addressed Patient Safety in the Context of Pediatric Patients. The program emphasized the importance of safe healthcare practices and spreading awareness among patients and caregivers, reinforcing the message that Patient Safety is Everyone's Priority.



31. केंद्रीय आयुर्वेद अनुसंधान संस्थान भुवनेश्वर 15 सितंबर, 2025 से हिंदी पखवाड़ा मनाने जा रहा है। इस हिंदी पखवाड़ा का उद्घाटन संस्थान के सहायक निदेशिका महोदया के द्वारा आज 15/09/2025 को सम्मेलन कक्ष में आयोजित किया गया। इस अवसर पर संस्थान के सभी अधिकारियों और कर्मचारियों, जिनमें संविदा और आउटसोर्सिंग कर्मचारी उपस्थित रहें।



32. माननीय संसदीय राजभाषा समिती की तीसरी उपसमिति द्वारा दिनांक 10.09.2025 को केंद्रीय आयुर्वेद अनुसंधान संस्थान, भुवनेश्वर का राजभाषा निरीक्षण किया गया। माननीय समिति ने कार्यालय के राजभाषा के क्रियाकलापों एवं संस्थान में हो रहे हिंदी कार्यों का सराहना करते हुए को उत्कृष्ट प्रमाण पत्र से संस्थान को सम्मानित ।



33. Today on 30 10 2025, a meeting was conducted on the occasion of Ek Bharat Srestha Bharat in OPD waiting hall. During this event Dr.Banamali Das and Dr.Purnendu Panda delivered lectures on hilighting Culture,Tradition of Maharashtra.



34. National Seminar on 'Hepatobiliary Wellness through AYurveda - Bridging Traditional Wisdom with Contemporary Science' - has been jointly organised by CCRAS - Central Ayurveda Research Institute, Bhubaneswar and ICMR - Regional Medical Research Centre, Bhubaneswar on October 25th- 26th , 2025. Padmashri Prof. Subrata Kumar Acharya, Pro-Chancellor, KIMS inaugurated the Seminar. JDRAS Special Issue - Ahara II was released in the function by Prof. Vd. rabinarayanAcharya, DG CCRAS and Dr SanghamitraPati, Addl DDG ICMR and Director, RMRC. 14 experts shared their ideas of management of hepatobiliary system disorders and need of integrative medicine in this area. Oral and poster presentation competitions were conducted for delegates. A Vibrant cultural session was also organized for the guests and delegates.



35. World Menopause Day was observed on 18th October 2025 at the Central Ayurveda Research Institute with the objective of creating awareness regarding menopausal health and promoting holistic well-being among women. The event highlighted the importance of understanding the physiological and psychological changes during menopause and emphasized the role of Ayurveda in managing menopausal symptoms through lifestyle modification, diet, yoga, and herbal interventions. The program began with an inaugural address by Dr B.Das, who emphasized the importance of healthcare approaches in today's scenario for women's wellbeing. Expert talk delivered by Dr Susmita P. Otta on topic "Understanding Rajonivritti and Ayurvedic Management of Menopausal Syndrome with Diet and Lifestyle for Women in Midlife," Educational materials on menopausal care were distributed to promote public understanding and encourage a healthy transition into postmenopausal life. The program concluded with a vote of thanks by Dr S.Meher reaffirming the Institute's commitment to women's health and empowerment through Ayurveda.



36. Central Ayurveda Research Institute, Bhubaneswar Celebrated the World Mental Health Day, by delivering the awareness lecture among the patient. During this occasion, Dr Purnendu Panda, RO(Ay) delivered awareness lecture about 'Mental Health issues of Adolescents'. Dr Remya E RO(Ay) spoke on 'It's ok not to be ok - but it's not ok to be silent'. Dr Susmita P Otta RO(Ay) moderated the program. Around 90 OPD patients were benefitted by the awareness program.



37. As part of Swachhata Hi Seva, SwachhataPakhwada was celebrating by the distribution of some medicinal plants among the public and delivered an awareness lecture on "Waste management and importance of community participation in creating a clean India" by Dr.Purnendu Panda. These all special events were conducted by the Central Ayurveda Research Institute, Bhubaneswar on 30/9/25.





38. A meeting was conducted on 28.11.2025 on virtual mode under Ek Bharat Srestha Bharat programme. Dr.Manisha Research Officer,Regional Ayurveda Research institute,Nagpur presented the different Maharashtra recipes with their nutritionalvalue.The programme was cordinated by Dr.Purnendu Panda.





39. The CCRAS–Central Ayurveda Research Institute (CARI), Bhubaneswar, observed the 76th Constitution Day on 26 November 2025 at the Institute Auditorium with great enthusiasm. The programme highlighted the institute’s commitment to the Constitutional values of justice, liberty, equality and fraternity. The event commenced with an introductory speech by Dr. Sarada Ota, Assistant Director (Ayurveda) & In-Charge, CARI Bhubaneswar, who emphasized the significance of upholding the ideals enshrined in the Constitution. This was followed by the collective reading of the Preamble to the Constitution of India by all staff members, reaffirming the guiding principles that form the foundation of the nation.





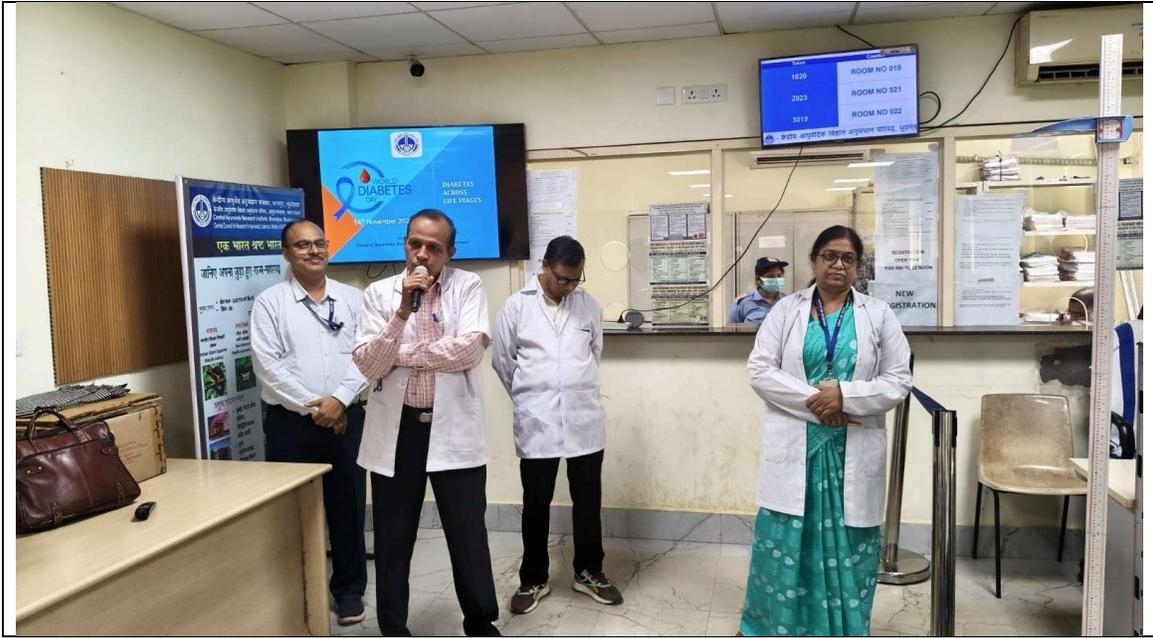
40. CCRAS–CARI, Bhubaneswar successfully hosted the *RashtriyaKarmayogi Large Scale Jan Seva* Program on 24 November 2025, featuring dynamic sessions led by Dr.Hemant Kumar Gupta R.O (Psychiatric) and Dr.Azeem Ahmed R.O (Ayurveda), with interactive learning, practical modules, and hands-on activities that empowered participants with actionable skills to enhance productivity, teamwork, and public service excellence.





41. Central Ayurveda Research Institute observed World Diabetes Day 2025 on 14.11.25 with awareness lectures in the OPD delivered by Dr.Banamali Das, Dr.Susmita P. Ota, and Dr.Purnendu Panda, focusing on this year's theme "Diabetes Across Life Stages." The programme was coordinated by Dr. K. K. Ratha, ensuring active patient engagement and improved understanding of diabetes prevention and care.





42. "National conference on cultivation, harvesting and sustainable utilisation of medicinal plants for farmers and traditional healers" has been conducted on 2nd and 3rd, November, 2025 by CCRAS - Central Ayurveda Research Institute, Bhubaneswar in association with Vivekananda Kendra-AIKYAM at VK-AIKYAM auditorium in Bhubaneswar, Odisha. 120 traditional healers from various districts of Odisha and neighbouring states like Andhra Pradesh and Jharkhand had participated in the conference. There were various keynote lectures and panel discussions conducted wherein traditional healers, medicinal plant farmers, scientists, Ayurveda scholars, Botanists, Anthropologists, policy makers had taken active participation. The conference was supported by NMPB, SMPB-Odisha, KISS University, SBI, NALCO etc. Research Officers of CARI Bhubaneswar had participated in various panel discussions. Traditional healers shared their knowledge about the treatment performed by them successfully.



43. केन्द्रीय आयुर्वेद अनुसंधान संस्थान, भुवनेश्वर में आज दिनांक 30.12.2025 को एक दिवसीय हिंदी कार्यशाला डॉशारदा ओता ., सहायक निदेशक, कृते प्रभारी निदेशक के मार्गदर्शन में सम्पन्न हुआ। इस कार्यशाला में श्री अकाश श्रीवास्तव सदस्य सचिव,न.स.का.रा., भुवनेश्वर.का)02 सीएसआईआर (टी.एम.एम.आई-नेराजभाषा नियम एवं अधिनियम पर अपना व्याख्यान दिया। संस्थान के समस्त कार्मिकों ने एस कार्यक्रम में उत्साहपूर्वक भाग लिया एवं कार्यक्रम को सफल बनाया। कार्यक्रम का संयोजन एवं संचालन डॉ यशपाल भारद्वाज, अनुसंधान अधिकारी (वनस्पती), प्रभारी हिन्दी अधिकारी द्वारा किया गया।



44. MoU Signing Ceremony was organised between CCRAS-Central Ayurveda Research Institute Bhubaneswar and Berhampur University to Digitize Rare Ayurvedic Manuscripts on 31st January, 2026.



45. Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, Government of India visited CCRAS- CARI Bhubaneswar. During his official visit he inspected the construction work of AyushDiksha building and reviewed the work progress.

