

## Report of 3<sup>rd</sup> National Ayurveda Day, 2018

**Nationally Ayurveda Day** was celebrated **5<sup>th</sup> November, 2018** with the theme “**AYURVEDA FOR PUBLIC HEALTH**”. In this connection the North Eastern Institute of Ayurveda & Homoeopathy (NEIAH) is an autonomous Institute under Ministry of AYUSH, Govt of India situated at Mawdiangdiang, Shillong organized **03 (three) one-day workshop** on the given theme in Aizawl (Mizoram) on 23<sup>rd</sup> October 2018, at Guwahati on 2<sup>nd</sup> November 2018 and at NEIAH, Shillong on 5<sup>th</sup> November, 2018 for creating awareness among the general mass on Ayurveda, highlighting the role Ayurveda plays in public health and its importance for prevention and promotion of Health along with one **Regional Level Quiz Competition** on 30<sup>th</sup> October 2018, **04 (four) no’s of free Health Camp** and **Run For Health** on 5<sup>th</sup> November 2018.

**Details of activities as follows -**

### **1. “Run for Health”**

The institute organised a “**Run for Health**” programme on 5<sup>th</sup> November 2018 which was flagged off by Prof (Dr) Noor Tapno, Medical Superintendent, NEIGRIHMS, Shillong at 8:00 am where around 300 participants including students, faculty members, staff of the Institute and local public/ students.

### **2. Workshop at NEIAH, Shillong:**

The institute organised a One- day Workshop on 5<sup>th</sup> November 2018 on the theme “**Ayurveda for Public Health**” on the occasion of 3<sup>rd</sup> National Ayurveda Day celebration at the Institute Campus.

The inaugural function of the workshop at 10:30 am was graced by Prof. (Dr) Premavati Tiwari, former Dean, Faculty of Ayurveda, BHU as Chief Guest, Prof (Dr) D.M. Thappa, Director, NEIGRIHMS, Shillong and Smti. Patricia Mukhim, Editor-in chief of The Shillong Times, Shillong as Guests of Honour and Prof. Gautam Saha, Dean, School of Technology, NEHU, Shillong as the Invited Speaker. On this occasion, Prof (Dr) P.K Goswami, Director, NEIAH welcomed the guests and the august gathering and emphasised on the significance of the event. Smti. Patricia Mukhim who also spoke on the occasion, stressed the need for promotion and propagation of the mighty science of AYURVEDA and its role in treating different ailments, as Ayurvedic medicine has no side effects. She also described NE as a hot spot of Biodiversity and she assured that she will help to create awareness regarding Ayurveda system through her print media. Prof (Dr) D.M. Thappa described vividly regarding Public Health and their importance for prevention of different diseases and stressed to use Ayurveda for management of such public health problems. Prof. Gautam Saha, Dean, School of Technology, NEHU, Shillong asked to think innovative technology and also to use technology for diagnosis of diseases in Ayurvedic diseases parameter and also the need for research in herbal medicine. The Chief Guest Prof.(Dr) Premavati Tiwari offered ushered her blessings to the event by addressing the audience and described about AYURVEDA and its importance in the present era for curing different lifestyle disorders. She also asked the gathering to use maximum Ayurvedic medicine for their day to day ailments. The Vote of Thanks was proposed by Smt. Kimchin Lhangum, ACS, Deputy Director (Admim), NEIAH. The inaugural function was drawn to a close by singing of the National Anthem.

The inaugural function was followed by two Technical sessions. In the technical sessions keynote address was delivered by Prof. (Dr) Premavati Tiwari, former Dean, Faculty of Ayurveda, BHU and Prof.(Dr) S.K.Chakraborty, HOD Dept. of Roga Nidan, Govt. Ayurveda College, Guwahati; Dr. P.S Upadhaya, Assistant Professor, Dept of Kaumarbhriya, BHU and Prof (Dr) Kailash Bhattacharya, HoD, Dept. of Biochemistry, Gauhati Medical College, Guwahati.

On the occasion of National Ayurveda Day, **Lord Dhanwantari Puja** (God of Ayurveda) was also performed in the institute campus in the morning hours.

The Institute felicitated 07 (seven) renowned academicians/ practitioners of North East for their outstanding contribution in academics and selfless service towards mankind in the field of AYURVEDA during the inaugural program of the said workshop.

### **3. Workshop in Aizawl, Mizoram:**

NEIAH along with the directorate of AYUSH, Health & FW, Govt. of Mizoram has organised the one-day workshop 23<sup>rd</sup> October 2018. The occasion was graced by Honourable Governor of Mizoram, Shri Kummanam Rajasekharan as Chief Guest. Shri Lalrinliana Fanai, IAS, Commissioner and Secretary, Health and Family Welfare Department, Govt. of Mizoram, graced the occasion as Guest of Honour. Prof (Dr) O P Gupta, Former Dean , Faculty of Ayurveda, Srimanta Shankardev University of Health Sciences(SSUHS), Guwahati graced the occasion as the Invited speaker. Dr. Mara S. Thansiami, Deputy Director (AYUSH), National AYUSH Mission, Mizoram and Dr L.K.Renthlei, CEO, State Board Medicinal Plant cum Additional Director, Directorate AYUSH, Govt. of Mizoram graced the occasion as Distinguished Guest. Prof (Dr) P K Goswami, Director of NEIAH also attended the programme.

Students, teachers, NGOs and officers of various Govt. sectors participated in the programme.

The inaugural function was started with the National Anthem, followed by the lighting the lamp, felicitation of distinguished guests, folk song by Lalbiakhlui Pachaua, Welcome address by Prof(Dr) P.K. Goswami, followed by speeches from distinguished guests, vote of thanks by Dr.L.K. Renthlei and ended with the National Anthem.

Dr Mara S. Thansiami, Deputy Director (AYUSH), National AYUSH Mission, Mizoram in her speech briefed about the different activities undertaken by the Directorate of AYUSH, Government of Mizoram.

Prof (Dr) O P Gupta spoke about Ayurveda and its role for treating and preventing different diseases through Ayurveda and encouraged the doctors in the region.

Shri. Lalrinliana Fanai, IAS, Commissioner and Secretary, Health and Family Welfare Department, Govt. of Mizoram said that AYUSH has developed a lot especially the Ayurveda system. He gave his blessings and expressed support for the workshop.

The Chief Guest, Hon'ble Governor of Mizoram in his speech pointed out that Mizoram is having rich soil for cultivating different types of medicinal plants, which can be used to prepare Ayurvedic Medicines. He encouraged the local people and doctors to inculcate the Ayurvedic medicines for less side-effects.

The inaugural function was followed by the Scientific Session. Total 04 lectures were delivered by eminent speakers Prof (Dr) P K Goswami, Director NEIAH, Prof (Dr) O P Gupta, Former Dean, Faculty of Ayurveda, SSUHS, Assam, Dr Bishnu Choudhury, Lecturer, NEIAH and Dr Abhishek Bhattacharjee, Lecturer, NEIAH were the Resource persons for the day. A total of 250 number of participants attended the programme. The print and electronic media gave full coverage to the programme.

The workshop ended with a valedictory function.

#### **4. Workshop in Guwahati:**

In correspondence to national Ayurveda day, NEIAH hosted another one day workshop in "Ayurveda for public health" at Vivekananda Kendra, Guwahati on **2<sup>nd</sup> of November 2018**. The targeted audience was students, professors, officers from different Government sectors, NGO, Guwahati Medical college and IIT, Guwahati and general public. The print and electronic media gave full coverage to the programme.

The occasion was marked by the presence of Honourable Governor of Assam, Prof Jagdish Mukhi as the Chief Guest. Shri Kanak Sen Deka, Editor-in-chief, Agradoot and former president of Asom Sahitya Sabha graced the occasion as Guest of Honour. Eminent and dynamic Ayurveda personality Prof (Dr) Premvati Tiwari from Banaras Hindu University graced the occasion as distinguished guest. Prof(Dr) P.K. Goswami, Director NEIAH also attended the programme.

The inaugural function was started with the National Anthem, followed by the lighting the lamp, felicitation of distinguished guests, traditional song by the students of NEIAH, Welcome address by Prof(Dr) P.K. Goswami, followed by blessings from Honourable Governor and speeches from distinguished guests, vote of thanks by Smti. Kimchin Lhangum, ACS, Deputy Director, NEIAH and ended with the National Anthem.

Hon'ble Governor in his speech highlighted the importance of healthcare services through Ayurveda and AYUSH, management of lifestyle diseases through Panchakarma and motivated the young faculties to work together for the benefit of the society. He congratulated NEIAH for conducting the workshop and wished for its good work in the future. Followed by the inauguration function there was two scientific sessions-

In the first scientific session there was four (4) lectures delivered by Prof P.V. Tiwari madam, followed by Prof (Dr) O.P.Gupta, Former Dean SSUHS, Faculty of Ayurveda, Guwahati who highlighted on the major Ayurveda interventions on the lifestyle disorders. It was followed by two lectures of Dr P.S. Upadhaya, Dept. of Kaumarbhritya, Faculty of Ayurveda, Banaras and Dr Jeuti Boro, Dept. of Kaumarbhritya, Govt. Ayurvedic College, Guwahati. They stressed on the child health care in Ayurveda. It was followed by Lunch.

After the lunch there was another scientific session where speakers were from other sciences, especially Shri Vedabrata Misra, Assistant Editor, Dainik Assam and Prof. Rakhi Chaturvedi, Dept. of Biosciences and Bioengineering, IIT Guwahati. Madam gave insights on the technology related with plant research. It was followed by the deliberation of Prof (Dr) Kailash Bhattacharya, HOD, Dept. of Biochemistry, Guwahati Medical College, Guwahati.

The workshop ended with the valedictory session which was chaired by renowned Ayurvedic physicians of Guwahati, Dr Anil Kr Sarma, Dr Balen Baishya and Dr Sashadhar Sarma along with Prof. P.K. Goswami.

### **5. Regional Level Quiz Competition:**

One Regional Level Quiz Competition was organized on 30<sup>th</sup> October 2018 by the institute in connection of 3<sup>rd</sup> National Ayurveda Day, 2018 where 15 no's of groups from different parts of North Eastern Region was participated in the event.

#### **Winner:**

**1<sup>st</sup> Position:** Cash prize : Rs. 15000/- and certificate of Appreciation

1. Rittwik Bhattacharyya: Cotton University, Assam
2. Biswajit Sarma: Cotton University, Assam

**2<sup>nd</sup> Position:** Cash prize : Rs. 12000/- and certificate of Appreciation

1. Rushabh Menon: IIM, Shillong, Meghalaya
2. Sabareesh: IIM, Shillong, Meghalaya.

**3<sup>rd</sup> Position:** Cash prize: Rs. 10000/- and certificate of Appreciation

1. Debashish Basistha: Tezpur University, Assam
2. Siddharth Gautam : Tezpur University, Assam

Consolation prize: cash prize of Rs. 1500/- and certificate of Appreciation to 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> Group and Certificate of Appreciation to all the participants

**Quiz master:** Dr. Vinay Upadhay, MBBS, MD, Consultant Bio-chemist, Nazareth Hospital, Shillong.

### **6. Free Health Camp**

As part of celebration of 3<sup>rd</sup> National Ayurveda Day, 2018 the Institute has organized **04 (four) no's of free Health Camp** in different places of Meghalaya where free medical check-up was done along with free medicines distributed to the needy people. **Name of the Place/ Date** – **1.** Pynursla (27.09.2018) **2.** Siejong (27.10.2018) **3.** Umroi, Ri-Bhoi (29.10.2018) **4.** Lumtrep (Jowai), West Khasi Hills (31.10.2018)  
All the programmes was a grand success and benefitted the public immensely.

**Prof.(Dr.) P.K Goswami**  
**Director**  
**North Eastern Institute of Ayurveda & Homoeopathy, Shillong**