

Regional Ayurveda Research Institute, Ranikhet

Background:

The Regional Ayurveda Research Institute (RARI) under Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush, Govt. of India is a premier research Institute in frontier areas for the research on medicinal plants of North- West Himalaya. The Institute was set up for survey of medicinal plants in 1964. Presently, the Institute has two herbal gardens located at Ranikhet (Almora, Uttarakhand) and Chamba (Tehri Garhwal, Uttarakhand) and a Musk Deer Research Centre at Mehruri, Bageshwar. Institute is also offering treatment for various diseases through Ayurvedic medicines at OPD from 5th May 2015 at the institute's Thapla campus.

About Mental Health:

Young professionals, especially those in high-pressure industries, face increasing level of mental health challenges, including stress, anxiety, burnout, and depression. These challenges often arise due to factors like long working hours, job insecurity, poor work-life balance, and societal pressures to succeed. Mental health disorders are arising as alarming public health issue, with young adults often at the highest risk. This population's mental health needs are urgent and require sustainable, holistic solutions to address the root causes rather than just the temporary symptomatic relief. Ayurveda is deeply ingrained in India's cultural heritage and has been recognized by the Ministry of AYUSH (Ayurveda, Yoga, Unani, Siddha, and Homoeopathy) as a key part of the national healthcare strategy.

Mandate of the Institute:

- Medico-Ethno-Botanical Survey of Sub Himalayan Regions. Demonstrative Medicinal Plants Garden.
- Musk Deer Breeding.
- Health-care Services through Out Patient Department (OPD) and Panchakarma.

Activities and Achievements of the Institute, Ranikhet:

- Explored different forest divisions covering 54,000 sq. km. approx. area accounting to about 25% of Western Himalaya sheets from Tarai-Bhabar belt to alpine zones.
- It has so far made a collection of 64012 herbarium representing about 218 families, 1410 genera and 3670 species of Angiosperms, Gymnosperms and Pteridophytes.
- New records made on occurrence of Indian Ginseng (*Panax pseudo ginseng* Wall) and an Orchid (*Diplomeris hirsute* Lindl.) from Western Himalaya.
- Plants like *Wallichia densiflora* Mart and *Phrynium placentarium* (Lour) Meer considered diminished for about a century have been rediscovered and collected.
- Herbal wealth of Uttarakhand has been compiled and published.
- With the Acronym 'RKT' the Institute's herbarium has been recognized by the New York Botanical Garden, USA. Collected information on more than 550 medicinal folk claims.
- Five book/monographs have been published.
- Institute is offering treatment through NABH affiliated
- Ayush Entry level centre for Ayurveda services.

Registration Details

1. Payment of Participation fee of Rs. 100/- for Researchers/Faculty/Practitioners and Rs. 50/- for U.G./P.G. students and prior registration is mandatory.
2. To register kindly fill the Google registration form.
3. Maximum number of participants: 50.
4. No TA/DA and accommodation will be provided to the participants by the Institute.
5. Certificates will be awarded to the participants after successful completion of the programme.
6. Full attendance is mandatory for obtaining participation certificate.
7. Last date of registration is 05.02.2025 till 11:59 P.M.
8. Registration kit along with breakfast and lunch will be complemented to the participants.

Who can apply (Eligibility)

Researchers/Faculty/Practitioners/P.G./U.G. Students

Venue

Regional Ayurveda Research Institute

Thapla, Post- Ganiyadhyoli, Ranikhet, Distt - Almora
Uttarakhand 263645

Q.R. Code for Registration



Registration Link

<https://forms.gle/3usGBGNWqxBwxBRF7>

Regional Ayurveda Research Institute, Ranikhet



One Day Seminar

On

Integrating Ayurveda For Mental Health: Empowering Young Professionals To Thrive

Date: 07.02.2025

Organizer



Regional Ayurveda Research Institute, Ranikhet

(Under Central Council for Research in Ayurvedic Sciences, Ministry of Ayush, Govt. of India)

Thapla, Post Office Ganiyadholi, Ranikhet, Distt. Almora (Uttarakhand) - 263 645

Venue: Institute Premises



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Organizing Committee

Chairperson

Dr. Om Prakash
Assistant Director In-charge

Co-Chairperson

Dr. Gajendra Rao
Research Officer (Bot.)

Convenor

Dr. V.B. Kumawat
Research Officer (Ay.)

Co-Convenor

Dr. Deepshikha Arya
Research Officer (Bot.)

Organizing Secretary

Dr. Tarun Kumar
Research Officer (Ay.)

Coordinator

Dr. Harit Kumari
Research Officer (Ay.)

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Prof. Vd. Rabinarayan Acharya

Director General, CCRAS, New Delhi

Co – Patron



Dr. N. Srikanth,

Deputy Director General, CCRAS, New Delhi

Chairperson



Vd. Om Prakash

Assistant Director In-Charge
RARI, Ranikhet

RESOURCE PERSON



Dr. Santosh Kumar

Additional Professor
Community & Family Medicine
AIIMS Rishikesh, Uttarakhand



Dr. Gyanendra Datta Shukla,

Associate Professor,
Department of Panchakarma,
Rishikul Campus,
Uttarakhand Ayurveda University,
Haridwar, Uttarakhand