



CCRAS- Regional Ayurveda Research Institute-Mandi

National Seminar on

"Nutri Con 2026: Ayurvedic Approaches to Nutritional Disorders"

Dates: 8 to 9 January, 2026

Venue: RARI, Mandi, H.P.

About the Seminar:

This two-day National Seminar is dedicated to exploring the role of Ayurveda in managing and treating nutritional disorders. It aims to integrate traditional wisdom with contemporary nutritional sciences through oral and poster presentations, interactive discussions, and expert sessions.

Who Should Attend:

- Ayurveda Practitioners
- Dietitians and Nutritionists
- Healthcare Professionals
- Academicians & Researchers
- Students & Scholars

Call for Papers:

We invite abstracts (maximum 300 words) related to Ayurveda and Nutritional disorders. Selected abstracts will be requested to submit full papers and posters for presentations before the seminar.

Presentation Modes:

- Oral Presentations
- Poster Presentations
(Size: 3x6 feet, High Quality flex printing)

Themes:

- 1) Nutritional Disorders: Ayurvedic Diagnostic and Treatment Approaches
- 2) Ayurveda Dietetics: Preventive and Therapeutic Perspectives
- 3) Nutritional Deficiencies and Ayurvedic Remedies
- 4) Ayurvedic Perspectives on Metabolic Disorders
- 5) Ayurveda & Modern Nutrition Science: A Comparative Analysis
- 6) Clinical Studies and Evidence in Ayurvedic Nutrition
- 7) Ayurvedic Nutrition for Lifestyle Disorders (Diabetes, Obesity, etc.)
- 8) Community Nutrition through Ayurvedic Principles

Important Dates:

- Last date for abstract submission: 21 Dec, 2025
- Notification of Acceptance: 25 Dec 2025
- Last date for full paper & PPT Submission: 31 December, 2025

Registration Details:

- Registration Fee: Rs 750/-
- Mode of Payment: UPI, QR Code
- Registration Deadline: 24 Dec, 2025
- Limited Participants: Maximum 170
- Registration Fee includes: - Kit, Refreshment and Lunch
- On spot registration: Rs 1000/-

For Enquiries:

- Seminar Coordinator: Dr Vikas Nariyal, R.O. (Ayu).
- Contact: 9509560680,
- Email: nutriveda2025@gmail.com
- Payment related enquiry: 9882835604

Registration Link	Payment QR Code
https://docs.google.com/forms/d/e/1FAIpQLSdpZP22_cna20ugZ1lkW0yAqep4Od5FGRzPamy9bJFYNBlt6Q/viewform?usp=dialog	SCAN & PAY 



About RARI-Mandi

The institute is located at Jaral, Pandoh, and serves as a center for both healthcare and research in Ayurveda. RARI provides a range of medical services, including NABH-accredited OPD, specialised geriatric care, and a 10-bed IPD. It is equipped with dispensaries, laboratory, operation theatre, and panchakarma unit, along with facilities for yoga and meditation.

Alongside healthcare, the institute carries out clinical research studies, research on medicinal plants and maintains a well-recognised herbarium that supports plant identification and scientific studies. By combining traditional Ayurvedic wisdom with modern research, RARI works to improve patient care and develop evidence-based treatment

Himachal Pradesh, Mandi District

Himachal Pradesh, the Land of Gods, is a northern Indian state celebrated for its breathtaking landscapes, snow-clad mountains, lush valleys, and vibrant cultural heritage. Nestled in the western Himalayas, the state is a paradise for nature lovers, adventure seekers, and spiritual travellers alike. Its diverse topography offers everything from serene hill stations and dense forests to sacred temples and colorful festivals, creating a harmonious blend of natural beauty and cultural richness.

At the heart of Himachal lies Mandi District, fondly known as the “Varanasi of the Hills” or “Chhoti Kashi” for its deep spiritual and cultural significance. Gracefully situated along the banks of the Beas River, Mandi serves as a gateway to renowned hill destinations such as Kullu, Manali, and Lahaul Spiti. The district is admired for its picturesque landscapes, centuries-old stone temples, and distinctive architecture, with nearly 81 temples featuring intricate carvings. Mandi also comes alive during the grand Shivratri Fair, an annual celebration that draws devotees and visitors from across the country, reflecting the town's unique charm where spirituality and natural beauty beautifully converge.

Places to visit in Mandi and Nearby Places



PARASHAR LAKE



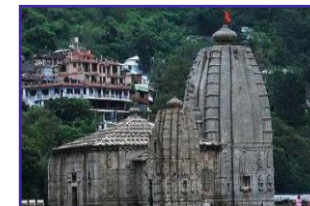
SHANGARH



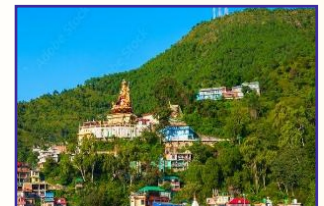
VICTORIA BRIDGE



SUNDERNAGAR LAKE



PANCHAVAKTRA TEMPLE



REWALSAR

