

11th AYURVEDA DAY 2026

Chief Guest Lecture & Ayurveda Awareness Programme

SARASWATI AYURVED HOSPITAL & MEDICAL COLLEGE
GHARUAN, MOHALI, PUNJAB (AYU0407)



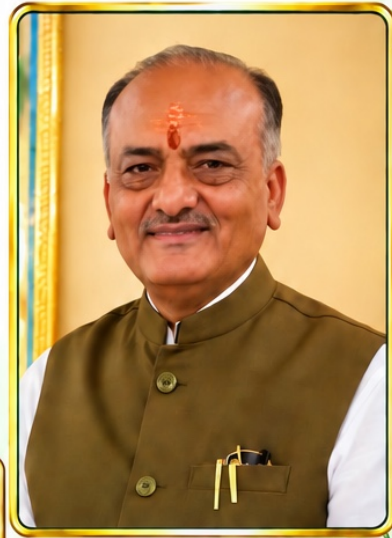
SARASWATI AYURVED HOSPITAL & MEDICAL COLLEGE GHARUAN, MOHALI, PUNJAB (AYU0407)

WELCOMES

**PROF. (VAIDYA)
RAKESH SHARMA**

अध्यक्ष, अखिल भारतीय आयुर्वेद महासम्मेलन

Ex President, Board of Ethics and Registration
for Indian System of Medicine



GUEST SPEAKER ON
11th AYURVEDA DAY 2026

“AYURVEDA FOR A HEALTHIER TOMORROW”



ACADEMIC EXPERIENCE

- 24 years of teaching experience
- 36 years of clinical experience
- PhD Guide, Guru Ravidas Ayurved University, Punjab, Hoshiarpur



ADMINISTRATIVE EXPERIENCE

- **Ex President**, Board of Ethics and Registration for Indian System of Medicine
- Chairperson, Institutional Ethical Committee, Shri Krishna AYUSH University, Kurukshetra
- Director, Ayurveda (Head of the Department)
- Director, Punjab Health Systems Corporation
- Chairman, Admission Committee for AYUSH Systems, Guru Ravidas Ayurved University, Punjab, Hoshiarpur
- Chairman, Board of Ayurvedic & Unani Systems of Medicine, Punjab
- State Drug Licensing Authority, Punjab
- Chairman, State Drug Advisory Committee
- And many other significant positions and contributions in Ayurveda education, healthcare and administration.



19 September, 2026

MINUTE-TO-MINUTE / CHRONOLOGICAL EVENT REPORT

10:46 AM — Participants and students were present in the auditorium as the programme preparations and gathering were documented. The welcome e-poster introducing the chief guest was displayed.

11:05 AM — The formal inaugural sequence began with the ceremonial lighting of the lamp before the image of Lord Dhanvantari, invoking blessings for health, knowledge and wellbeing.

11:06 AM — Faculty members, organisers and participants assembled for the inaugural proceedings and welcome of the chief guest.

11:08 AM — The chief guest was formally welcomed with a presentation of a floral bouquet, marking the beginning of the academic interaction.

11:10 AM — The chief guest's profile and the programme theme were presented to the audience.

12:13 PM — The chief guest delivered the interactive address, focusing on Ayurveda, its broader social relevance, professional responsibilities and the role of students in carrying Ayurvedic knowledge to the community.

12:19 PM — The interactive session continued, with emphasis on practical ways in which teachers and students can communicate Ayurveda responsibly and meaningfully.

12:23 PM — A felicitation/memento presentation was conducted in honour of the chief guest, followed by appreciation of the participation and efforts of the organising team.

KEY HIGHLIGHTS OF THE CHIEF GUEST'S INTERACTIVE ADDRESS

The address was designed as an interactive academic and motivational session rather than a purely formal lecture. The chief guest engaged with the students on the relevance of Ayurveda in present-day healthcare and encouraged them to understand the responsibility that accompanies being future Ayurvedic professionals.

Major points emphasised during the interaction included:

- Understanding Ayurveda as a comprehensive health system with an emphasis on promotion of health, prevention and appropriate management of disease.
- Recognising the importance of healthy lifestyle, wholesome diet, daily routine and seasonal adaptation in maintaining wellbeing.
- Developing the ability to explain Ayurvedic concepts in clear, responsible and scientifically informed language.
- Promoting Ayurveda through community outreach, awareness programmes, educational activities and ethical professional communication.
- Encouraging students to become active ambassadors of Ayurveda by demonstrating its principles through their own conduct and professional practice.
- Motivating teachers and students to pursue learning, clinical excellence, research, documentation and constructive public engagement.
- Maintaining respect for classical knowledge while developing an evidence-informed approach suitable for contemporary healthcare and academic environments.

MOTIVATION OF TEACHERS & STUDENTS

The programme created a positive academic environment in which faculty members and students were encouraged to participate actively in the Ayurveda Day movement. The session highlighted that promotion of Ayurveda is a shared responsibility involving teaching, clinical practice, research, community education and personal example.

Students were specifically motivated to use opportunities such as health camps, school and community awareness activities, social-media education, patient counselling, academic presentations and outreach programmes to communicate authentic Ayurvedic health messages in a responsible manner.

CONCLUSION

The Chief Guest programme formed a meaningful component of the 11th Ayurveda Day 2026 celebrations at Saraswati Ayurved Hospital & Medical College. The combination of ceremonial observance, Dadhichi Jayanti, an interactive academic address, student motivation and felicitation provided participants with both educational insight and professional inspiration.

The event concluded with appreciation for the chief guest, institutional leadership, faculty, coordinators and students whose collective participation contributed to the successful conduct of the programme. The central message of **“Ayurveda for a Healthier Tomorrow”** was reinforced through the call to understand, practise and promote Ayurveda responsibly for individual and community wellbeing.



10:46 AM — Audience and student participation



11:05 AM — Ceremonial lamp lighting / inauguration



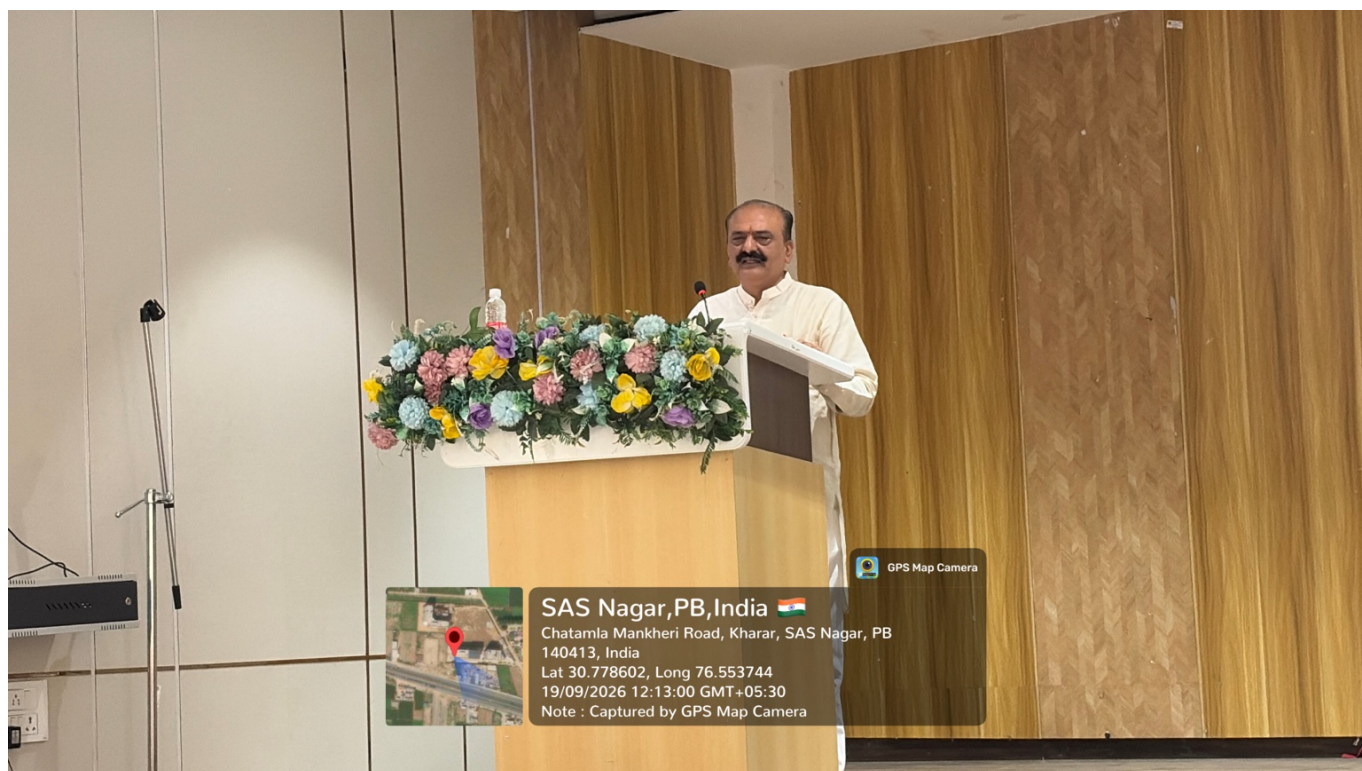
11:06 AM — Inaugural gathering and welcome



11:08 AM — Formal welcome and presentation



11:10 AM — Audience participation during the programme



12:13 PM — Chief guest addressing the audience



12:19 PM — Interactive address by the chief guest



12:23 PM — Presentation of memento / felicitation