

Celebration of 11th Ayurveda Day, 2026 at Govt. Mizoram Law College, Aizawl
Theme: "Ayurveda for a Healthier Tomorrow"

The National AYUSH Mission, Directorate of AYUSH, Mizoram in collaboration with Govt. Mizoram Law College, Aizawl celebrated the 11th Ayurveda Day, 2026 on 23rd September, 2026 at the College premises with the theme "Ayurveda for a Healthier Tomorrow" / Swasth Bhavishya ke liye Ayurveda.

The programme at Govt. Mizoram Law College was organised as part of the nationwide Jan-Andolan campaign where more than 9700 events are being reported across India and participation from 10 countries abroad.

The event focused on three pillars of this year's campaign - Evidence-based Ayurveda, Integrated Healthcare, and Community Wellbeing as highlighted by the Ministry of AYUSH.

Highlights of the Programme:

1. Awareness Lecture on the principles of Ayurveda - Dinacharya (daily regimen), Ritucharya (seasonal regimen), Ahara (diet) and preventive healthcare for students.
2. Medicinal Plants Display and distribution of saplings to promote conservation and sustainable utilization of medicinal plants.
3. Interactive Session on stress management for law students through Yoga, Meditation and Ayurvedic lifestyle.

Speaking on the occasion, officials from the Directorate of AYUSH said that Ayurveda is not just a system of medicine but a way of life that ensures physical, mental and social well-being, which is highly relevant for law students under academic stress.

The Principal of Govt. Mizoram Law College thanked the National AYUSH Mission for choosing the institution established in 1983, which stands for "Justice Triumphs", and linking justice with health justice for all. The celebration witnessed enthusiastic participation from faculty members, staff and students of the College.

GOVT. MIZORAM LAW COLLEGE

CULTURAL DAY

LAW FEST

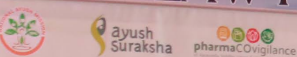
AWARENESS CAMPAIGN ON AYUSH

IN CELEBRATION OF AYURVEDA DAY 2026
THEME : AYURVEDA FOR A HEALTHIER TOMORROW

PLACE : 10th September, 2026

VENUE : Govt. Mizoram Law College

Organised by National AYUSH Mission | Directorate of AYUSH



PHARMACOVIGILANCE OF ASU & H DRUGS.
• Ensuring safety • Quality • Trust

A thil tum :-

- AYUSH damdawi chungchang mipuite hrilbhrat
- AYUSH damdawi vanga harsatna awnte endik leh sutkian
- AYUSH damdawi zawrh leh fak te en thilthlai

Harsatna khaw'ng'e report ang? :-

- PPVC hnai ber ah
- AyushSuraksha Portal
- E-mail

Eng nge Report tur? :-

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- Damdawi fak uchuak/rinleleh nei chuan - Fakna thilalak
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AyushSuraksha



<https://www.ayushsuraksha.com>

Monitor • Report • Prevent

Peripheral Pharmacovigilance Centre (PPVC)
Civil Hospital, AYUSH OPD, 1st Floor
Aizawl, Mizoram - 796001
Email - ppvcmlz@gmail.com
Portal - Ayush Suraksha
Contact - 9132854960, 8732827282



GOVT. MIZORAM LAW COLLEGE

CULTURAL DAY

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Ayush-Suraksha

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**WELLNESS
THROUGH AYUSH,
PROSPERITY
THROUGH HEALTH**



National AYUSH Mission, Directorate of AYUSH
Government of Mizoram

**“AYUSH for Every Home,
Wellness for Every Heart”**

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