RARIMMMR GOA IMAGES





All the officers, officials and staff attended the inaugural session of "Sadhana Saptah" under Mission Karmayogi – a significant step towards strengthening capacity building and public service excellence organised by Ministry of Ayush on 02.04.2026



All the officers, officials and staff attended "Samuhik Charcha" on the topic of 'Cyber Security' on 06.04.2026 at 10:30 AM under "Sadhana Saptah" organised by Ministry of Ayush

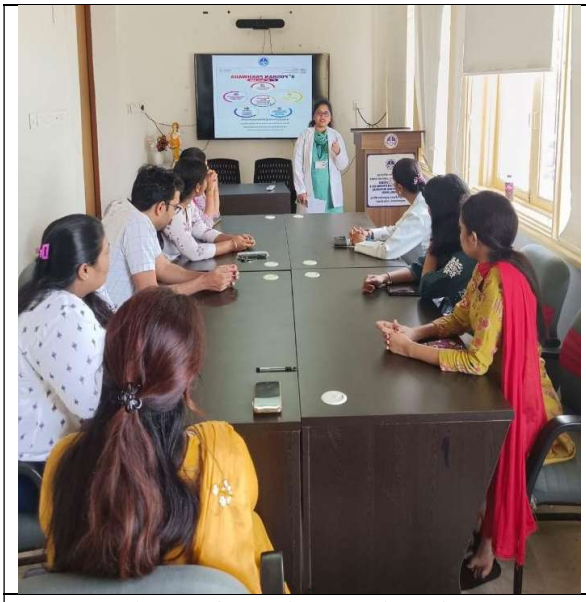


A Swachata Activity was conducted in the patient waiting area, washroom area and OPD premises of the institute on 02.04.2026 and 07.04.2026





An Awareness Session by Dr. Sudha R. O. (Ay.) on the occasion of World Health Day 2026 was held on 07.04.2026 at 3:00 PM.

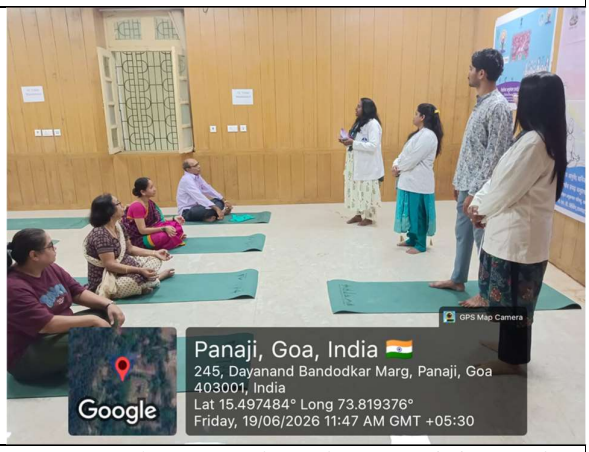
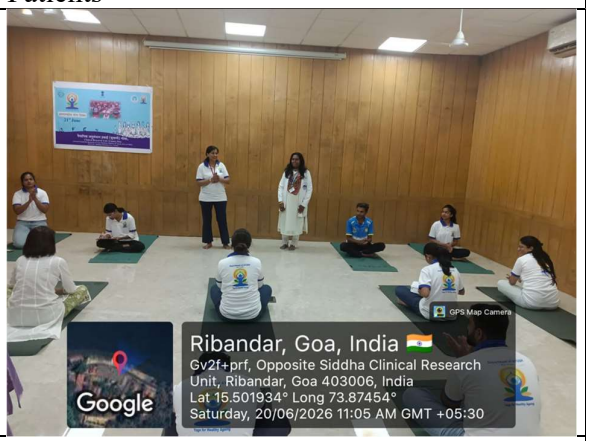
	
Inauguration of poshan pakwada 2026,Dr Nandini.Jadhav R.O (Ay) explained the activities and KAP studies to be conducted at opd and Anganwadi level	Lecture on Awareness of poshan pakwada 2026 to opd patients of RARIMMMR Goa on 13/4/2026 by Dr Nandini.Jadhav R.O (Ay)
	
NABH training on "Hospital Emergency Codes and its Activation" was imparted to the staff of the institute by Dr. Sudha Kumari K. G, R.O (Ay.) on 16.04.2026.	The 3rd IEC meeting was organized in the institute to review 2 projects under "Poshan Mah 2026" on 17.04.2026 and Dr. G. V Ramana, I/C has given introductory remarks and welcomed the members.

	
Initiated project Assessment of Knowledge, Attitude and Practices (KAP) on Maternal and Child Nutrition among Anganwadi Workers and Supervisors across Different States in India" with awareness on nutrition and Awareness lecture was given by Dr Nandini. Jadhav R.O (Ay) Ribandar Anganwadi Fondvem on 20/04/2026	Anganwadi KAP survey at old goa on 21/4/2026 and awareness lecture was given by Dr Nandini.Jadhav R.O (Ay)
	
All the staff of the instiitute participated in the Fire Prevention Week activities on 22.04.2026	Awareness Lecture by Dr Sudha and Pledge by Dr Nandini.Jadhav R.O (Ay) under TB Mukt Bharat Abhiyaan - 100 days campaign on 24/04/2026
	
As part of the project “Survey and Documentation of Netra Kriyakalpa	A Swachata Activity was conducted in institute and premises on 27.03.2026.

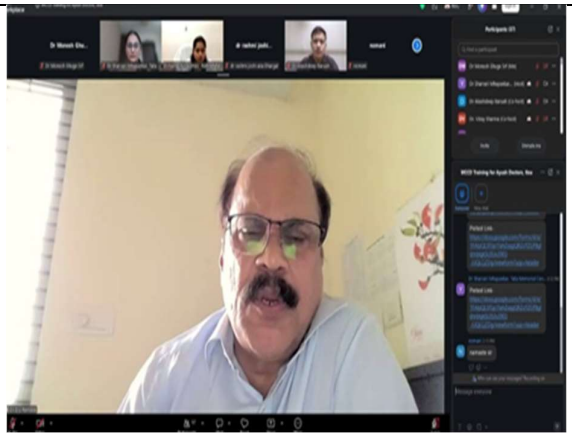
Procedures among Registered Ayurveda Practitioners across India," a field visit was conducted by Dr. Nandini Jadhav, R.O. (Ay.), and Dr. Hemangini kharade SRF (ay) at Maharashtra state from 11/5/2026 to 30/5/2026	
	
"Yog Sangam" Yoga Session was conducted by Dr .Monesh Ghuge SRF (Ay) for staff and officials on 01.06.2026 at Rarim & mmr goa on the occasion of upcoming world environment day.	Yoga and TB Awareness lecture agiven by Dr Hemangini Kharade SRF (Ay) to patients of opd on 2/6/2026
	
"Yog sangam" on the occasion of upcoming world environment day - yoga session conducted on 3/6/2026	Lecture was delivered by Dr. Monesh ghuge SRF (Ayu) on awareness of tobacco harmful effects on body under 100 days campaign and Dr. Hemangini kharade SRF (Ayu) on awarness of yoga effects on ageing on 4/6/2026

	
The Prakriti hands on training workshop and imparting training to all the participants was conducted at RARIM&MMR CCRAS Goa on 5/6/2026. Dr.Sudha kumari R.O(Ay) and Dr.Nandini jadhav R,O (Ay) gave lecture and hands on training to participants.	Pledge on Environment day was taken by all staff, officials and participants on 5/6/2026
	
Yoga Session was conducted by Dr .Monesh Ghuge SRF (Ay) for staff and officials on 10.06.2026 at RARIM & MMR Goa on the occasion of upcoming Yoga Day.	Common Yoga Protocol (CYP) 45 minutes break conducted at RARIM MMR CCRAS Goa ,Demonstrated by Dr. Monesh Ghuge
	
Hindi committee meeting conducted on 15/6/2026 at RARIM&MMR Goa	Yoga session was conducted for staff on 15.06.2026

	
Yoga session conducted on 16/6/2026 by Dr. Monesh Ghuge SRF (Ay)	Yoga session conducted by RARIM&MMR Goa with CRUH Goa and CRU UNANI Goa on 17/6/2026 demonstrated by Dr Monesh Ghughe SRF (Ay) at Miramar beach Goa. All officers and staff attended the event.
	
All officers and staff of RARIM&MMR Goa attended Yogathon organised by Gomantaka ayurvedic college Shiroda Goa from DHS Panaji to Panaji bus stand 4 km walk on 17/6/2026	Plant distribution on occasion of Harit Yoga on 16/6/2026
	
Hindi workshop conducted on 18/6/2026	Blood donation awareness lecture given by Dr.Nandini Jadhav R.O(Ay) with pledge on 18/6/2026

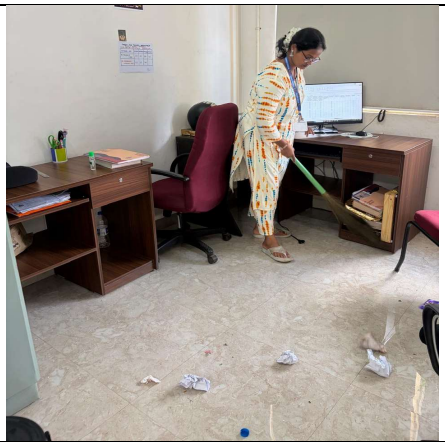
	
Awareness lecture given by Dr.Hemangini kharade SRF (Ay) on yoga and TB awareness lecture given by Dr.Monesh Ghughe SRF(Ay) on 19/6/2026 to OPD patients	Yoga workshop conducted on 19/6/2026
	
Yoga sessions conducted on 19/6/2026	Yoga sessions conducted on 19/6/2026 by Dr.Monesh Ghughe SRF (Ay) to OPD Patients
	
TB awareness lecture was given by Dr.Monesh Ghughe SRF (Ay) on 20/6/2026 to OPD patients	Yoga Awareness and Distribution of CYP Pamphlets to Officers and Officials of health and wellness centre, Ribandar,Goa

	
Yoga Awareness and Distribution of CYP Pamphlets to Officers and Officials of Cyber Crime Branch Ribandar conducted on 20/06/2026	The staff participated in the 12th International Day of Yoga 2026 a state level function organised by Dept. of Ayush Govt. of Goa held at Taliegao Community Centre on 21/06/2026 from 6:00am to 9:30am.The programme was graced by Hon'ble Health Minister of Goa, Shri Vishwajit Rane, along with senior officials of the Government of Goa and the Director and Deputy Director of Ayush, Goa.
	
A quarterly Hindi workshop was organized on 24/6/2026 at the Clinical Research Unit (Homoeopathy), Goa. The chief guest of the program, Dr. Nandini Jadhav, R.O(Ay), RARIM & MMR, Goa, delivered a lecture on the topic "The Importance of the Hindi Language in the Office," she highlighted the effective use of Hindi, its promotion, and its usefulness in daily life.	Awareness lecture and pledge on Nasha Mukt Bharat Abhiyan conducted for staff and officials on 27.06.2026

	
Awareness lecture on Nasha Mukt Bharat Abhiyan conducted for OPD Patient on 27.06.2026 at 11:30 am	Poster display for Rabies awareness in OPD and public health programmes on preventive behaviour around animals, First aid in case of bites and immediate reporting protocols on 27.06.2026
	
Attending State level inaugural Workshop for NORTH GOA MODEL DISTRICT INITIATIVE under Ayushman Bharat Digital Mission (ABDM - Goa) on 1/7/2026	MCCD Training on 21/07/2026, 105 participants in today's MCCD training on 21/7/2026

	
Leprosy and TB Awareness Programme held on 30.07.2026	A CCRAS certificate was handed over to Dr. Alreeza in recognition of participation in the Kriyakalpa Practice Project on 03.07.2026
	
Attended meeting on 4.8.2026 at commissioner of customs for Hindi inspection to be held on 29.08.2026 and 31.08.2026	Ayurveda medical health camp Held on 12.08.2026 at the Old Goa panchayat hall
	
Ayurveda medical health camp Held on 13.08.2026 at the Old Goa panchayat hall	Attended the flag-hoisting ceremony on 15.08.2026 at Sunshine Worldwide School on the eve of India’s 80th Independence Day

	
Conducted Induction Training Programme marking the commencement of the three-month campaign from 17.08.2026 to 16.11.2026 on 29.08.2026 at 2:30pm.	डॉ. सुधा कुमारी के. जी., अनुसंधान अधिकारी (आयुर्वेद), और डॉ. नंदिनी जाधव, अनुसंधान अधिकारी (आयुर्वेद) ने 31.08.2026 को महानिदेशक डॉ. प्रो. रबीनारायण आचार्य, निदेशक डॉ. प्रताप मखीजा और आयुष मंत्रालय के अधिकारियों के साथ हिंदी राजभाषा की तीसरी संसदीय समिति की बैठक में भाग लिया।
	
Lecture delivered by Dr. Nandini Jadhav R.O (Ay.) to OPD patients on liver diseases in Ayurveda on 7/9/2026	Inaugural ceremony of 11th Ayurveda Day 2026 on 07.09.2026 at 2:30 pm.
	
Lecture delivered to OPD patients on the topic “Ayurveda for Antibiotic Resistance” on	Lecture delivered to OPD patients on the topic “Daily regime (दिनचर्या) and its significance in

8/9/2026	daily life" on 9/8/26
	
'Navapradarshini Pakhwada' committee meeting was conducted on 09.09.2026 at 3:30pm.	Lecture delivered on the topic "Rutucharya (ऋतुचर्या) and its significance in daily life" by Dr. Hemangini Kharade S.R.F on 10.09.2026
	
Awareness class delivered to OPD patients on " Dietary Diversity and Adequate Protein " by Dr. Sudha, R.O (Ay.) as a part of Poshan Maah activities and "Ayurvedic Principles for Healthy Living" by Dr. Monesh Ghuge, SRF as a part of Ayurveda Day activities	Dr. Sudha, R.O (Ay.) delivered an awareness class on "Concept of Immunity in Ayurveda" as a part of 11th Ayurveda Day activities and "Nutrition and Early stimulation for Childhood Development" as a part of Poshan Maah activities.
	
As a part of Ayurveda day activity plantation drive was conducted on 17.09.2026	As a part of Ayurveda Day activities a cleanliness drive was conducted at the Institute.

	
As a part of Ayurveda Day activity Yoga Camp was conducted on 18/09/2026 at 3:00pm.	As part of Ayurveda day activity oath /pledge was conducted on 18.09.2026 at 3:00 pm
	
Delivered awareness classes on “Importance of Pathya & Apathya” as a part of Ayurveda Day celebrations and “Importance of Nutrition in Children” as a part of “Poshan Maah” activities to OPD patients Dr. Sudha, R.O (Ay.) on 19.09.2026.	As a part of Hindi Pakhwada activity Shrutlekhan Pratiyogita was conducted on 19.09.2026 at 2:30pm.
	
As a part of Ayurveda day activity Essay writing competition was conducted on 19.09.2026 at 3:00pm.	Delivered a lecture to the OPD patients on 'Building a Healthy Lifestyle Through Yoga' on by Mrs. Ambuja Naik, Yoga Therapist on 19:09:2026





Conducted medical camp at NIO as a part of Ayurveda day celebration on 20.09.2026. About 60 patients got benefitted with medicines and healthcare counseling. IEC materials were also distributed to the beneficiaries.