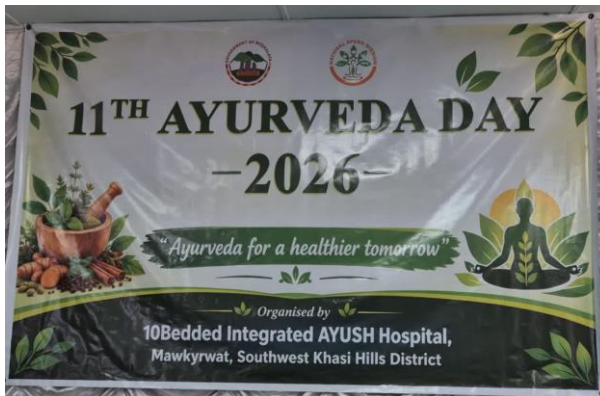


PRESS RELEASE



11th Ayurveda Day 2026 celebrated in South West Khasi Hills District

Mawkyrwat: The 10-Bedded Integrated AYUSH Hospital, Mawkyrwat, South West Khasi Hills District, on September 24, 2026 celebrated the 11th Ayurveda Day 2026 under the theme “Ayurveda for a Healthier Tomorrow” at Mawkyrwat.



The programme was attended by Dr. C. Lamin, District Medical & Health Officer, South West Khasi Hills District, as the Chief Guest, in the presence of Dr. A. Shylla, Dr. Ritreka Nartiang, AYUSH Medical Officer, Nongsynrieh AHWC, Dr. Lamonlin Khongshei, AYUSH Medical Officer, Mawpud AHWC, Dr. Unity Shylla, AYUSH Medical Officer, Wahkaji PHC, and Dr. Alva Tlang, AYUSH Medical Officer, Rangmaw AHWC.



The programme was conducted under the supervision and guidance of Dr. Badahunshisha Nongtraw, In-charge, 10-Bedded Integrated AYUSH Hospital, Mawkyrwat, who contributed to the successful organisation of the celebration.



As part of the celebration, a drawing competition was organised, with students from five schools participating in the event. The winners in the two categories were awarded prizes.



Category A:

The 1st prize was secured by Lilyflorry Kharlyngdoh, while Waisaphira Tongwah won the 2nd prize and Saphiwanpyndap Lyngdoh secured the 3rd prize. Pyndapjingkmen Suting won the 4th prize, Febianhamebanskhem Lyngdoh the 5th prize, and Kyntiewnamshisha Iawphniaw the 6th prize. Lilyflorry Kharlyngdoh and Kyntiewnamshisha Iawphniaw represented Bethel School, Nonglang, Waisaphira Tongwah, Pyndapjingkmen Suting and Febianhamebanskhem Lyngdoh represented Maharam Government Higher Secondary School, Mawkyrwat, while Saphiwanpyndap Lyngdoh represented Presbyterian Higher Secondary School, Mawlangwir.





In Category B, Wanaijingsuk Iawphniaw secured the 1st prize, followed by Davgavrelian Syiemlieh in the 2nd prize and Ekambha Nongsiej in the 3rd prize. Medarihun Snaitang won the 4th prize, Danisha Lyngkhoi the 5th prize, and Josephperry Shangpliang the 6th prize.

Wanaijingsuk Iawphniaw, Davgavrelian Syiemlieh, Ekambha Nongsiej, Danisha Lyngkhoi and Josephperry Shangpliang represented Maharam Government Higher Secondary School, Mawkyrwat, while Medarihun Snaitang represented Bethel School, Nonglang.

The programme also included the distribution of prizes to the winners of the 10-km and 5-km “Run for Ayurveda” Marathon, which was organised on September 19, 2026, at the premises of the 10-Bedded Integrated AYUSH Hospital, Mawkyrwat, located near Civil Hospital, Mawkyrwat. Around 200 participants took part in the event.





As part of the celebration, a special song was also presented by the staff of the 10-Bedded Integrated AYUSH Hospital, Mawkyrwat.



The drawing competition was judged by Dr. Kordor S. Thongngi, DPM, NAM, South West Khasi Khasi Hills District and Dr. Liverson Iawphniaw, MO AYUSH AYURVIDYA.

The programme was chaired by Dr. N. Lyngdoh, while Dr. B. Lyngdoh Marshilong delivered the welcome address and concluded with a vote of thanks delivered by Dr. B. Nongtraw, In-charge, 10-Bedded Integrated AYUSH Hospital, Mawkyrwat.