

National Ayurveda Day Celebrated at QAAM Government District Hospital Kargil

Kargil, September 23, 2026: The National Ayurveda Day was celebrated today at QAAM Government District Hospital, Kargil, with an awareness-cum-celebration programme organised by the National AYUSH Mission, Kargil, in collaboration with the Chief Medical Officer (CMO) Office, Kargil, UT Ladakh.

The programme was attended by CMO Kargil Dr Fatima Bano, Medical Superintendent, QAAM Government District Hospital Dr Farhana Iqbal, RMO Dr Ollyyat Ali, DPO, NHM Kargil Mohd Issaq, Medical Officers (AYUSH) Dr Nida Fatima and Dr Sanjay Kumar, Amchi Chosgyal, DPM AYUSH Dr Batool Fatima, along with MPWs Sadiqa Banoo, Zahra Batool and Marziya Banoo.

Addressing the gathering, Dr Nida Fatima highlighted the importance and relevance of Ayurveda in the present healthcare system, particularly its role in promoting preventive healthcare and addressing lifestyle-related diseases. She also sensitised the paramedical students about the principles and significance of Ayurveda in contemporary times.

DPM AYUSH Dr Batool Fatima briefed the participants about the AYUSH Department, its history, salient features, objectives and various programmes being implemented. She also highlighted the scope of collaboration between modern sciences and Ayurvedic treatment systems, besides emphasising the importance and benefits of Sowa-Rigpa in public and general healthcare.

Medical Superintendent Dr Farhana Iqbal spoke about the potential of Ayurveda in benefiting the masses and encouraged greater awareness and utilisation of traditional systems of medicine. CMO Kargil Dr Fatima Bano highlighted the importance of a holistic approach to healthcare and the role of Ayurveda in prevention and overall well-being.

The awareness-cum-celebration programme was attended by around 60 GNM students, who were sensitised about Ayurveda and its role in preventive and holistic healthcare.

The 11th Ayurveda Day celebration concluded with the theme and message, “Ayurveda for a Healthier Tomorrow.”

