



Inauguration of Poshan Pakhwada 2026 by Dr Sree Deepthi GN, RO Incharge and awareness lecture by Dr Praveen Balakrishnan, RO (Ay)





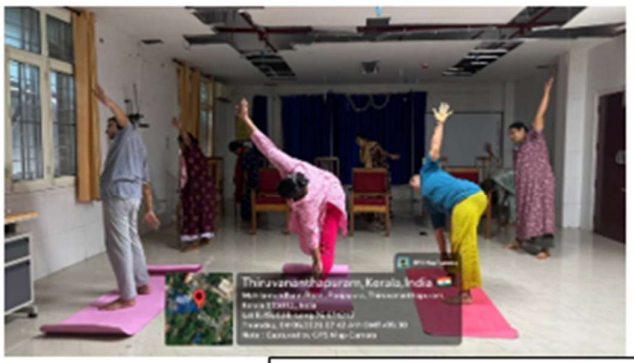
Glimpse of Public Awareness Classes as part of Poshan Pakhwada by Dr Krishna Rao S, R.O (Ay.) on 17.04.26





Glimpse of Public Awareness Classes as part of Poshan Pakhwada by Dr Abhayadev A, R.O (Ay.) on 18.04.26







Holistic Health Drive for IPD patients





Outpatient Department (OPD) Awareness Session & 'Y-Break' on 05/06/2026









Women & Child Health (WCH) Programme Awareness Lecture on 05/06/2026





Joint Plantation Drive (Medicinal & Nutritional Species) on 05/06/2026





As part of the International Day of Yoga (IDY) 2026 celebrations, a Flash Yoga session was organized at the scenic Kovalam Beach on 15 June 2026





As part of the International Day of Yoga (IDY) 2026 celebrations, a Flash Yoga session was organized at Iconic place of Trivandrum at East Nada of Sree Padmanabha Swami Temple on 15 June 2026





In connection with the International Day of Yoga, a Yoga Sangam programme was conducted at Corporation Hall, Pooja Saraswathi Mandapam, Poojappura, Thiruvananthapuram on 21/06/2026.







As part of the International Day of Yoga (IDY) 2026 observance, a press meet was organized by CCRAS–Regional Ayurveda Research Institute, Thiruvananthapuram, on 18 June 2026.





A plantation drive of fruit-bearing saplings was conducted within the institute premises under the leadership of Dr. Sree Deepthi G. N., Research Officer (In-charge).





Awareness Class on “Drug Abuse





INTERNSHIP TRAINING ON THE TOPIC DIFFERENT KINDS OF VASTI AND ITS CLINICAL APPLICATION ON 23.07.2026





A HEALTH AWARENESS SESSION ON TUBERCULOSIS (TB) :- ITS INVESTIGATIONS AND ADJUNCT TREATMENT OPTIONS IN AYURVEDA WAS CONDUCTED FOR THE PUBLIC BY DR. SRUTHY S KUMAR, SRF ON 23/07/2026





As part of the promotional activities for the 11th Ayurveda Day celebrations, Dr. Aswani P. S., Dr. Saniya C. K., Dr. Abhayadev A., and Mr. Chandrababu visited His Excellency the Hon'ble Governor of Keralam, Shri Rajendra Vishwanath Arlekar, and the Hon'ble Health Minister of Kerala Sri. K Muralidharan to collect promotional video bytes on 14.08.2026.



Glimpses of MOU Exchange between CCRAS-RARI,Thiruvananthapuram and AIIMS,Bhubaneswar on August 25th 2026





Independence Day celebration 2026 at RARI, Thiruvananthapuram. Flag hoisted by Dr. Rabinarayan Acharya, Directed General of CCRAS Hqrs





Dr. Rabinarayan Acharya, Directed General of CCRAS Hqrs. Visited at RARI, Thiruvananthapuram on 08.09.2026

HINDI WORKSHOPS - 2025-2026



In the first quarterly workshop, faculty member Smt. Simi Asaf, Assistant Director (Official Language), IIST, Thiruvananthapuram, conducted a session on the topic "Administrative Terminology and Hindi Noting."



In the second quarterly workshop, faculty member Shri. T. Rangarajan, Assistant Director (Official Language), Southern Air Command, Thiruvananthapuram, conducted a session on the topic "The Basic Nature of Official Language Hindi and its Constitutional Importance."



In the third quarterly workshop, Faculty member, Smt. Lakshmi S., Assistant General Manager (Official Language), Reserve Bank of India, Thiruvananthapuram, conducted a session on the topic "Parliamentary Committee on Official Language – A Brief Introduction."



In the fourth quarterly workshop, faculty member Smt. V. S. Rajasree, Official Language Assistant, ICAR – Central Tuber Crops Research Institute (CTCRI), Sreekariyam, Thiruvananthapuram, conducted a session on the topic "Implementation of Official Language in Central Government Offices."

HINDI FORTNIGHT 2025-2026 (14.09.2025 to 30.09.2025)



Hindi Essay writing Competition



Noting and drafting Competition



Debate Competition



Poem recitation Competition



Hindi Quiz competition



Hindi Antakshari Competition

Hindi Fortnight Ending Ceremony



Introductory speech on Hindi Day by Mrs. Vineetha V. S., Hindi Assistant



Prayer by Ms. Athira B. C.



Welcome address by Dr. Lisha S. Raj, Research Officer (Pathology)



**lighting of the lamp by Chief Guest Shri. T. Rangarajan,
Assistant Director (Official Language),
Southern Air Command, Thiruvananthapuram.**



**Lighting of the lamp by Dr. Sree Deepti G. N
Officiating Assistant Director In-charge**



Lighting of the lamp by ol In-charge



**Presidential address by Dr. Sree Deepti G. N,
Officiating Assistant Director In-charge**



Official Language class by faculty


हिन्दी पखवाड़ा

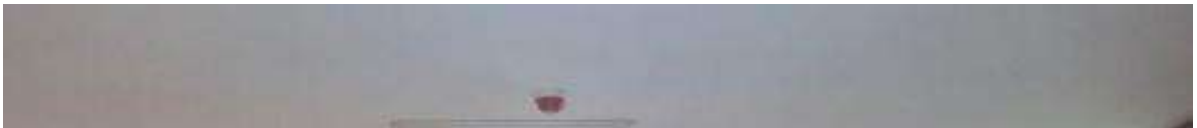

हिन्दी पखवाड़ा
HINDI FORTNIGHT




हिन्दी पखवाड़ा




हिन्दी पखवाड़ा
REGIONAL AYURVEDA RESEARCH INSTITUTE




हिन्दी पखवाड़ा





The eighth issue of the institute's magazine, 'Spandan', was inaugurated on 31 December 2025, by Prof. (Vaidya) Rabinarayan Acharya, Director General of the Central Council for Research in Ayurvedic Sciences (CCRAS), New Delhi.

TOLIC AWARDS 2025-2026



The institute has been awarded the First Prize for 'Excellent Official Language Performance (Category-II)' in the Official Language Award 2024-2025 organized by the Town Official Language Implementation Committee (Office-1), Thiruvananthapuram



Spandan' (8th Edition) has been awarded the special Mention for the 'Best Hindi Magazine' in the Official Language Award 2024-2025 organized by the Town Official Language



The institute has been awarded the Third Prize in the Regional Official Language Awards for the year 2024-2025, organized by the Department of Official Language, Ministry of Home Affairs, Government of India, for the South-Western Region

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Glimpses of Third Sub-Committee of the Parliamentary Committee on Official Language

inspection on 08.09.2026 at Leela Palace, Kovalam






या, आंचलिक कार्यालय, तिरुवनंतपुरम
AIC
SBI


संसदीय राजभाषा समिति की दूसरी उप - समिति द्वारा
केंद्र सरकार के कार्यालयों/बैंकों/निगमों/उपक्रमों का राजभाषा
संबंधी निरीक्षण / दौरा कार्यक्रम