GOVERNOR'S SECRETARIAT

MEGHALAYA, SHILLONG

Press Communiqué

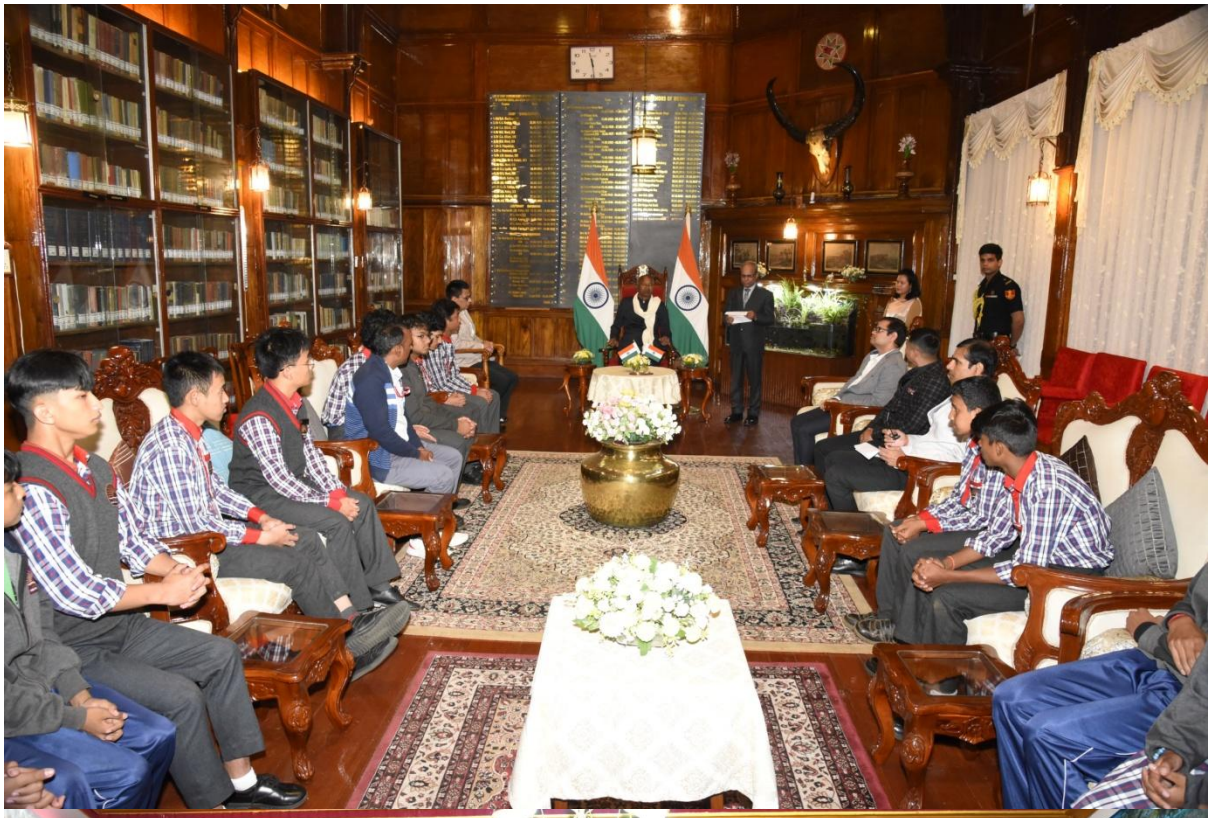
Shillong, 30 October 2026: The Hon'ble Governor of Meghalaya, Shri C.H. Vijayashankar, in a ceremony held at the Lok Bhavan, Shillong, distributed prizes to the winners of various competitions organised by the North Eastern Institute of Ayurveda & Homoeopathy (NEIAH), Shillong, as part of the 11th Ayurveda Day 2026 celebrations under the theme *"Ayurveda for a Healthier Tomorrow."* H C Chaudhary, IFS, Additional Chief Secretary to the Hon'ble Governor of Meghalaya, and Prof. (Dr.) Vijay Kumar, Director (In-charge) of the North Eastern Institute of Ayurveda & Homoeopathy (NEIAH) Shillong, were present during the ceremony.

During the ceremony, 16 students of Kendriya Vidyalaya NEHU were felicitated for securing po sitions in the quiz competition organised under the Clinical Excellence Showcase and Youth Outreach Programme. Other competitions conducted as part of the celebrations included poster-making, extempore speech, reels-making, Shloka recitation and Rangoli.

The initiative aimed to familiarise students with the relevance of traditional medicine in contemporary healthcare. As part of the programme, students were also given exposure to the Institute's clinical facilities, Panchakarma procedures, research activities and Herbal Garden.

NEIAH also organised various outreach activities, including village health camps, yoga sessions, medicinal plant awareness programmes and the NEAyu Platter food fest, along with programmes focusing on women's health, lifestyle modification and preventive healthcare.

The programme highlighted the importance of promoting health awareness among the younger generation and encouraging healthy lifestyle practices through education and community participation.




LOK BHAVAN, SHILLONG






LIEUTENANT GOVERNORS
1. The Hon'ble Mr J.B. Fuller, ICS 16.10.1905 - 19.08.1906
Mr L. Hare, ICS
Mr C.S. Bayley,ICS 19.05.1908 - 13.11.1908
Sir L. Hare, ICS 14.11.1908 - 22.08.1911
Sir C.S. Bayley,ICS 23.08.1911 - 23.08.1912
CHIEF
Andrew Courtay Clow
Daulatram 27.05.1950 - 14.05.1956
Goswami
27.01.2020
Mishra (Retd.) 04.10.2022 -