Dr Padma Gurmet, Director, National Institute of Sowa-Rigpa, Leh, gets 'Wellness Visionary Award' for holistic healing from CSJM University, Kanpur

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News

Dr Padma Gurmet, Director of the National Institute of Sowa-Rigpa (NISR), Leh (Ladakh), received the 'Wellness Visionary Award' for his contribution to traditional medicine and holistic healthcare. It was given at the 3rd International Conference on Wellness held by Chhatrapati Shahu Ji Maharaj University (CSJMU), Kanpur, Uttar Pradesh, from 30 Oct to 1 Nov 2026; the Ministry of Ayush announced it on 3 Nov 2026 (PIB). The conference was inaugurated by UP Assembly Speaker Satish Mahana, and 42 health professionals from across India were honoured. Dr Gurmet gave a technical lecture on 'Significance of Sowa-Rigpa for Health and Wellness in Himalayan Regions'.

Key facts

Award	Wellness Visionary Award (for holistic healing)
Given by	Chhatrapati Shahu Ji Maharaj University (CSJMU), Kanpur – 3rd International Conference on Wellness (30 Oct – 1 Nov 2026)
Recipient	Dr Padma Gurmet – Director, NISR, Leh; Padma Shri 2026 (Medicine – Sowa-Rigpa, Ladakh)
Padma investiture	25 May 2026 – Rashtrapati Bhavan

Legal recognition	Indian Medicine Central Council (Amendment) Act, 2010
Present regulator	National Commission for Indian System of Medicine (NCISM) – from 11 June 2021

Background

- Sowa-Rigpa: the traditional medical system of the Himalayan region ('science of healing'), practised in India's sub-Himalayan areas and in Tibet, Mongolia, Bhutan and other countries. In 2010 Parliament passed the Indian Medicine Central Council (Amendment) Bill, giving it legal recognition – a regulatory framework for its education and practice and inclusion in the Pharmacopoeia Commission.
- Ayush history: Mar 1995 – Department of Indian Systems of Medicine and Homoeopathy under the Health Ministry; Nov 2003 – renamed Department of AYUSH; 9 Nov 2014 – a separate ministry. AYUSH = Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy.
- Regulation: the Indian Medicine Central Council Act, 1970 (CCIM) was repealed; since 11 June 2021 the National Commission for Indian System of Medicine (NCISM) regulates education in Ayurveda, Unani, Siddha and Sowa-Rigpa.
- Geography: Leh – the main town of the Union Territory of Ladakh, on the Indus. Kanpur – an industrial city on the Ganga in Uttar Pradesh.

Tamil Nadu link: the National Institute of Siddha is at Tambaram Sanatorium, Chennai, beside GST Road; PM Manmohan Singh inaugurated it on 3 Sept 2005. The capital cost was shared 60:40 by the Centre and Tamil Nadu. Its hospital is named after Siddha physician and social reformer Ayothidasa Pandithar, and out-patients are treated free of cost.

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