

Ministry of Ayush celebrates 10th National Ayurveda Day at AIIA Goa with theme “Ayurveda for People and Planet”

Goa Has the Potential to Become a Global Hub for Ayurveda-Based Wellness Tourism: Governor of Goa Shri Ashok Gajapathi Raju

Ayurveda is the Answer to Modern Lifestyle Disorders Like Obesity and Diabetes: Goa Chief Minister Dr. Pramod Sawant

Ayurveda Day on 23rd September Aligns with Nature’s Balance: Reflecting Core Ayurvedic Principles, says Shri Prataprao Jadhav

Ayurveda Offers Time-Tested Solutions to Today’s Health and Environmental Crises: MoS Shri Shripad Naik

National Dhanwantari Ayurveda Awards 2025 Conferred on Eminent Contributors to Ayurveda and Allied Sciences

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Ashok Gajapathi Raju, Chief Minister of Goa Dr. Pramod Sawant, Union Minister of State (I/C) for Ayush Shri Prataprao Jadhav, and Union Minister of State for Power and New & Renewable Energy Shri Shripad Yesso Naik. The celebrations marked a significant milestone in the Ministry's continuous efforts to promote Ayurveda as a holistic system of health and well-being rooted in sustainability and natural living.

Speaking on this occasion, the Governor of Goa, Shri Ashok Gajapathi Raju, highlighted the remarkable global growth of Ayurveda, stating that in less than a decade, Ayurveda Day has evolved from a national observance into a global health movement. He noted that over 150 countries now celebrate the day, recognizing Ayurveda not just as an alternative therapy, but as a comprehensive healthcare system. Shri Raju praised this year's theme, "Ayurveda for People and Planet," as timely and relevant to the United Nations' Sustainable Development Goals. He underscored the importance of preserving the authenticity of Ayurvedic knowledge while leveraging digital platforms like the NAMASTE portal and Ayush HMIS, which are enhancing accessibility and evidence-based practice.

The Governor also spoke about Goa's potential to emerge as a global hub for Ayurveda-based wellness tourism. He commended the establishment of the Integrative Oncology Unit at AIIA Goa, a collaborative initiative with the Tata Memorial Centre, which aims to integrate Ayurveda with modern oncology for holistic cancer care. Shri Raju called for a holistic approach to blending traditional medicine with Goa's biodiversity, emphasizing that the preservation and promotion of local medicinal plants can stimulate employment and strengthen the regional economy. He appealed for scientific validation of Ayurvedic therapies and emphasized ethical promotion grounded in research and tradition.

Chief Minister of Goa, Dr. Pramod Sawant, emphasized the contemporary relevance of Ayurveda in tackling rising lifestyle-related disorders such as obesity, diabetes, and stress. He stated that the time-tested concepts of Dinacharya (daily routine) and Ritucharya (seasonal regimen) provide sustainable models for preventive healthcare. Dr. Sawant referenced Prime Minister Shri Narendra Modi's concern over the growing prevalence of obesity and said Ayurveda offers simple yet powerful tools such as detoxification, balanced diet, herbal medicines, and yoga for promoting long-term wellness.

The Chief Minister highlighted the rich biodiversity of Goa, especially the Western Ghats and coastal ecosystems, which are home to many of the medicinal plants mentioned in classical Ayurvedic texts. He called for enhanced research, conservation, and commercial cultivation of these plants to strengthen Goa's place in the global Ayurvedic economy. Dr. Sawant announced the signing of a tripartite MoU between the Government of Goa, Tata Memorial Centre, and AIIA Goa for the creation of an Integrative Oncology Centre. He added that this collaboration represents a progressive step towards combining traditional and modern systems of medicine to improve patient outcomes and advance holistic healing.

Union Minister of State (Independent Charge) for Ayush, Shri Prataprao Jadhav, in his keynote address, spoke about the growing global recognition of Ayurveda as a system of holistic healthcare. He described the decision to fix 23rd September as the permanent date for Ayurveda Day as historic, aligning with the autumnal equinox, a symbol of balance in nature, which lies at the heart of Ayurvedic philosophy. He said that this year's theme reflects the Ministry's commitment to positioning Ayurveda not only as a healthcare science but also as a framework for planetary health and sustainability.

Shri Jadhav highlighted the tremendous response to the "Desh ka Swasthya Parikshan Abhiyan," which was launched on Ayurveda Day last year under the leadership of Prime Minister Shri Narendra Modi. Over 1.29 crore citizens participated in health assessments using Ayurvedic parameters, supported by more than 1.8 lakh volunteers, including students, teachers, and doctors. The campaign set five Guinness World Records and marked a new era of data-driven Ayurvedic research. Shri Jadhav noted that such initiatives are laying the groundwork for integrating traditional knowledge systems with modern healthcare to develop predictive, preventive, and personalized medical solutions.

Union Minister of State for Power and New & Renewable Energy, Shri Shripad Yesso Naik, in his address, emphasized the growing relevance of Ayurveda in the context of rising global challenges such as non-communicable diseases, mental health concerns, and environmental degradation. He said that Ayurveda, with its emphasis on natural living, plant-based remedies, and preventive care, is ideally positioned to address both individual health and ecological sustainability. He added that the principles of Ayurveda align with global

concerns and offer a time-tested framework for preventive and sustainable healthcare.

Shri Naik praised the contributions of Goa and institutions like AIIA Goa in promoting integrative medicine and public outreach. He welcomed the establishment of the Integrative Oncology Unit in collaboration with Tata Memorial Centre as a model of convergence between Ayurveda and modern science. The Minister acknowledged the visionary leadership of Prime Minister Shri Narendra Modi in elevating Ayush systems on the global stage and emphasized the importance of integrating Ayurveda into primary healthcare systems to meet the objectives of universal health coverage. He urged researchers, youth, and practitioners to follow an evidence-based, ethical approach and invited all citizens to support government-led initiatives like Swachhata Hi Sewa and the Swasth Nari Sashakt Pariwar Abhiyan.

The inauguration of this year's Ayurveda Day included the unveiling of several new initiatives, including the nationwide *Desh ka Swasthya Parikshan* health assessment campaign and the launch of the *DRAVYA* portal, a digitized platform for Ayurvedic substances. These initiatives are aimed at enhancing accessibility to Ayurvedic knowledge, improving community health assessments, and fostering innovation in the Ayurvedic sector.

The event also featured the opening of new facilities at AIIA Goa, including the Integrative Oncology Unit, as well as a new series of academic, industrial, and international collaborations through various Memoranda of Understanding (MoUs). Among the highlights were MoUs for academic exchanges, research in integrative oncology, and partnerships with global institutions and local organizations to advance Ayurveda's integration into mainstream healthcare.

In keeping with the theme, the *Ran-Bhaji Utsav* was also launched, celebrating the diverse and health-promoting forest vegetables that form the foundation of Ayurvedic dietary practices. Additionally, the prestigious National Dhanwantari Ayurveda Awards 2025 were conferred upon Prof. Bamwari Lal Gaur, Vd. Neelakanthan Mooss E.T., and Vd. Bhavana Prasher for their outstanding contributions to Ayurveda and allied sciences.

Several publications were released during the event, including the *25 Years Journey of NMPB, Ayurveda for Sports Medicine*, and *Ayurveda Insight for Restful Sleep*, as well as technical releases related to Ayurvedic research and innovations.

The event was graced by the august presence of Shri Praveen Arlekar, Member of the Legislative Assembly, Goa; Shri Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush and Padma Shri awardee; Prof. (Vaidya) Pradeep Kumar Prajapati, Director, All India Institute of Ayurveda (AIIA), New Delhi; Prof. (Dr.) Sujata Kadam, Dean, AIIA Goa; and Padma Shri and Padma Bhushan awardee Vaidya Devendra Triguna.

Also present on the occasion were eminent dignitaries from the field of Ayurveda, senior officials from the Ministry of Ayush and AIIA, and representatives from the World Health Organization (WHO), who collectively reaffirmed their commitment to advancing Ayurveda on national and international platforms.

The inauguration of the 10th National Ayurveda Day is a significant milestone in the continued effort to elevate Ayurveda's role in healthcare, both in India and globally. Through a combination of new initiatives, research, and public participation, the Ministry of Ayush aims to ensure that Ayurveda remains a core pillar of India's healthcare future.





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