

‘Desh ka Swasthya Parikshan’ is a National Awakening Towards Preventive Health: Union Ayush Minister Shri Prataprao Jadhav

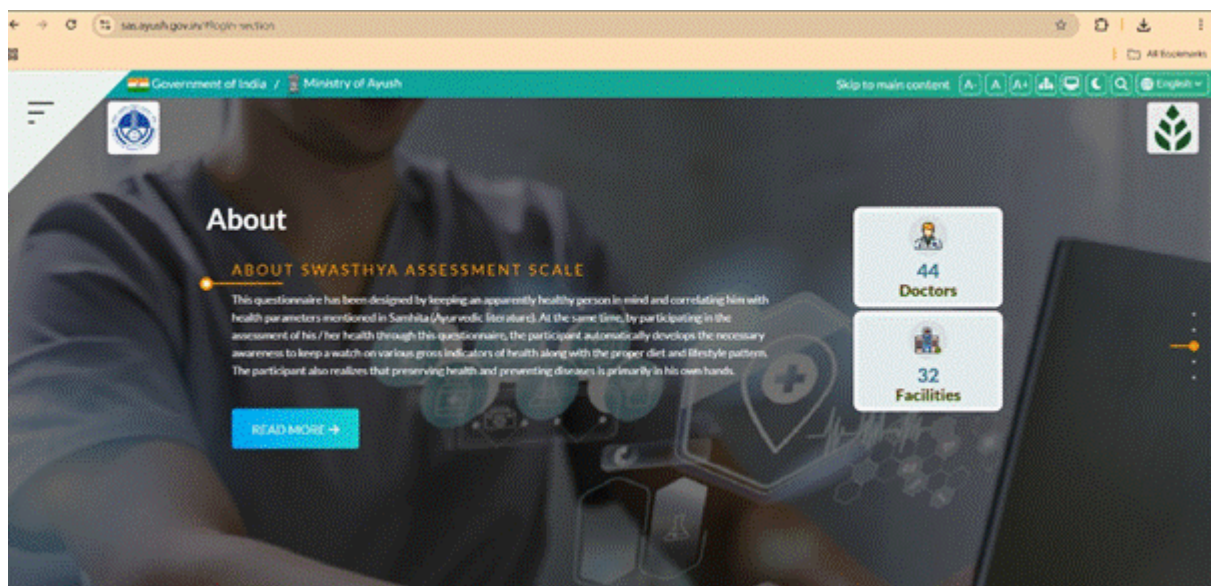
CCRAS to lead the Campaign to Assess Citizen Health Nationwide through its Network of Institutes

Ayurveda-based Assessment Tool to Empower Citizens with Health Awareness and Preventive Lifestyle Practices

Campaign Poised to Become One of the Largest Preventive Health Awareness Initiatives in the Country

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The Central Council for Research in Ayurvedic Sciences (CCRAS), an apex body of the Ministry of Ayush for conducting research in Ayurvedic Sciences, is ready with plans to roll out the ‘Desh Ka Swasthya Parikshan’ campaign that was launched during the recently held 10th Ayurveda Day event at Goa in the presence of the Governor of Goa Shri 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 and Secretary, Ministry of Ayush Vaidya Rajesh Kotecha.



The campaign aims to empower people with awareness of their health, encourage preventive measures, and inspire the adoption of Ayurveda-based diet and lifestyle practices for long-term well-being. It is being implemented through CCRAS institutions spread across the country, Ayurveda teaching colleges under the National Commission for Indian Systems of Medicine (NCISM), partner institutes under the National Ayush Mission, and various state-level Ayurveda centres.

Highlighting the significance of the campaign, Shri Prataprao Jadhav, Union Minister of State (IC) for Ayush and Union Minister of State, Ministry of Health & Family Welfare, said: “Desh Ka Swasthya Parikshan” is not merely an assessment—it is a national awakening towards preventive health. By encouraging every citizen to evaluate and understand their health status, we are laying the foundation for a healthier Bharat. Through this initiative, Ayurveda’s timeless guidance on diet, lifestyle, and balance is being brought into the daily lives of people in a scientific, accessible manner.”

Prof. Rabinarayan Acharya, Director General, CCRAS, informed, “The CCRAS Swasthya Assessment Scale is a pioneering step in integrating Ayurveda with structured health evaluation. This campaign will generate valuable insights on public health trends while simultaneously motivating people to adopt simple, preventive lifestyle measures.”

With wide participation expected from institutions, students, physicians, and the general public, the campaign is poised to become one of the largest preventive health awareness initiatives in the country.

“Desh Ka Swasthya Parikshan” is more than a campaign—it is a people’s movement to reimagine health through Ayurveda, reaffirming India’s vision of holistic well-being for all. At its core is the CCRAS Swasthya Assessment Scale, a validated software tool designed to assess an individual’s health status based on classical Ayurvedic principles. This innovative tool enables Ayurvedic physicians to evaluate various health parameters through a structured questionnaire grounded in ancient texts, helping participants gain awareness of key health indicators while encouraging adherence to appropriate diet and lifestyle practices.

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