



Vice-President Shri C. P. Radhakrishnan Addresses 81st Foundation Day of Nisargopachar Ashram in Pune

Vice-President Highlights Role of Naturopathy and Yoga in Building a Healthy India

Institutions Like Nisargopachar Ashram Key to Swasth Bharat: Vice-President

Adopt Simplicity and Balance for True Happiness: Vice- President

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The Vice-President of India, Shri C. P. Radhakrishnan, addressed the 81st Foundation Day celebrations of Nisargopachar Ashram at Uruli Kanchan, Pune today.

Addressing the gathering, the Vice-President noted that both Mahatma Gandhi, who conceptualised the Ashram, and the farmer who donated land for this noble cause deserve the nation's gratitude. He described the Ashram as not merely an institution, but a movement, a philosophy, and a way of life inspired by Mahatma Gandhi's vision of simple, disciplined living in harmony with nature.

The Vice-President said that Gandhiji believed nature to be the greatest healer and emphasised that true health lies in simplicity, discipline, and living in harmony with nature.

Highlighting the growing burden of lifestyle diseases, the Vice-President said that the message of the Ashram is more relevant today than ever before. He emphasised that health is not merely the absence of disease, but a state of complete physical, mental, and spiritual well-being. He called upon people to adopt balanced nutrition, regular physical activity, mental peace, and a lifestyle in tune with nature.

Recalling his tenure as the Governor of Jharkhand and Maharashtra, the Vice-President said that he had the opportunity to closely observe the rich tradition of indigenous and natural healing practices among tribal communities. He noted that these time-tested practices, rooted in nature and traditional knowledge, reflect India's deep civilisational wisdom in holistic healthcare.

The Vice-President noted that under the leadership of Prime Minister Shri Narendra Modi, India's traditional systems of medicine have gained renewed global recognition, with AYUSH institutions playing an important role in preventive and holistic healthcare and contributing to the growth of medical and wellness tourism in the country. He emphasised that Yoga and naturopathy are not alternatives but powerful complements to modern medicine, and described India's traditional wellness systems as invaluable gifts to the world.

The Vice-President said that in today's fast-paced world, people often search for happiness in material success, but true fulfilment comes from peace, balance, and harmony in life. He added that when individuals are healthy, families become strong; when families are strong, society prospers; and when society prospers, the nation rises.

The Vice-President emphasised that as India moves towards the vision of Viksit Bharat, the goal must also be to build a Swasth Bharat, and institutions like Nisargopachar Ashram will play a significant role in achieving this objective.

The Vice-President also paid floral tributes to Mahatma Gandhi and Shri Manibhai Desai at the Ashram and released the book 'Secrets of our Happiness', authored by Dr. Narayan Hegde, Managing Trustee, Nisargopachar Ashram, on the occasion.

The Governor of Maharashtra, Shri Jishnu Dev Varma; Deputy Chairman of Rajya Sabha, Shri Harivansh; Deputy Chief Minister of Maharashtra, Smt. Sunetra Ajit Pawar; Deputy Chairperson of Maharashtra Legislative Council, Dr. Neelam Gorhe; and other dignitaries were present on the occasion.

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