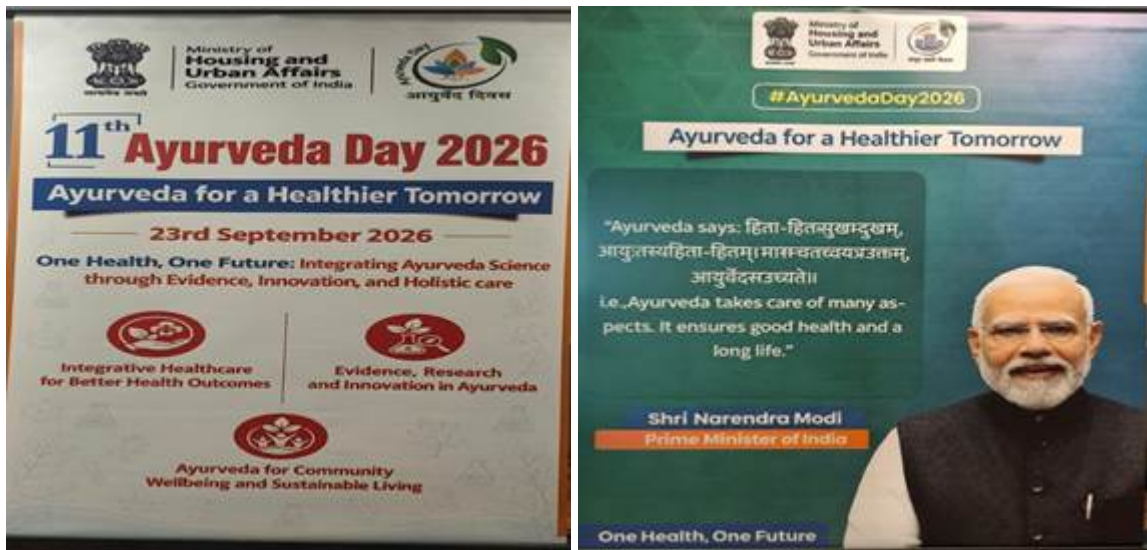


Ministry of Housing and Urban Affairs Celebrated 11th Ayurveda Day with Focal Theme "Ayurveda for a Healthier Tomorrow on 23rd September, 2026"

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The Ministry of Housing and Urban Affairs (MoHUA) celebrated the 11th Ayurveda Day on 23.09.2026 at Sankalp Bhawan, New Delhi, aligning with the nationwide celebrations spearheaded by the Ministry of Ayush. The event was centered around the theme, "Ayurveda for a Healthier Tomorrow," focusing on preventive healthcare, wellness and sustainable lifestyle practices.



To mark this significant occasion, MoHUA organized a specialized seminar, discourse and an interactive session at Sankalp Bhawan. Shri R.K. Tiwary, ADG, Urban Health Services (UHS), MoHUA delivered a brief lecture around the theme. The expert lecture on Scientific pathways for prevention, integration, community wellbeing and One Health was delivered by Dr. Ramavtar Sharma, Associate Professor & Head of Department of Swathavritta (Preventive and Social Medicine), All India Institute of Ayurveda, New Delhi and a lecture on Medicinal plants and Ayurveda by Dr. Ashish Kumar Tripathi, Domain Expert and Editor (JDRAS) from the Central Council for Research in Ayurvedic Sciences (CCRAS), Ministry of Ayush.



The program saw active participation from senior officers and staff members of the Ministry. In this regard, and in view of the changing global health landscape, the session highlighted a critical shift from episodic treatment to prevention-led, whole-system health. Highlighting that lifestyle-linked conditions and mind-body stress are core determinants of modern health, the speakers emphasized that tomorrow's healthcare must proactively protect community wellbeing. Dr. Ramavtar Sharma detailed how small, measurable and repeatable self-care modules—such as Workplace Yoga, posture correction, eye-breaks, and movement protocols—can be practically embedded into daily office routines to naturally improve adherence, vitality, and functional productivity.



Complementing this public-health framework, Dr. Ashish Kumar Tripathi expanded upon "Nature's Pharmacy: Tradition, Science and Healing," introducing the audience to the therapeutic potentials of medicinal plants. He detailed the scientific dynamics of daily wellness protocols (*Dinacharya*) and seasonal adaptations (*Ritucharya*) required to balance metabolic health and build long-term respiratory and immune resilience against modern environmental stress.

During the interactive session, ministry officials engaged with the experts on seamlessly adopting these scalable preventive strategies into urban administrative frameworks.

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