Prime Minister shares an article on Ayurveda and the importance of preventive healthcare

Posted On: 06 NOV 2026 1:50PM by PIB Delhi

The Prime Minister, Shri Narendra Modi, has shared an article written by Union Minister of State Shri Prataprao Jadhav on the occasion of Dhanteras.

The article highlights how Ayurveda emphasises the preservation of health and the importance of preventive healthcare. It encourages families to adopt healthier habits, including mindful eating, regular Yoga, adequate sleep and timely health screenings.

It further underscores the importance of investing in the health of loved ones and building a healthier future for families.

The Prime Minister’s Office wrote on X;

“This Dhanteras, make a commitment to better health!

Union MoS Shri @mpprataprao highlights how Ayurveda emphasises the preservation of health and why preventive healthcare matters. He encourages families to adopt healthier habits, from mindful eating and regular Yoga to adequate sleep and timely health screenings.

Let us invest in what matters most - the health of our loved ones and a healthier future for our families.”

> This Dhanteras, make a commitment to better health! Union MoS Shri @mpprataprao highlights how Ayurveda emphasises the preservation of health and why preventive healthcare matters. He encourages families to adopt healthier habits, from mindful eating and regular Yoga to adequate sleep and timely health screenings. Let us invest in what matters most - the health of our loved ones and a healthier future for our families.
>
> — PMO India (@PMOIndia) November 6, 2026

***

MJPS/SS/ST

(Release ID: 2333526) Visitor Counter : 377
Read this release in: Urdu , Marathi , हिन्दी , Bengali , Assamese , Punjabi , Gujarati , Tamil , Telugu , Kannada , Malayalam

Share

225 words | 1 min read