9th Naturopathy Day to Be Observed Across India on 18 November

‘Prakritik Chikitsa, Swasth Bharat’ to be the Theme of This Year’s Observance

National Programme to Be Held at the Central Research Institute of Yoga and Naturopathy, Nagamangala, Karnataka

Focus on Preventive Healthcare, Obesity Prevention and Lifestyle-Related Disorders

Posted On: 17 NOV 2026 3:36PM by PIB Delhi

The Ministry of Ayush will observe the 9th Naturopathy Day on 18 November 2026 at the Central Research Institute of Yoga and Naturopathy (CRIYN), Nagamangala, Karnataka, under the theme ‘Prakritik Chikitsa, Swasth Bharat’. The observance will highlight the role of naturopathy in promoting preventive healthcare, healthy lifestyles and overall well-being, with a special focus on addressing obesity and lifestyle-related disorders.

To mark the importance of the day, the inaugural session of the main event at Nagamangala will see many initiatives of importance and of wider reach. Among the key highlights will be a dedicated community health initiative alongside several other impactful programmes that will serve as the main attraction of the event, aiming to foster holistic well-being and sustainable community development. These programs are thoughtfully designed to engage participants from all walks of life and create lasting positive change across the region. Together, they underscore a strong commitment to public welfare and inclusive progress.

This year's theme underscores the importance of adopting healthier lifestyles through appropriate dietary practices, physical activity, yoga, stress management, and other evidence-informed naturopathic approaches contributing to a healthier India. It seeks to strengthen public awareness about the importance of prevention and encourage individuals and communities to take an active role in maintaining their health and well-being. The observance also aligns with the Prime Minister's vision for a Fit and Healthy India, emphasising preventive healthcare and healthy living.

As part of the nationwide outreach, the observance will feature ten sub-themes focusing on different sections of society and key areas of public health. These include ‘Mother Nature – Healthy Mother, Healthy Family’, ‘Swastha Mahila – Fit & Healthy Women’, ‘Fit

Force – Strong, Lean & Healthy Force', 'Healthy Campus – Fit Students, Healthy Nation', 'Healthy Workplace – Fit Workforce' and 'Safe Journey – Fit Driver, Safe Journey'.

The other sub themes include 'Golden Wellness – Active Ageing, Healthy Ageing', 'Prakriti se Samarth – Healthy & Active Living', 'Natural Strength for Sporting Excellence' and 'Prakriti Kisan – Fit Farmer, Healthy Nation'. These initiatives seek to extend the message of naturopathy to families, women, students, working professionals, armed forces personnel, senior citizens, sportspersons and farmers, encouraging healthier practices across communities.

The observance will also highlight the efforts of the Ministry of Ayush towards strengthening the institutional, research and healthcare infrastructure for yoga and naturopathy in the country. Through its research institutions and initiatives, the Ministry is working to advance scientific research, education and the wider integration of naturopathy in preventive and promotive healthcare.

The 9th Naturopathy Day will serve as a platform to strengthen public engagement with naturopathy and reinforce the importance of healthy lifestyles, preventive healthcare and community participation in building a Swasth Bharat.

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