9th Naturopathy Day Celebrated Across the Country under the Theme ‘Prakritik Chikitsa, Swasth Bharat’

National-level celebration at CRIYN, Nagamangala, Karnataka, highlights the role of Yoga and Naturopathy in preventive and promotive healthcare

“Naturopathy and healthy lifestyles are essential for preventive healthcare and building a Swasth Bharat”: Shri Prataprao Jadhav

“Scientific research, health awareness and community participation are key to advancing naturopathy”: Secretary, Ministry of Ayush

ReGEN-Beta Diabetes Lifestyle Trial, Nature Cure 360 and key research publications released

Posted On: 18 NOV 2026 3:37PM by PIB Delhi

The 9th Naturopathy Day was celebrated across the country today under the theme ‘Prakritik Chikitsa, Swasth Bharat’, underscoring the importance of naturopathy and nature-based healthcare in promoting preventive healthcare, healthy lifestyles and holistic well-being. The national-level celebration was organised by the Central Council for Research in Yoga and Naturopathy (CCRYN), Ministry of Ayush, in collaboration with the National Institute of Naturopathy (NIN), Pune, at the Central Research Institute of Yoga and Naturopathy (CRIYN), Nagamangala, Karnataka.

Shri Prataprao Jadhav, Minister of State (Independent Charge), Ministry of Ayush and Minister of State, Ministry of Health and Family Welfare, and Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, conveyed their greetings and best wishes through video messages played during the programme.

In his message, Shri Prataprao Jadhav highlighted the importance of naturopathy in strengthening preventive healthcare and promoting healthy lifestyles.



Shri Jadhav called upon citizens to adopt healthy habits and contribute towards building a Swasth Bharat. He also appreciated the efforts of practitioners, researchers, institutions and other stakeholders in promoting naturopathy and creating greater public awareness about the system.

Vaidya Rajesh Kotecha, in his message, emphasised the role of naturopathy in preventive healthcare, healthy lifestyle promotion and fostering harmony with nature. He underlined the importance of scientific research, health awareness and community participation in advancing naturopathy and encouraged citizens to adopt informed and sustainable health practices.



Shri N. Cheluvarayaswamy, Minister for Water Resources (Major and Medium Irrigation), Government of Karnataka and MLA from Nagamangala, attended the programme as the Chief Guest, while Ms. Alarmelmangai D., Joint Secretary, Ministry of Ayush, was the Guest of Honour.



Addressing the gathering, Shri N. Cheluvarayaswamy appreciated the establishment and development of CRIYN, Nagamangala, and highlighted its potential to address the healthcare needs of the region. He emphasised the need to make the institute's facilities accessible to the general public, enabling people in the surrounding areas to benefit from naturopathy-based healthcare services.



He assured his full support and cooperation for the further development of the institute and expressed his willingness to coordinate with the State Government to facilitate the implementation of Ministry of Ayush projects and other Government of India initiatives in Karnataka.

Ms. Alarmelmangai D. highlighted the growing recognition of Yoga and Naturopathy and their relevance in addressing lifestyle-related disorders through preventive and promotive healthcare. She also highlighted the expansion of CCRYN's research infrastructure, including the Central Research Institutes of Yoga and Naturopathy at Nagamangala, Karnataka, and Jhajjar, Haryana, along with its facilities at Rohini, Delhi. She acknowledged the contribution of NIN, Pune, to education, research, training, clinical services and public awareness.



Prof. (Dr.) Jyoti Keswani, Director, CCRYN, in her welcome address, highlighted the significance of Naturopathy Day and the Council's role in advancing research, institutional development and the promotion of Yoga and Naturopathy.



The programme featured the release of several research publications, educational resources and initiatives by CCRYN and NIN, Pune. These included documentary films on CRIYN Nagamangala and Jhajjar, the Indian Journal of Yoga & Naturopathy (Volume 1, Issue 3), a Yoga and Naturopathy book, an Intern Booklet and ReGEN-Beta, a clinical trial on lifestyle interventions for Type 2 Diabetes. NIN, Pune, released Nature Cure 360: A Community Health Initiative towards a Sustainable Healthy Future and The Family Doctor.



A Naturopathy Food Fair and a medicinal plant plantation drive were also organised, highlighting the role of natural resources, healthy lifestyles and nature-based healthcare practices.

Prof. (Dr.) Jyoti Keswani, Director, CCRYN; Prof. (Dr.) Geetha B. Shetty, Director, NIN, Pune; and Dr. Vadiraja H.S., Assistant Director, Central Research Institute of Yoga and Naturopathy, Nagamangala, Ministry of Ayush, were among those present at the programme.

The celebration of the 9th Naturopathy Day reaffirmed the importance of research-backed Yoga and Naturopathy in strengthening preventive and promotive healthcare. Through sustained efforts in research, institutional development, public awareness and community participation, the Ministry of Ayush continues to promote holistic well-being and advance the vision of a healthy India.

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