

**High Commissioner's Speech at the celebration of
10th Ayurveda Day (Dhanwantari Jayanti)**
Theme: Ayurveda for People and Planet
23rd September 2025

Welcome Dr Namrata, from Wellness NZ, Wellington, Ms Geetika Chatterjee from Pranic Healing NZ and Ms Kavitha, Healthcare Professional for collaborating with us in today's event,
Dignitaries, members of the Indian and Kiwi communities; and Friends;
Good Evening and Namaste !

Let me begin by wishing you a very happy Ayurveda Day, which is also called "Dhanvantari Jayanti" or Dhanteras. It gives me immense pleasure to inform that this year marks the 10th edition of Ayurveda Day since its inception in 2016. Over these years, Ayurveda Day has evolved into a globally recognized platform, showcasing the relevance of traditional knowledge in addressing modern health and wellness challenges. This initiative was undertaken with the objective of promoting, propagating, and popularizing Ayurveda system of holistic health and wellness. The theme for this 10th Ayurveda Day is **"Ayurveda for People and Planet"** ("**आयुर्वेद जन जन के लिए, पृथ्वी के कल्याण के लिए**"). This theme emphasizes Ayurveda's enduring relevance in promoting individual well-being while ensuring ecological balance and sustainability.

2. However, as Dhanteras is observed according to the Hindu calendar (in the month of Kartik), its date generally varies between mid-October and mid-November often coinciding with Diwali festivities. This variability has impacted the visibility and participation in Ayurveda Day activities. To address these challenges and to facilitate global observance on a uniform date, it has been decided to celebrate **23rd September as Ayurveda Day from this year onwards**. Notably, 23rd September marks the autumnal equinox, when day and night are nearly equal-symbolizing balance in nature, which aligns closely with Ayurveda philosophy that emphasizes harmony between the mind and body. Ayurveda is rooted in harmony with nature, and it advocates preventive, promotive, curative, and rehabilitative health approaches that are people centric and environmentally responsible. It calls for sustainable use of natural resources, conservation of medicinal plants and biodiversity, and responsible consumption practices. This is another manifestation of our nation's guiding philosophy of "Vasudhaiva Kutumbakam" which means "The World is One Family".

3. I am happy that we are celebrating this day today. I warmly welcome the proponents, teachers, and practitioners of Ayurveda **Dr. Namrata from Wellness NZ** and **Ms. Geetika Chatterjee from Pranic Healing** along with dignitaries, members of Indian diaspora and friends of India who have joined us for this occasion.

4. During my stay in New Zealand, I have witnessed how Ayurveda is being embraced by a large number of friends here. I have learnt that around 80 percent of people in India use some form of traditional medicine, including Ayurveda. The number of Kiwi friends travelling to India for medical and wellness tourism is also on the rise.

5. Today, we have among us several experts and successful practitioners of Ayurveda. In their presence, I should not venture to make a detailed presentation on the subject. For me, Ayurveda, like Yoga and Meditation, is part of our proud heritage. It encompasses all attributes of a mature and complete medical science, including anatomy, physiology, pharmaceuticals, disease causation and evolution, and disease management. It goes beyond being just a curative system of medicine, extending into preventive and promotive healthcare as well.

6. Ayurveda and wellness have become an essential part of our healthcare, which is one of India's largest sectors both in terms of revenue and employment. Healthcare in India comprises hospitals, medical devices, clinical trials, outsourcing, telemedicine, medical tourism, health insurance, and medical equipment. India's competitive advantage also lies in its large pool of well-trained medical professionals, including practitioners of Ayurveda and other traditional systems of medicine. In addition to highly trained Ayurvedic doctors, a full chain of professionals ranging from Panchakarma Therapists and Ayurvedic Dieticians to Ayurveda Pharmacists are available across the country. The progress India has made in IT and digital transformation is also being uniquely leveraged to enable the Ayurveda sector to scale up exponentially and achieve its true potential in India and abroad.

7. All Indian spices have medicinal properties, and it is often said that we have an entire pharmacy in our kitchens. The use of **turmeric, ashwagandha, and neem** has gained global recognition for their healing properties. Ayurvedic practitioners create personalized treatment plans

based on an individual's constitution, addressing the root cause of their health issues. Ayurveda also promotes a healthy lifestyle that includes mindful eating, regular exercise, and stress management.

8. At the business level, most major pharmaceutical companies maintain a significant and growing presence in India. The Ayushman Bharat flagship programme, launched by the Hon'ble Prime Minister in September 2018, has further strengthened the healthcare ecosystem. Subsequent enhancements, such as Ayushman Apke Dwar 2.0 (August 2022) and Phase II for senior citizens (October 2024) have also expanded opportunities for deeper engagement.

9. In recent years, Ayurveda has become increasingly popular and gained acceptance across the world, with scientific studies supporting many of its practices and remedies. However, it is essential to consult trained Ayurvedic practitioners for personalized guidance rather than self-medicating with herbs or treatments.

10. In conclusion, I would like to emphasize that the principles of Ayurveda are as relevant today as they were thousands of years ago. As we continue to explore diverse approaches to health and wellness, Ayurveda serves as a beacon of ancient wisdom that can guide us toward a healthier and more harmonious life.

Once again, I wish you all a very happy Ayurveda Day. Thanks again for joining us in this celebration.
