



॥ आयुर्वेद सर्वलोकानाम् ॥

भारतीय चिकित्सा पद्धति राष्ट्रीय आयोग
आयुष मंत्रालय, भारत सरकार
कार्यालय: टी-19, पहली और दूसरी मंजिल, ब्लॉक-IV, धन्वन्तरि भवन,
मार्ग नं. 66, पंजाबी बाग (पश्चिम), नई दिल्ली-110026
National Commission for Indian System of Medicine
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देश का प्रकृति परीक्षण अभियान
॥ आयुर्वेद परीक्षण का, भारत सरकार ॥

File No. Chairman/NCISM/2024/50

Dated: 8th September, 2025

To,
All Ayurveda Practitioners

Subject: Celebration of 10th Ayurveda Day – “Ayurveda for People and Planet” – reg.

Dear Ayurveda Practitioner,

As you are aware, Ayurveda Day is now observed every year on **23rd September**, as notified vide Gazette Notification dated 27.03.2025. This year holds special importance as it marks the **10th Anniversary of Ayurveda Day**.

The 10th Ayurveda Day will be celebrated on **23rd September 2025** with the central theme – “**Ayurveda for People and Planet**” (आयुर्वेद जन जन के लिए, पृथ्वी के कल्याण के लिए). This theme highlights Ayurveda’s unique role in ensuring holistic well-being while safeguarding ecological balance and sustainability.

In connection with this celebration, Ayurveda practitioners across the country are requested to actively participate and contribute to the following activities in their respective regions:

1. **Free Ayurveda Medical & Wellness Camps** – Provide consultations, diet advice, yoga sessions, and awareness on preventive healthcare.
2. **Public Awareness Programs** – Organize health talks, seminars, rallies, or street plays to disseminate authentic Ayurveda knowledge.
3. **Community Outreach** – Collaborate with schools, colleges, and community organizations to spread awareness among students and youth (“Little Steps to Wellness: Ayurveda Awareness for Students”).
4. **Promotion of Aahar-Vihar, Dinacharya, and Ritucharya** – Guide people on seasonal and daily lifestyle practices as per Ayurveda for sustainable health.
5. **Acharya Rasayana (Code of Conduct)** – Encourage ethical practices, discipline, and holistic conduct in professional and personal life.
6. **Documentation & Reporting** – Practitioners are encouraged to document their initiatives with photographs, videos, and reports and share them through the official Ayurveda Day microsite (<https://ayurvedaday.org.in>).

Through these initiatives, we aim to reaffirm Ayurveda’s role not only as a healthcare system but also as a **way of life that nurtures both human health and planetary well-being**.

We urge all Ayurveda practitioners to actively join hands in this noble cause, spread the authentic message of Ayurveda, and ensure the success of the 10th Ayurveda Day celebrations.

With best regards,

Sachidanand Prasad
Secretary NCISM

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जीवन को संवारे, आयुर्वेद के साथ
आयुर्वेदिक जीवन शैली अपनायें

Adopt the
Ayurvedic Way of Life.
Discover the path to Health & Wellbeing.

10वां

राष्ट्रीय आयुर्वेद दिवस

23 सितम्बर 2025

10th

Ayurveda Day

23rd September 2025

इस वर्ष की थीम

“आयुर्वेद जन जन के लिए, पृथ्वी के कल्याण के लिए”
"Ayurveda for People and Planet"

आइए, हम सभी आयुर्वेद व स्वस्थ जीवन शैली
का प्रसार करें और लोगों
को आयुर्वेद अपनाने के लिए प्रेरित करें।

आयुर्वेद को एक जन आंदोलन बनायें
Making Ayurveda a People's Movement...

निवेदक :- भारतीय चिकित्सा परिषद, उत्तराखण्ड
(आयुष एवं आयुष शिक्षा विभाग, उत्तराखण्ड शासन)