

10th National Ayurveda Day 2025 – Report

ESIC Hospital, Tirunelveli

In-House Celebration Report

Overview

Date: 23 September 2025

Venue: Herbal Garden and Ayush Department, ESIC Hospital, Tirunelveli

Theme: Ayurveda for People & Planet

Target Audience: ESIC staff, employees' families, hospital visitors.

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ESIC Hospital, Tirunelveli

Invitation

Ayurveda Day 2025- 23 September 2025
The Ayush Department cordially invites all staff, and the public to celebrate Ayurveda Day 2025 on 23rd September 2025, with the theme
"Ayurveda for People & Planet"

Programme Highlights

- Live Herbs Display at Herbal Garden
- Medicinal Plants Posters Display
- Dry Herb Display
- Awareness Talk

Date: 23 September 2025
Time: 10:30 AM onwards
Venue: Herbal Garden and Ayush Department, ESIC Hospital

Let's celebrate Ayurveda's timeless wisdom for health and harmony!

National Ayurveda Day
राष्ट्रीय आयुर्वेद दिवस

"Supporting Ayurveda is a vibrant example of being Vocal For Local"
— SHRI NARENDRA MODI, PRIME MINISTER OF INDIA

Ayurveda
An Ancient Healing Art

Activities

- ❖ Live Herbs Display: Over 50 medicinal live plants in pots were showcased, highlighting their therapeutic importance.
- ❖ Medicinal Plants Poster Display: About 60 plant photographs with their uses were presented as informative posters to educate attendees.
- ❖ Dry Herb Display: A repository of 75 raw drugs was exhibited for educational demonstration and awareness.
- ❖ Awareness Talks:
 - ❖ Dr. S. Varalakshmi (Ayurveda Department) spoke on holistic living, preventive health, and the integration of Ayurveda.
 - ❖ Dr. L. Dhanasekaran (Deputy Medical Superintendent) explained lifestyle modifications and holistic approaches.
 - ❖ Dr. Magesh (Medical Superintendent) inaugurated both the Panchadeep prajwalan and the expo, including posters, raw drugs, and live herbs display.
 - ❖ Mr. S. Vijayan (Deputy Director) addressed the significance and benefits of Ayurveda.























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E.S.I.C. HOSPITAL, Tirunelveli



வேது பிடித்தல்

ஆயுர்வேத மருத்துவம்
வேது பிடித்தல் / ஆவி பிடித்தல்



வேப்பிலை



நொச்சி கிடை



துளசி



புதினா



வெந்நீர்



மஞ்சள்



கற்பூரவள்ளி

வேது பிடிக்கும் காலம் : காலை / மாலை

நேரம் : 5 - 7 நிமிடம்

பயன்கள் :

- சுவாச பாதையில் இருக்கும் கிருமிகள் அழியும்
- இறுசி கிடக்கும் கோழை வெளிவரும்
- சுவாசம் தங்கு தடையின்றி நடக்கும்
- தலைவலி தீரும்





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क.रा.बी.नि. अस्पताल, तिरुनेलवेलि
E.S.I.C. HOSPITAL, Tirunelveli

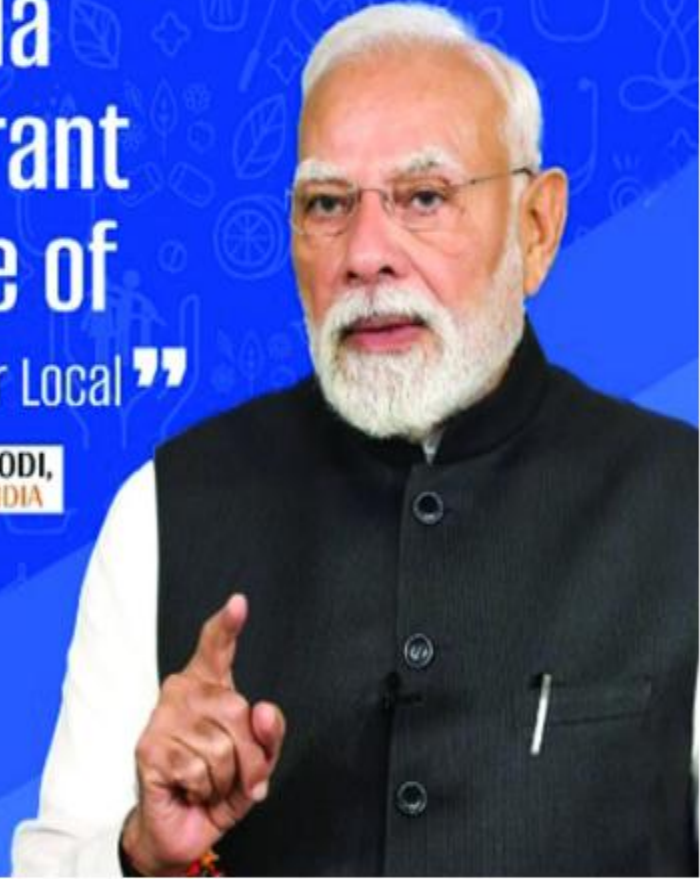


Ayurveda for People & Planet

மக்களுக்காவும், பூமியின்
நலனுக்காகவும் ஆயுர்வேதம்

“Supporting
Ayurveda
is a vibrant
example of
being Vocal For Local”

SHRI NARENDRA MODI,
PRIME MINISTER OF INDIA





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Ayurveda for People & Planet

மக்களுக்காவும், நும்யின்
நலனுக்காகவும் ஆயுர்வேதம்

“ Apart from curing existing ailments,
Ayurveda also protects the overall health
of the body. ”

— SHRI NARENDRA MODI,
PRIME MINISTER OF INDIA





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Ayurveda for People & Planet

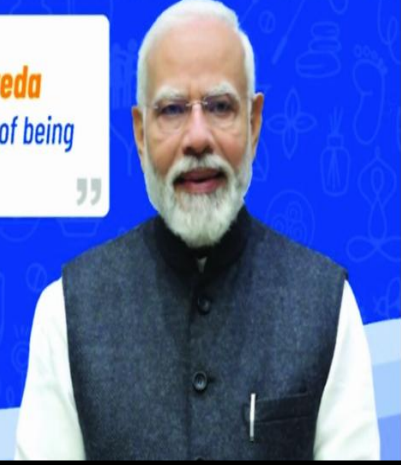
மக்களுக்காகவும், நுழைந்த நலனுக்காகவும் ஆயுர்வேதம்

10th
 Ayurveda Day

23 September, 2025

“ Supporting **Ayurveda**
 is a vibrant example of being
 #VocalForLocal ”

Narendra Modi
 Prime Minister of India



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Outcomes

- ✓ Enhanced awareness among staff and the public regarding Ayurveda's preventive, curative, and promotive strengths.
- ✓ Significant engagement, especially among younger participants, about the uses of local herbs and natural healing.
- ✓ Staff morale and wellness strengthened, advancing the government's "Vocal for Local" initiative.

Medical Camp at RMKV, Tirunelveli

Overview

Date: 23 September 2025

Location: RMKV premises, Tirunelveli town

Target Group: RMKV employees, local community, with special focus on women; 86 patients screened.

Supporting Initiative: Swasth Nari Sashakt Parivar Abhiyaan (17 Sep–2 Oct 2025).

Activities

- **Screening Booths:** Anaemia, diabetes, hypertension, and cancer screening provided, with special focus on women and high-risk populations.
- **Ayurveda Consultations:** Physicians offered general wellness advice, nutrition counseling, and personalized health strategies.
- **Counselling Sessions:** Maternal health, hygiene, and nutrition awareness reinforced, particularly for at-risk groups.
- **Herbal and Health Exhibitions:** The camp mirrored models from the in-house celebration, boosting local health literacy.
- **Awareness Talk:** Dr. M. Kala addressed the importance of annual health check-ups and preventive non-communicable disease measures.





Outcomes

- Robust participation by RMKV staff and families, with over 80 individuals directly screened and several hundred engaged through awareness activities.
 - Noticeable increase in awareness about anaemia prevention, chronic disease screening, and Ayurveda's integrative care protocols.
 - Strong positive response regarding sustainability, impact, and the integration of preventive strategies.
 - Collected data will be submitted to the national Swasth Nari Sashakt Parivar Abhiyaan reporting framework.
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Key Impact & Recommendations

- Both events effectively promoted holistic health, preventive care, and the integration of Ayurveda, tailored to locally relevant needs and national health priorities.
- Sustained outreach camps and wellness education are recommended to ensure continuous community benefit and health improvement.
- Future planning should emphasize digital awareness, data-driven reporting, and collaborative initiatives with industry and community partners.