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9 Ayurveda Day Celebration in Sainik School Rewa on 29th October 2024.

The theme of this year Ayurveda Day 2024 was-

**Jan Sandesh
Jan Bhagidari
Jan Aandolan**

About Ayurveda Day

Ministry of Ayush, Government of India observes Ayurveda Day every year on Dhanawantari Jayanti (Dhanteras) since 2016. Ayurveda is perceived as one of the most ancient well documented system of medicine equally relevant in modern times ,wherein prevention of disease and promotion of health are both given due consideration. Its holistic approaches whether for healthy individuals or for diseased ones remains unparalleled.

This year the 9th Ayurveda day falls on 29th October, 2024.

Objectives of Ayurveda Day

- To combat the global health challenges like: Non communicable diseases, Anti-microbial resistance, Mental Health, Nutritional disorders, etc.
- To focus on disease prevention and promotion of health.
- To achieve the vision of Sustainable Development Goals & Universal Health Coverage.
- To encourage innovation among the Scientists of Ayurveda and contemporary sciences
- To position Ayurveda Globally as the leader of Traditional Medicine

Prof S N Tiwari, Associate professor , Govt Ayurved College, Rewa delivered an awareness speech to the staff and cadets of Sainik School , Rewa, MP.

