



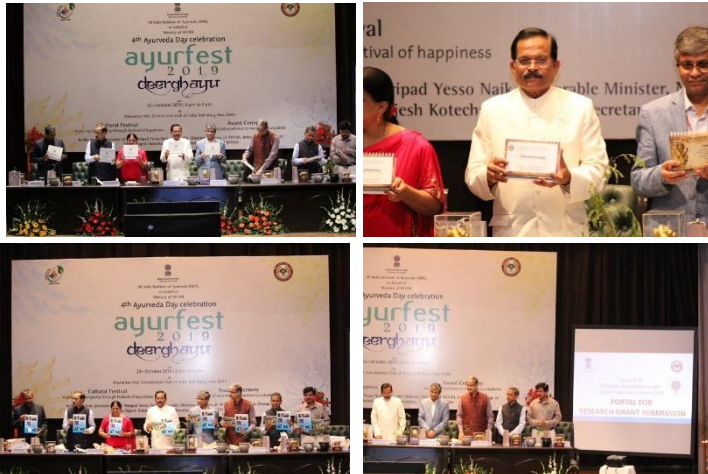
Monthly Ayurveda Bulletin (Embassy of India AYUSH Information Cell, Berne)

Inauguration of Unani Medical Centre



Hon'ble Minister of State (IC), Ministry of AYUSH & Minister of State, Ministry of Defence, Shri Shripad Yesso Naik inaugurated Unani Medical Centre under Central Council for Research in Unani Medicine (CCRUM) at Safdarjung Hospital on October 13, 2019.

AYURFEST-2019-DEERGHAYU



Release of AIIA Calendar, Book, Comics & Smart India Hackathon projects - Games & Portal for Research Grant submission by Hon'ble Minister of State (IC), Ministry of AYUSH & Minister of State, Ministry of Defence, Shri Shripad Yesso Naik and Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha on October 23, 2019.

Interesting Fact: Ayurveda's origins lie in the misty ages of pre-history. It remained alive and evolved through oral traditions. The first known forms of Ayurveda as a medical knowledge can be traced to the Vedas, mostly Atharva Veda.



Ayurveda Day/Divas

AYUSH Ministry's engagement on Ayurveda Day



The Ministry of AYUSH won many hearts and succeeded it getting endorsements from many media institutions through the outreach activities taken up at NIA, Jaipur in connection with the Ayurveda Day.

Ayurveda Day Celebrations in Switzerland



Glimpses of Ayurveda Day Celebrations in Berne on October 25, 2019 inaugurated by Ambassador Sibi George and H.E. Ambassador Nora Kronig Romero of Swiss Federal Office of Health. The celebrations included Ayurveda Workshops and presentations by experts.



Release of Ayurveda Bulletin



H.E. Ambassador Nora Kronig Romero of Swiss Federal Office of Health along with Ambassador Sibi George and Ayurveda experts in Switzerland released the new edition of Ayurveda Bulletin on October 25, 2019.



May we live long and happy with our faculties of vision, hearing and speech fully intact and without dependance on anybody else.

Ministry of AYUSH interaction with public via Radio



Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha spoke with Shri Jainendra of FM Gold about the observation of Ayurveda Day. The full interview was aired on October 24, 2019 at 2000 Hrs on AIR's Delhi FM Gold and Indraprastha channels and on AIR Network.

AYUSH Ministry's engagement with AYUSH Doctors



Secretary, Ministry of AYUSH, Vaidya Rajesh Kotecha, on October 18, 2019 addressed a gathering of AYUSH doctors of CGHS as part of the Ministry's plan to expand the AYUSH Grid project and the AYUSH-HMIS into the CGHS network.

Exploring possibilities with Mongolia in the fields of Traditional Medicine



The Advisor to President of Mongolia met Joint Secretary, Ministry of AYUSH, Shri P.N. Ranjit Kumar and other officials of Ministry of AYUSH on September 19, 2019 to explore the possibilities for cooperation in the field of traditional medicine between India & Mongolia.

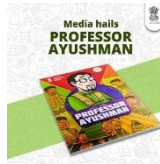


CCRAS wins award for research in ageing



DG, CCRAS received the Award from President of India in the award ceremony at Vigyan Bhawan on October 3, 2019.

Professor AYUSHMAN



The comic book hero Professor AYUSHMAN, created by the Ministry of AYUSH to promote awareness among children about good health practices and medicinal plants, is a hit with the media.

Paryatan Parv



As the Paryatan Parv observation in the capital concluded on October 6, 2019 at the Rajpath, one team that caught every one's attention at the Parv was the one from the country's premier Yoga institute, the Morarji Desai National Institute for Yoga (MDNIY), New Delhi.

Publicity Van for promoting the Naturopathy Camp and Mega Exhibition on Mahatma Gandhi



The Publicity Van for promoting the Naturopathy Camp and Mega Exhibition on Mahatma Gandhi was flagged off jointly by National Institute of Naturopathy, Pune (under Ministry of AYUSH) and Regional Outreach Bureau (ROB), Goa on September 26, 2019.

Interesting Facts



The tiny but potent Brahmi occupies a place of pride in AYUSH systems of medicine as one of the most revered and widely used herbs.



Two hours before sunrise (Brahma Muhurta) in the morning is the ideal time to get up. It is considered to be the purest time of the day. The body is well rested. The mind is alert, focussed and peaceful.

