

Ministry of Labour &amp; Employment



## ESIC Celebrates 10th National Ayurveda Day on Theme “Ayurveda for People & Planet”

### Ayurveda for Sustainable Health and Ecology Highlighted at ESIC Headquarters

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The Employees’ State Insurance Corporation (ESIC) observed the 10<sup>th</sup> National Ayurveda Day at its Headquarters in New Delhi today. The event was graced by Shri Ashok Kumar Singh, Director General, ESIC, and Shri Sandeep Nigam from ‘Plant Based Whole Food’ & a renowned Yoga Instructor who attended as the Chief Guest of the function.

This year’s celebration revolved around the theme “Ayurveda for People & Planet”, which underscores that Ayurveda is not merely a healthcare system but a science rooted in harmony between the individual and the environment.

The programme commenced with the opening remarks of Dr. Alaka Pal, Medical Commissioner (AYUSH), who highlighted the promotive, preventive, curative, and rehabilitative aspects of Ayurveda. She underlined that Ayurveda, through the use of natural resources, promotes sustainable growth and aims for global acceptance so that people across the world can benefit from its wisdom.

Addressing the gathering, Shri Ashok Kumar Singh, Director General, ESIC, stated that the relevance of Ayurveda is especially evident in times of adversity. He emphasized that Ayurveda, being derived from nature, is inherently aligned with ecological balance. Promotion of Ayurveda, he noted, will contribute not only to individual health but also to sustainable and balanced growth of the planet. He also spoke about the initiatives being undertaken in ESIC Hospitals for the promotion and research in the field of Ayurveda.



Shri Sandeep Nigam, in his address, emphasized the integration of Ayurveda, spiritual lifestyle, and naturopathy as essential pathways to holistic well-being. He explained that such integration leads to “Anant Chaitanya”—a state of inner stillness and calmness—thereby fostering a harmonious and peaceful society. He also guided the audience in the chanting of ‘AUM’ to experience calmness and inner balance. Further, he urged everyone to avoid refined and processed foods and instead adopt natural and wholesome dietary practices.





The function was also attended by the Chief Vigilance Officer, senior officers, and staff of ESIC Headquarters.

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**Rini Choudhury/Anjelina Alexander**

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