

AYURVEDA DAY CELEBRATION 2025

The Ayurveda Day Celebration 2025 was conducted through a series of activities organized from 16 September 2025 to 25 September 2025. The programme comprised meditation sessions, medical and wellness camps, academic interactions, awareness rallies, exhibitions, outreach initiatives, and a valedictory session conducted at various locations including Melpuram, Pacode, Thiruvattar, Attoor, Nagercoil (Vellamadam), Kanyakumari, Marthandam, and MAMCH. The activities were implemented according to the scheduled plan documented for the celebration period.



Meditation and Health Camps

The celebration commenced on 16 September 2025 with a meditation programme along with a health camp conducted at Melpuram. On 17 September 2025, a Medical and Wellness Camp was organized at Pacode, which included a free Ayurveda camp, yoga session, diet advice, and a health talk. A Health Talk was also conducted at Nagercoil (Vellamadam) as part of the scheduled awareness programmes.



Interactive Academic Session

An interactive session for students was conducted on 18 September 2025 by a guest lecturer on the topic “Application of AI in healthcare & Nature cure.” The session formed part of the academic engagement activities planned during the Ayurveda Day observance.



Rally and Awareness Activities

A rally was organized on 19 September 2025 from Thiruvattar to Attoor along with a planned street play, noted as subject to permission requirements. A bike rally from Kanyakumari to Marthandam was planned for 22 September 2025, also indicated as requiring permission. These activities were included as awareness initiatives within the celebration schedule.



Medical Camp, Exhibition, and Outreach Programmes

A Medical Camp and Speciality Medical Camp were conducted on 23 September 2025 at Nesamony Memorial College, Marthandam. The programme included screening through Nadi Pareeksha and Prakruti Pariksha, a health talk, plantation drive and plant donation, Adopt a Plant campaign, pledge activity, and a Mobile Van initiative titled "Ayurveda on Wheels."

On the same date, an Exhibition/Mini Expo, herbal garden visit, and diet demonstration were conducted at MAMCH as part of the educational and outreach components of the celebration.



Ayurveda Doctors Meet and Valedictory Session

The Ayurveda Day Celebration concluded on 25 September 2025 with an Ayurveda Doctors Meet and Valedictory Session, marking the completion of the scheduled programmes conducted during the observance period.

