

Embassy of India  
Thimphu

Press Release: **Celebration of the 6<sup>th</sup> Ayurveda Day in Bhutan, 2 November 2021**

A Webinar on the theme 'Ayurveda for Nutrition' was hosted by the Embassy of India to celebrate *Ayurveda Day* on 2 November 2021 also known as the *Dhanwantri Diwas* - the birthday of Lord Dhanvantari who is regarded as the physician of the Gods. The Webinar was organized in active collaboration with the Department of Traditional Medicine Services of the Ministry of Health, Royal Government of Bhutan, as part of the #AmritMahotsav celebrations in Bhutan.

2. **Lyonpo Dechen Wangmo, Hon'ble Health Minister of Bhutan delivered the keynote address at this Webinar. Ambassador Ruchira Kamboj launched the virtual conference with her Opening Remarks.** Mr. Pemba Wangchuk, Director General, Dr. Karma Ugyen from the Department of Traditional Medicine Services and Ms. Yeshey Lhaden spoke about the parallels between the system of traditional medicine in Bhutan and the practice of Ayurveda.

3. Prof. Pawan Kumar Godatwar, Dean(Research), National Institute of Ayurveda, Jaipur, currently on deputation to the South East Asia Regional Office of the World Health Organization, participated in the Webinar and speak on how Ayurveda can lead to proper nutrition. Prof. Godatwar shared the progress and cooperation achieved on the promotion of the quality, safety and effectiveness of traditional medicines including those used in Ayurveda-based treatment following the conclusion of an MOU between the Ministry of AYUSH and the World Health Organization.

4. Ambassador Ruchira Kamboj commented, "Ayurveda literally means the knowledge of life which originated in India more than 3000 years ago, an Ayurveda lifestyle is based on the circadian rhythm and is in harmony with surrounding nature". She added that Ayurveda was listed as one of the globally popular systems of traditional medicine in the World Health Organization's World Traditional Medicine Strategy, 2014-2023.

Embassy of India  
Thimphu, Bhutan

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Azadi Ka  
Amrit Mahotsav

Benefits of  
**AYURVEDA**  
especially with a focus  
on Ayurveda for Nutrition

Webinar participants:

**Dasho Dechen Wangmo**  
Hon'ble Health Minister of Bhutan

**Ruchira Kamboj**  
Ambassador

**Mr. Pemba Wangchuk**  
Director General, Deptt. of Traditional Medicines

**Prof. Pawan Kumar Godatwar**  
Dean(Research), National Institute of Ayurveda

**Yeshey Lhaden**  
Bhutanese Ayurveda practitioner

**Dr. Karma Ugyen**  
Technical expert, Deptt. of Traditional Medicines

**6<sup>TH</sup> AYURVEDA DAY**

**DATE** 2 November

**VENUE** Virtual on Streamyard  
-Amrit Mahotsav event

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2 November 2021