

6th Ayurveda Day Celebrations in Malaysia

The High Commission of India in Kuala Lumpur celebrated 6th Ayurveda Day on 2 November 2021 at the Netaji Subhash Chandra Bose India Cultural Centre at Brickfields, Kuala Lumpur. The theme for this year's Ayurveda Day is 'Ayurveda for Nutrition'. The event was held in partnership with the Malaysian Association of Indian Traditional Medicine (PEPTIM). The celebrations this year assume special significance as we celebrate India@75 - *Azadi Ka Amrit Mahotsav*.

2. The event began with a welcome speech by the High Commissioner, H.E. Mr B.N. Reddy, who spoke about the significance of traditional medicine and Ayurveda in today's world. He outlined various initiatives of the Ministry of Ayush, Government of India, to promote practice and research in Ayurveda and other traditional medicine systems. He noted that Ayurveda has much to offer for modern day ailments and that it continues to heal people in many ways complementing modern medicine. Its relevance has become more evident in light of the pandemic. The High Commissioner also highlighted that traditional medicine has been an important area of collaboration between India and Malaysia with great potential for future cooperation.

3. Director of Traditional and Complementary Medicine Division, Ministry of Health, Government of Malaysia, Dr. Goh Cheng Soon, delivered the Keynote Address for the event. She spoke about the prevalent practice of traditional medicine in Malaysia and the numerous efforts underway by the Government of Malaysia to promote and streamline practice of various forms of traditional medicine in Malaysia. Dr. Goh also highlighted Malaysia-India cooperation in promoting traditional systems of medicine.

4. Dr. CD Siby, Chief Ayurvedic Physician at Ayur Centre in Malaysia, spoke about the importance of Ayurveda for post-COVID recovery. He highlighted how Ayurveda has been healing COVID survivors helping them regain their health and make a full recovery. Dr. Anjali Rajeev, Ayurvedic Doctor, spoke about the important role of nutrition and lifestyle for a healthy life, as per Ayurveda principles. Dr. Janany, President, PEPTIM outlined the organization's various efforts in promoting Indian traditional medicine in Malaysia.

5. Individuals who have benefited from the Ayurveda treatment have also taken part in the event. Datin Rowena Baker, Ms. Gitanjali Sriram and Ms. Sherene Ramali shared their experience of Ayurveda treatment and highlighted how it helped them overcome diseases and also lead a new healthy lifestyle.

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