



भारत का प्रधान कौंसलावास, पर्थ
Consulate General of India, Perth

Ayurveda Day Celebrations

The Ayurveda Day celebrations were held in a grand manner at the Consulate premises in Perth on 11 November 2022 with the theme of '*Har Din Har Ghar Ayurveda*', which means Ayurveda Everyday, Ayurveda Everywhere. The event saw enthusiastic participation of 150 people from various fields, including practitioners & experts of Ayurveda and Yoga, members of federal parliament, local governments, consular corps, academicians, businesses, students, yoga and ayurveda enthusiasts, multicultural society of WA, community associations and diaspora in Western Australia.

The programme began with screening of a documentary titled 'Journey of Ayurveda' and Ganesh Vandna presentation in Bharatanatyam by Ms Sneha Karthik. Welcoming the guests, the Consul General highlighted the significance of Ayurveda, the age-old traditional science of medicine for leading a healthy and happy life. The Ayurveda Day celebrations were held as part of the '*Azadi Ka Amrit Mahotsav*' celebrations.

Ms Tracey Roberts, Member of Federal Parliament of Australia, representing the constituency of Pearce in Western Australia, spoke about the holistic approach of ayurveda and shared her own perspective and belief in natural remedies and traditional systems of treatments. The Consul General of Malaysia, Mr. Ahmad Fikri, also graced the occasion.

An impressive panel of speakers, including doctors, academicians and students gave very informative and impressive presentations on a broad range of topics focusing on Ayurveda for holistic health, Ayurveda for millennials, Ayurveda Aahar, Ayurveda for senior citizens and mental well-being.

An eminent retired professor of Ayurveda, Dr. Shobha G. Hiremath, BSAM, MD (Ay), Ph.D (on Rasa Shastra from BHU, Varanasi), lecturer, ayurvedic doctor and author of textbooks of "Bhaishajya Kalpana", "Rasabhishayana", "Kasadallu unto Oushadi", 'Ayurveda JeevanaShaili' (last two in Kannada), currently visiting Perth, gave a presentation on 'Diabetes Management in Ayurvedic Perspective'.

Dr Vidhu Sharma of Ayurveda for Wellness Clinic in Perth spoke on Ayurveda for mental wellbeing and shared useful tips for maintaining mental health, while Ms Neerja Ahuja, Principal Consultant and Director of the Ayurveda Awareness Centre in Perth spoke about Ayurveda for Holistic Health. Ms Karin Lakshmi Gunthor of Lakshmi Ayurveda Academy narrated as to how we can practice Ayurveda every day and everywhere pertinent to the theme of the event. Ms Karin Lakshmi, originally from Germany, has studied Ayurveda from Manipal University and is providing Ayurvedic treatment at her Clinic in Fremantle, with about a team of ten Ayurvedic practitioners/therapists drawn from various nationalities.

As the global community is set to celebrate the next year 2023 as the International Year of Millets, a special presentation on Ayurveda Aahar (based on millets) was given by Prof Kadambot Siddique, Hackett Professor and Director of The UWA Institute of Agriculture at The University of Western Australia. Dr Parshottam Gera, a neonatal and paediatric surgeon at St John of God Health Care from Perth spoke about Ayurveda and vegetarian lifestyle and narrated his own experiences. Associate Professor Dr. Parwinder Kaur, Director of DNA Zoo Australia; Founder & Chair of WA Genome Atlas as well as Co-Founder, Director & Chief Scientific Officer of biotech start-up Ex Planta Pty Ltd also highlighted the medicinal properties of herbs and plants established scientifically through genome sequencing. Dr. Archie Sharma shared his perspective on Ayurveda and other complimentary therapies for treatment of disorders faced by the millennials. However, due to paucity of time, last two presentations could not be delivered during the event.

All guests and speakers actively participated and greatly appreciated the yoga session and breathing exercises as well as a short meditation session conducted by Mr. Vishwanath Deshmukh of Art of Living Foundation in Perth.

Major highlights of the event were a short skit on Ayurveda presented by the Indian students from the University of Western Australia (UWA) and Curtin University, depicting the origin and benefits of Ayurveda to enjoy a sound mind and a healthy and happy life, and a special herbal tea tasting, with ancient Indian and native Australian ingredients, by 'Teaphoria' run and owned by Ms Prati Bhatt.

The participants greatly welcomed the rich content and contributions of the speakers and students. The tea tasting was a huge draw with each and every guest. The participants also enjoyed the sattvic dishes made mainly from millets/grains. Overall, the event, which was possible due to combined efforts of all practitioners and beneficiaries of traditional system of medicine, was a huge success.

The event was covered widely by community radios, TV and print media, including SBS Punjabi across Australia. In the run-up to the event, experts spoke about the Ayurveda Day on local radio and TV, including on SBS Punjabi, SBS Gujarati, Radio Tarang, Indo-Oz TV, Radio Sangam and Global Chart Radio of Multicultural Society of Western Australia. Special Messages were also received on social media from Dr. Tanuja Nessari, Director, All India Institute of Ayurveda (AIIA), New Delhi; Dr. Rajen Coopan, Ayurvedic Medicine, Natural Medicine and Nutritional Medicine expert from Durban, South Africa; Mr. Paddy Upton, Mental Conditioning Coach of the Indian Men's Cricket Team; and Mr. Ahmad Fikri Zakian, Consul General of Malaysia in Perth.

The Consulate would encourage all followers of natural system of treatment to engage with it for wider dissemination of benefits provided by AYUSH (Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy) through similar outreach events in the coming months.
