

**Remarks of H.E. Ambassador Sibi George delivered at
AYUSH Event - “Enhancing Immunity through Ayurveda Practices.”
on July 23, 20-24**

Prof. Dai Ayusawa, Yokohama University

Prof. Haruo Sugiiura, Aichi Gakuin University

Ms. Aki Niikura, Ayurveda Beauty College

Ms. Yumi Kashiwagi, Director of Patanjali Japan Foundation

Distinguished Guests, Ladies & Gentlemen,

It is a great pleasure to welcome you all in today’s event on a topic that is both timely and vital: “Enhancing Immunity through Ayurveda Practices.” where we embark on a journey to explore the Ayurvedic Practices for health and well being.

Ayurveda, the traditional system of medicine from India, emphasizes a holistic approach to health and well-being. Enhancing immunity is a key aspect of maintaining overall health, and Ayurveda provides various practices and recommendations to strengthen the immune system. In today’s fast-paced world, where health challenges are increasingly prevalent, the ancient wisdom of Ayurveda offers profound insights into how we can strengthen our immune systems naturally and effectively. Ayurveda, with its holistic approach, emphasizes the balance of mind, body, and spirit to achieve optimal health.

The purpose of today’s seminar is to delve into the rich tapestry of Ayurvedic practices designed to enhance our immunity. As we explore various aspects of Ayurveda, from dietary recommendations to daily routines and herbal supplements, we will uncover how these time-honored practices can help fortify our bodies against illness and promote overall wellness.

The Ministry of AYUSH is an integral part of the Government of India, responsible for the promotion and development of traditional systems of medicine. AYUSH is an acronym that stands for **Ayurveda, Yoga & Naturopathy, Unani, Siddha, and Homoeopathy**. These are the traditional systems of medicine practiced in India, each with its unique approach to health and healing. It plays a crucial role in preserving and promoting India's rich heritage of traditional medicine while integrating these practices into contemporary healthcare systems.

Today's event is also a recognition of the longstanding commitment of several experts present in the audience who have been working to promote Ayurveda in Japan with the help of several stakeholders from the Japanese government. India and Japan are natural partners with a Special Strategic & Global Partnership.

I encourage you all to actively engage in today's sessions, ask questions, and share your experiences. This is a unique opportunity to deepen our understanding of Ayurveda and to learn practical strategies that we can incorporate into our daily lives to enhance our health and well-being.

As we embark on this journey today, let us embrace the wisdom of Ayurveda with open minds and hearts. I am confident that by the end of our time together, we will all leave with valuable knowledge and inspiration to apply in our lives.

Thank You for being here. I hope you will find today's event enlightening and enriching. Let's make the most of this enriching experience!

A very Good Evening once again !
