

**Embassy of India**

**Santiago**

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**Remarks of Ambassador Abhilasha Joshi on the occasion of the  
Ayurveda Day 2025 celebrated on 23<sup>rd</sup> September 2025 in collaboration  
with Somos India**

**Distinguished guests, diaspora of India,**

**Dear friends of India in Chile,**

**My colleagues from the Embassy,**

Namaskar and Buenas tardes!!

On behalf of the Embassy of India in Chile, I extend my warm greetings to all of you as we celebrate the **10<sup>th</sup> edition of Ayurveda Day**. This year holds special significance because, beginning from 2025, the Government of India has chosen **23<sup>rd</sup> September** to be observed as **Ayurveda Day** across the world. The date is meaningful as it coincides with the autumnal equinox, when day and night are nearly equal, a natural moment of balance that beautifully reflects the philosophy of Ayurveda, which is harmony between body, mind and nature.

Friends,

The theme this year, “**Ayurveda for People and Planet**”, underlines how Ayurveda is not just about personal well-being but also about our collective responsibility to the Earth. For people, it offers holistic, preventive and rehabilitative approaches to health. For the planet, it teaches us the importance of sustainability, responsible use of resources and respect for ecological balance. In a world facing both health challenges and environmental crises, these values are more relevant than ever.

Friends,

Here in Chile, Ayurveda finds a natural resonance. This country treasures biodiversity, traditional wisdom and the healing power of nature, the principles that Ayurveda has upheld for millennia. I am especially delighted that today's event is organized in collaboration with **Somos India**, one of Chile's premier Ayurveda schools. Their work in spreading Ayurveda in Latin America has been so remarkable that even our **Hon'ble Prime Minister Shri Narendra Modi**, in one of his "**Mann ki Baat**" addresses, praised their efforts for bringing India's ancient wisdom closer to the people of this region. Today, by joining hands with them, we are celebrating not just Ayurveda, but also the friendship and cultural connections between India and Chile.

Moreover, during the State Visit of the President of Chile, **H.E. Gabriel Boric**, to India in April this year, both sides agreed to strengthen collaboration in traditional systems of medicine, including Yoga and Ayurveda. This has marked a significant milestone in our growing partnership, one that links the wisdom of India with Chile's aspirations in advancing integrative health solutions.

Friends,

This afternoon we will experience breathing practices, an engaging quiz on Ayurveda, an exhibition of herbs, books, and photos, and a demonstration of traditional diagnostic methods such as Nadi Pariksha and Jeebha Pariksha by the Somos India team. These are more than rituals as they represent the living tradition of Ayurveda, a science of life that has continued to guide humanity for thousands of years.

Friends,

Ayurveda is also India's contribution to the global ideal of "**Vasudhaiva Kutumbakam**", the belief that **the whole world is one family**. It is our way of sharing with humanity a system of health and wellness that emphasizes prevention, harmony and sustainability.

As we celebrate Ayurveda Day together here in Santiago, I invite each of you to carry a part of this wisdom into your daily lives, through mindful breathing, balanced nutrition, seasonal awareness or sustainable living. These small yet profound practices can help us create not only healthier individuals but also a healthier planet.

On behalf of the Embassy of India, I express my gratitude to the **Ministry of Ayush**, to our partners Somos India and to each of you present here today. Let us celebrate Ayurveda not only as an Indian tradition but as a universal gift that can guide us toward a future of balance, health and harmony.

Muchas Gracias.

Dhanyavaad.

Thank you.