

**Speech by Ambassador Nagma M. Mallick at the 11th Ayurveda Day
Ayurveda for a Healthier Tomorrow - One Health, One Future
23rd September 2026**

Distinguished guests,

Prof. Dr. Rajagopala S., All India Institute of Ayurveda, New Delhi,
Dr. Masahide Aoyama, Founding President of the Ayurveda Society of Japan,
Dr. Tsuyoshi Kitanishi, President of the Ayurveda Society of Japan,
Representatives from Maharishi Ayurveda Foundation
Namaskar and a very warm welcome to the Embassy of India

It gives me great pleasure to welcome you all to the celebration of the **11th Ayurveda Day 2026** here in Tokyo, organised by the Embassy of India.

I am very happy to welcome **Ms. Ai Aoki, Member of Parliament, House of Councillors of the Japanese Government**, who has graciously agreed to participate in today's event.

This year's theme for the 11th Ayurveda Day 2026 is, "**Ayurveda for a Healthier Tomorrow – One Health, One Future.**" It is both timely and meaningful. It invites us to look at health not merely as the treatment of disease, but as a concept that connects individual wellbeing with families, communities, society and the environment.

Ayurveda, with its long-standing emphasis on prevention, balance and healthy living, symbolises this idea. There is growing acceptance of this thinking in Japan.

On the **International Day of Yoga**, in June this year, we saw **around 2000 people attending** the event at the Tsukiji Hongwanji temple in Tokyo. And there was similar enthusiasm in prefectures all around Japan.

It is therefore very encouraging to have with us today leading voices from the **Ayurveda Society of Japan**, as well as **the International Maharishi Ayurveda Foundation**. **HE Mr Minoru Kiuchi, Minister for the Japan Growth Strategy** has sent a congratulatory message on today's event, which will be read out later.

Today's programme brings together perspectives from both India and Japan. I believe such exchanges are important because the future of traditional medicine should be based on **knowledge and meaningful international cooperation**.

Japanese concepts such as moderation, mindfulness, and living in harmony with nature find interesting parallels with Ayurvedic principles.

Today's theme "**One Health, One Future**" also reminds us that the health challenges of tomorrow will require collaboration in healthcare across borders.

I invite our Japanese friends to continue practising Ayurveda, and yoga, and to visit India for wellness tourism.

Ladies and Gentlemen,

The Embassy of India has been committed to promoting awareness of AYUSH systems in Japan. **Our endeavour is to create opportunities** where Indian and Japanese stakeholders can interact and explore avenues of cooperation.

Today's event is another step in that direction.

As we celebrate Ayurveda Day today, let us therefore look ahead by celebrating our shared interest in Ayurveda, and also by asking how we can translate this interest into greater cooperation among us.

I would like to thank all the distinguished speakers and participants for joining us, and especially our Japanese partners for their continued contribution to the promotion of Ayurveda in Japan.

I hope today's programme will provide an enriching exchange of ideas and support spreading more awareness about Ayurveda.

Once again, I welcome you all to the Embassy of India and wish you a

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very meaningful and successful Ayurveda Day 2026.

Thank you.
