

# 7<sup>th</sup> Ayurveda Day Celebration (23<sup>rd</sup> October 2022)

## About Ayurveda Day

Ministry of Ayush, Government of India observes Ayurveda Day every year on Dhanawantari Jayanti (Dhanteras) since 2016. Ayurveda is perceived as one of the most ancient, well documented system of medicine equally relevant in modern times, wherein prevention of disease and promotion of health are both given due consideration. Its holistic approaches whether for healthy individuals or for diseased ones remains unparalleled.

## Objectives of Ayurveda Day (PERFECT)

- Promote Ayurveda into mainstream, globally.
- Explore the potential of Ayurveda to contribute towards National health policy & National Health programmes.
- Reduce the burden of disease and related morbidity and mortality by utilizing the potential of Ayurveda.
- Focus on strengths of Ayurveda and its unique treatment principles.
- Enhance confidence building in public for Ayurveda.
- Create a sense of awareness in today's generation and promote Ayurvedic principles of healing in society.
- To create awareness that Ayurveda is evidence based scientific medical system'

## Ayurveda Day 2022

Ayurveda Day 2022 is being observed on 23rd October 2022. The Ayurveda Day celebrations are being held under the Azadi Ka Amrit Mahotsav keeping an eye on Ayurveda @ 2047.

The theme of this year Ayurveda Day:

**'हर दिन, हर घर आयुर्वेद'**

**'Har Din, Har Ghar Ayurveda'**

**'Ayurveda Everyday, Ayurveda Everywhere' (AEAE)**

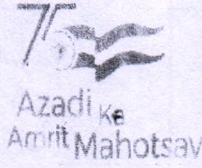


**Jan Sandesh  
Jan Bhagidari  
Jan Aandolan**





Government of India  
Ministry of Ayush



National Commission for  
Indian System of Medicine



ALL INDIA INSTITUTE  
OF AYURVEDA



Ministry of Culture  
Government of India



Ministry of Education  
Government of India

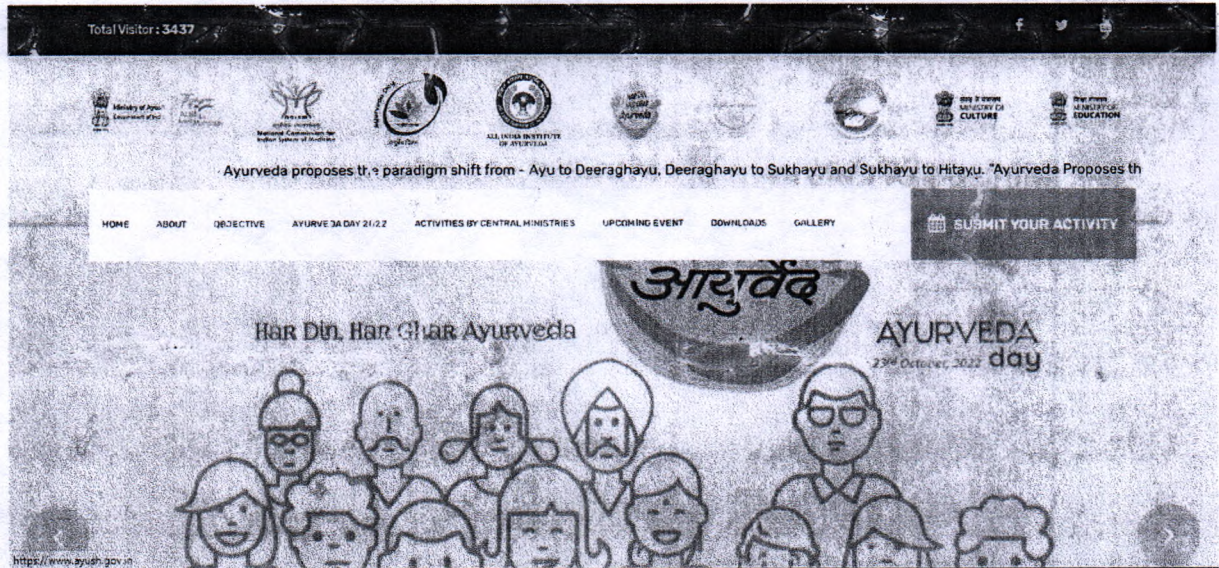


**Ayurveda Everyday, Ayurveda Everywhere**

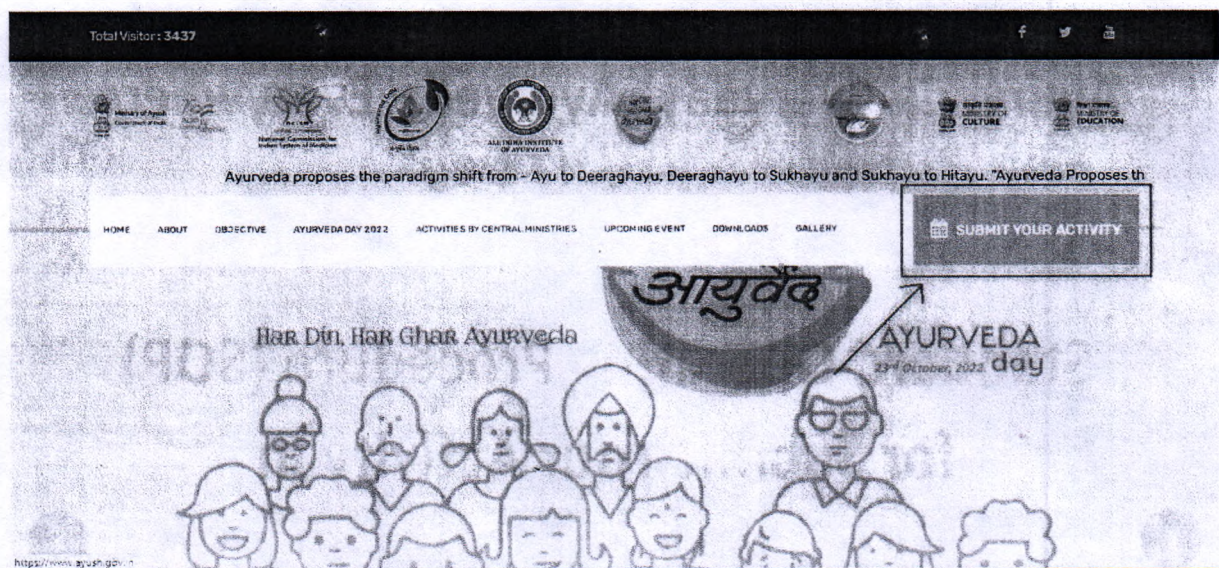
**Standard Operating Procedure (SOP)  
for Submit Your Activity In  
The Ayurveda day Site**

# Standard Operating Procedure (SOP) for submit your activity in “The Ayurveda Day Microsite.”

**Step 1: Please open the Ayurveda day Microsite :** <http://ayurvedaday.in>



**Step 2: Click on “Submit Your Activity” Button :**



## Standard Operating Procedure (SOP) for submit your activity in "The Ayurveda Day Microsite."

**Step 3: For "New Registration" Please click on Add New User (If You Have User Id & Password then Login as mentioned in Step 5 )**

HOME ABOUT OBJECTIVE AYURVEDADAY 2022 ACTIVITIES BY CENTRAL MINISTRIES UPCOMING EVENT DOWNLOADS GALLERY

**Submit Your Activity**

### Login Now

Enter Mail ID\*

Password\*

LOGIN BACK

Lost your password?

Remember me

**ADD NEW USER**

**Step 4: Fill all the details given in Form and Save it :**

**Note:**

- Password must be contains Min 8 character (Upper, Lower, Alphanumeric & Symbols) are mandatory.

**BACK**

### Add New User

User Name \*  
Please Enter User Name Here

Email \*  
Please Enter Email here

Password \*  
Please Enter Password Here

Phone Number \*  
Please Enter Your Phone No Here

Institute Name \*  
Please Enter Your Institute Name Here

**SAVE**

# Standard Operating Procedure (SOP) for submit your activity in "The Ayurveda Day Microsite."

## Step 5: Login Page (If You Have Email id & Password)

HOME ABOUT OBJECTIVE AYURVEDA DAY 2022 ACTIVITIES BY CENTRAL MINISTRIES UPCOMING EVENT DOWNLOADS GALLERY **SUBMIT YOUR ACTIVITY**

### Login Now

Enter EMAIL ID\*

Password\*

→

Lost your password?

Remember me

## Step 6: After Login, Fill all the details given in Form and Save it, for activity submission :

HOME ABOUT OBJECTIVE AYURVEDA DAY 2022 ACTIVITIES BY CENTRAL MINISTRIES UPCOMING EVENT DOWNLOADS **SUBMIT YOUR ACTIVITY**

### Submit Activity Details

Activity Title \*  
Please Enter Activity Title Here

Activity Date \*  
Please Enter Activity Date Here

Activity Theme \*  
Ayurveda For Holistic health

Activity Youtube Video Url (Optional)  
Please Enter Activity Video URL link Here

Activity Type \*  
Exercise

Total No of People Participated \*  
Please Enter Total No of People Participated

Activity Summary  
Please Enter Activity Summary Here

# Standard Operating Procedure (SOP) for submit your activity in "The Ayurveda Day Microsite."

## Step 5: Login Page (If You Have Email id & Password)

HOME ABOUT OBJECTIVE AYURVEDA DAY 2022 ACTIVITIES BY CENTRAL MINISTRIES UPCOMING EVENT DOWNLOADS GALLERY

**SUBMIT YOUR ACTIVITY**

### Login Now

EMAIL ADDRESS

PASSWORD

→

LOGIN

## Step 6: After Login, Fill all the details given in Form and Save it, for activity submission :

HOME ABOUT OBJECTIVE AYURVEDA DAY 2022 ACTIVITIES BY CENTRAL MINISTRIES UPCOMING EVENT DOWNLOADS

**SUBMIT YOUR ACTIVITY**

### Submit Activity Details

Activity Title \*

Activity Date \*

Activity Theme \*

Activity Youtube Video Url (Optional)

Activity Type \*

Total No of People Participated \*

Activity Summary

SUBMIT

## Standard Operating Procedure (SOP) for submit your activity in "The Ayurveda Day Microsite."

Activity Images (Optional)

\* Image should be .jpg, .jpeg and .png format only

Images 1

No file chosen

Images 2

No file chosen

Images 3

No file chosen

Images 4

No file chosen

Organization \*

Central Govt

Name Of Organization \*

Please Enter Org Name Here

Address \*

Please Enter Address Here

Country \*

India

Town / City \*

Please Enter City Here

State \*

Please Enter State Here

District \*

Please Enter District Here

Pincode

Please Enter Pincode Here

SAVE

Activity Title	Mention the name of your activity.
Activity Date	Mention the date when your activity perform.
Activity Theme	Choose the theme of your Activity from drop-down list
Activity Youtube Video URL	If you create any video regarding this activity then upload in youtube and after copy your youtube video link and upload it here.
Activity Type	Choose your type for activity form drop-down list
People Participated	No. of people who participate in this activity.
Activity Summary	Descibe the whole process of your activity.
Activity Images	Activity related images upload here.
Organization	Select the Organization like (Central, state etc) by dropdown.
Name of Organization	Name of the organization who organize this activity.
Address	Mention the complete address where activity perform
Country	Choose the Country's Name (India Or Other)
Town/City	Mention the Town/City
State	Mention the State
District	Mention the District
Pincode	Mention the Pincode



## Standard Operating Procedure (SOP) for submit your activity in "The Ayurveda Day Microsite."

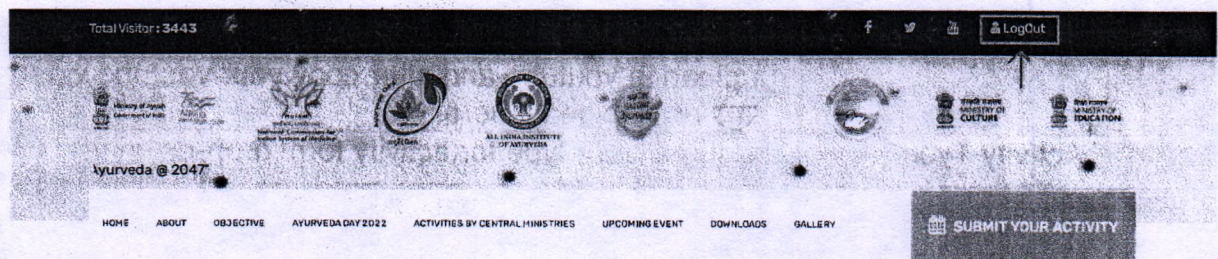
**Step 7: After Save, You can check your submitted activity under Save Button.**

Show 5 entries

ID	Title	Theme	Youtube video Url	Type	People Participated	Summary	Org Name	Org Type	Address	State	City	District
No Data available in table												

Showing 0 to 0 of 0 entries

**Step 8: In last, Please LogOut your account from upper right side.**



# Thank You



Ministry of Ayush  
Government of India



(<https://www.ayush.gov.in/>)



## Ayurveda For Aahar(Grains, Millets/Rules)

26 sep-02 Oct 2022.

9/26/2022	Ayurveda Ahara Ayurveda Chef Competition
9/27/2022	Ayurveda Diet Importance Awareness/Talks
9/28/2022	Awareness progams on importance of Millets in health
9/29/2022	Awareness progams on Ayurveda Diet for Childrens/Youth /Geriatric
9/30/2022	Awareness progams on Seasonal Ayurveda Diet
10/01/2022	Ayurveda Diet for common Symptoms/ Disease
10/02/2022	Ayurveda Diet for Healthy Progeny



## Ayurveda For Senior Citizens

03-09 Oct 2022.

10/03/2022	Ayurveda for Senior Citizens Ayurveda Awareness Talks/Chowpal
10/04/2022	Nukad Natak/Street plays for Health Promotion
10/05/2022	Health Camp for Geriatric Health
10/06/2022	Competition Poem/Eassy/Story Writing Poster/Rangoli/Painting on Geriatric Health Promotion through Ayurveda
10/07/2022	Lectures on Preventive/curative Health/oral Health
10/08/2022	Spiritual Meditation & Rehabilitation/Dada & Dadi Day
10/09/2022	Rasyan/Medhya rasyan/Suppliments - Awareness Programs



## Ayurveda For Mental Wellbeing

10-16 Oct 2022.

10/10/2022	Ayurveda for mental well-being Health camp
10/11/2022	Yoga session for general public
10/12/2022	Spiritual Meditation/Yoga Practice/Pranyam
10/13/2022	Awareness Lectures on Stress Management
10/14/2022	Competition Poem/Eassy/Story Writing Poster/Rangoli/Painting on Mental health promotion through Ayurveda*
10/15/2022	Nukad Natak/Street/Talks plays for Health Promotion
10/16/2022	Spiritual Meditation



## Ayurveda-sharing of experience

17-23 Oct 2022.

10/17/2022	Expert Talks
10/18/2022	Ambassador through ICON
10/19/2022	Mouth Publicity Door to Door Ayurved Aapke Dwar
10/20/2022	Celebrity experience of Ayurveda on Social Media
10/21/2022	Advertisements, Comics, Books, Print media, TV Scrolling
10/22/2022	Ayurveda Ki Baat on AIR (All India Radio)/FM, TVs, social media (Youtube etc)
10/23/2022	Sharing of Patients experience in print/social media

## Links

[Home \(index.php\)](#)

[About \(About\\_us.php\)](#)

[Upcoming Event \(CurrentEvents.php\)](#)

[Ayurveda Day 2022 \(AyurvedaDay2022.php\)](#)