

**Consulate General of India
Jeddah**

Press Release: 10th Ayurveda Day Celebration in Jeddah

- 10th Ayurveda Day celebrations by Consulate General of India, Jeddah, on 02 October 2025 under the global theme “Ayurveda for People and Planet.”
- Presentation of a wholesome Ayurveda experience with a specially curated programme featuring expert talks, an AYUSH exhibition, yoga-natyam performance, and serving of Satvik Aahaar.

The Consulate General of India, Jeddah marked the 10th Ayurveda Day on 02 October 2025 with a vibrant event built around the global theme “Ayurveda for People and Planet.”

2. In his address, the Consul General of India in Jeddah, Shri Fahad Ahmed Khan Suri, emphasized the growing international recognition of Ayurveda as a comprehensive and preventive healthcare system, noting that its principles link personal well-being with environmental harmony. He also highlighted the salient features of the AYUSH Visa, which facilitates travel to India for treatment, rejuvenation, and wellness therapies, and assured the Consulate’s support in assisting friends in Saudi Arabia who wish to experience Ayurveda and other AYUSH systems in India.

3. The event was graced by Padma Shri awardee, Smt. Nouf Al Marwaai, President of the Asian Yogasana Sports Federation and Arab Yoga Committee, who shared how Ayurveda and Yoga provided a life-saving experience for her health, highlighting their importance for human well-being. She praised the Consulate’s efforts to promote these systems in Saudi Arabia, noting that such initiatives strengthen cultural exchange, wellness awareness, and people-to-people ties between the two countries.

4. The event was meticulously curated to showcase Ayurveda’s scientific foundations and cultural depth. Expert talks by healthcare professionals provided insights into Ayurveda’s holistic approach and practical applications in daily life. A yoga-natyam

performance blended postures and rhythmic movement to depict the harmony of body and mind.

5. A dedicated AYUSH exhibition presented informative displays on Ayurveda's history and philosophy, alongside medicinal plants and a range of Ayurvedic products, allowing participants to connect traditional knowledge with contemporary relevance. Continuing a tradition established by the Consulate, participants were served Satvik Aahaar (pure, balanced vegetarian food rooted in Ayurvedic dietary principles) giving them a direct experience of Ayurveda's emphasis on mindful and wholesome living.

6. The celebration witnessed good participation from friends of India in Saudi Arabia, alongside distinguished doctors, healthcare experts, Consulate officials & their families and members of the Indian community. Highlights and glimpses of the 10th Ayurveda Day celebration are available on the Consulate's social media platforms:

X: [@CGIJeddah](#)

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