

**Consulate General of India
Jeddah**

02 November 2021

Press Release

Consulate General of India, Jeddah celebrates Ayurveda Day

Consulate General of India, Jeddah, celebrated Ayurveda Day of India on 2nd November 2021 in association with the Saudi-Indian Healthcare Forum. A webinar was conducted, which was enthusiastically participated by a large number of people from Saudi Arabia and India.

The highly informative and content-rich speeches in different aspects of Ayurveda, delivered by Ayurveda experts from different organizations, were highly appreciated by the audience.

Delivering the keynote address, H.E. Mohd Shahid Alam, Consul General of India, spoke about how India's rich experience in the field of Ayurveda and Indian wellness systems have benefited the humanity around the globe. Dr. Ashraf Amir, President of Saudi Indian Healthcare Forum, Jeddah Chapter, spoke about how holistic health-care and wellness systems like Ayurveda are increasingly needed in today's world. Ms. Nauf Marwaai, President of Saudi Yoga Committee spoke about the healthy lifestyle in harmony with Ayurveda.

Dr. Shalini Rai, Assistant Professor, All India Institute of Ayurveda, New Delhi gave a beautiful overview of the Ayurveda system and its benefits. Dr. Vijith KV from Kerala, India spoke about Ayurvedic Neurological care. Dr. Farsana Rasheed dealt with the External and Cosmetological Ayurvedic care in Saudi Arabia. Mr. Mohd Sarhi, an entrepreneur, shared his experience of visiting India and getting benefited from Ayurvedic treatment. Ms. Indrani Mahto, Head of Wellness team in "Invest India" added the market opportunities aspect of Ayurveda.

The Ayurveda Day celebration was part of CGI Jeddah's celebration of *Azadi Ka Amrit Mahotsav* (75 years of India's independence) and 75 Years of Indo-Saudi Friendship.
