

ICC celebrates Ayurveda Day with special Wednesday Fiesta

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THE Indian Cultural Centre (ICC), in collaboration with the Embassy of India in Qatar, celebrated Ayurveda Day with a special Wednesday Fiesta themed “Ayurveda for People & Planet” at ICC Ashoka Hall. The event underscored the significance of Ayurveda as a timeless science of life and highlighted its role in promoting both holistic health and environmental sustainability.

The programme began with a warm welcome by Ravindra Prasad, ICC Head of Affiliation, who greeted the dignitaries,

special guests, and community members.

The chief guest of the evening, Bindu N Nair, Second Secretary (Information, Culture & Education) at the Embassy of India, addressed the gathering and emphasised the enduring value of Ayurveda in contemporary society. She highlighted how Ayurvedic practices, rooted in natural healing and balance, continue to offer sustainable solutions to the modern world’s health and wellness challenges.

In his presidential address, AP Manikantan, ICC President, stressed the need to adopt Ayurvedic principles



into daily routines, particularly in the areas of diet, lifestyle, and preventive healthcare. He noted that Ayurveda is not only a pathway to individual wellness but also a philoso-

phy aligned with ecological responsibility and sustainable living.

A special session on the theme “Ayurveda for People & Planet” was conducted by Dr.

Fazeeha Ashkar, who elaborated on Ayurveda’s holistic approach to human well-being and its emphasis on harmony between body, mind, and environment. As part of the initiative, medicinal plants were distributed to the attendees, encouraging the community to embrace natural remedies and sustainable health practices.

The event concluded with a vote of thanks delivered by Venkappa Bhagavatula, ICC Head of In-house Activities, who expressed gratitude to the Embassy of India, the guest speakers, community leaders, and volunteers for making the celebration a success.

The occasion was graced by ICC Vice President Shantanu Deshpande, ICC General Secretary Abraham K Joseph, members of the ICC Managing Committee, presidents of associated organisations, and senior leaders of the Indian community. The evening was seamlessly hosted by Manju Manoj, who guided the proceedings with elegance and warmth.

The celebration of Ayurveda Day at ICC not only reflected India’s cultural heritage but also resonated with global calls for healthier living and environmental stewardship, making it a meaningful community event in Doha.