

Press Release- Ayurveda Day 2021

To Celebrate the Ayurveda Day (02 November 2021), the Embassy organized a talk on "Ayurveda for Poshan" by Dr. Jamal Feiz at the Center for Social Action & Women's Empowerment (CASAF), Ministry of Women and the Family, Djibouti. Women receiving vocational trainings at the center attended the event. Mr. Mohammed Ismail, Advisor to the Ministry of Women & Family Affair, in his opening remarks, thanked the Ambassador for the assistance to the Center under Quick Impact Project. Welcoming the organization of the programme on Ayurveda at the Center, he said that the participants would definitely benefit from it.



In his address, Ambassador R. Chandramouli spoke about the ancient wisdom and practices of Ayurveda and highlighted its holistic approach for physical and mental wellbeing of human kind. Ambassador appreciated the effort of the Ministry of Women and the Family for the socio-economic empowerment of Women through vocational training. He also assured CASAF of Embassy's support and cooperation in the completion of training programme under QIP.



Dr. Jamal Feiz, in his talk, spoke about the origin and importance of Ayurveda and highlighted its relevance in the present times. He explained the importance of different herbs, seeds, fruits, vegetables etc. used in Ayurveda and ways to include them in daily diet for better immunity and as cure for common ailments. About 50 people participated in the event.

