

**Embassy of India
Djibouti

Press Release

11th AYURVEDA DAY

The Embassy of India in Djibouti organized 11th Ayurveda Day on 23rd September, 2026. The event was graced by distinguished speaker Mrs Gassira Mohamed, founder of Djibouti Wellness Initiative, members of Arvind Yoga Center, members of Indian diaspora; practitioners/pharmacist in Djibouti promoting Ayurvedic medicine or health products in Djibouti; Ayurveda enthusiasts; friends of India; lovers of Indian Culture; and members of the Embassy. On the occasion, around 50 guests participated and attended the Ayurveda Day.

2. The theme of this year's Ayurveda Day is "Ayurveda for a Healthier Tomorrow", focusing on preventive wellness, lifestyle management, and the integration of traditional knowledge into modern healthcare. India's aim is to promote Ayurveda globally as a robust system of medicine for the welfare of humanity. This year Ayurveda Day is being celebrated in around 150 countries.

3. In the field of Ayurveda, extensive research work is going on to establish the scientific relevance of Ayurveda in promotion of health and treatment of various diseases. Currently, Ayurveda is recognized in as many as 25 countries.

4. On this occasion, Ambassador H.E. M. Keivom highlighted the benefits of Ayurveda and Ayurvedic practices for promoting health and well-being of people. Ambassador highlighted increasing interest among Djiboutians friends in yoga, meditation and Ayurveda which strengthens the bond of friendship between the India and Djibouti. He stressed that Ayurveda is not merely a method of treatment, but a powerful means of a healthy and balanced lifestyle and resolved to embrace this rich heritage even more firmly.

5. On this occasion, distinguished speaker and founder of Djibouti Wellness Initiative, Mrs Gassira Mohamed addressed the gathering and shared the experiences on traditional medicines. Mrs Gassira remarked "Whenever I travel to India, I also enjoy experiencing Ayurveda in another way—through its therapies.

She added, "My favorite treatment is Shirodhara, the beautiful practice in which warm oil flows gently across the forehead."

6. A power-point presentation on Ayurveda was also organized showcasing Ayurvedic herbs and its benefits, aiming to raise awareness about the holistic approach of Ayurveda to health and wellness. Followed by the presentation, Mrs Gassira highlighted the signification of traditional products which she has been using since long in Djibouti and promoting through Djibouti Wellness Initiative. Further, Embassy organized stall to showcase Ayurveda products and herbs and explaining their benefits for overall health wellness.

7. The event was a successful endeavour in promoting Ayurveda in Djibouti. It has not only provided an opportunity for the local Djiboutians and Ayurveda enthusiast to experience the knowledge of Ayurveda but also contributed in strengthening the bilateral relations between the India and Djibouti.




