

The 10th Ayurveda Day was celebrated at CSIR-NEERI Health Centre on 29th September 2025. Dr. Priya Thakare from the Regional Ayurveda Research Centre, Nagpur, delivered a talk on “Obesity and Ayurveda,” elaborating on its causes, pathophysiology, symptoms, complications, and treatment modalities, including lifestyle modification, diet, exercise, and Ayurvedic medicines. She also presented studies on the effectiveness of Ayurvedic treatment, dispelled common myths, and provided personalized guidance to patients. Dr. Shilpa Paranjape, CMO, CSIR-NEERI Health Centre, introduced the concept of Ayurveda Day. The program was well attended, and Mrs. Madhuri Urkudkar, Nursing Staff, proposed the vote of thanks.



