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## 7th National Ayurveda Day Celebrated in State | Madhya Pradesh | 22 Oct 2022

### Why in News?

- On October 21, 2022, the Madhya Pradesh AYUSH Department issued guidelines to the District AYUSH Office regarding the organization of Ayurveda Day and informed that the 7th National Ayurveda Day will be celebrated on October 23 in the state.

### Key points

- This year the theme of National Ayurveda Day has been kept as 'Har Din-Har Ghar Ayurveda' and the program has been designed keeping the theme 'Ayurveda/2047'. On this day, there will be many programs focused on the importance of Ayurveda and at the district level, programs of lectures by knowledgeable experts of Ayurveda will also be organized.
- It is noteworthy that from September 23, various competitions focused on the importance of Ayurveda are being held in the Ayurveda colleges of the state, in which health awareness camp activities are prominent besides speech competition. In the camp, information is being given to the general public about Ayurveda for overall health, Ayurveda diet, in which the usefulness of coarse grains, the utility of Ayurveda for seniors along with the usefulness of Ayurveda for mental health and medicinal to the general public. Information is also being given about the importance of plants.
- It is known that Ayurveda Day is being organized continuously since the year 2016 on the occasion of Dhanvantari Jayanti. There are 7 government Ayurveda hospitals, 1773 AYUSH dispensaries and health wellness centers functioning in the state.