

**Embassy of India
Santiago**

**Speech for Ambassador Abhilasha Joshi on the occasion of the
Integrative Medicine Workshop to be held at the University of Santiago
de Chile (USACH) premises on 23 September 2026 for Ayurveda Day
2026**

Honorable **Rector** of the University of Santiago de Chile, **Dr. Pedro Iván Palominos Belmar**

Honorable **Dean** of the Faculty of Chemistry and Biology, **Dr. Bernardo Morales Muñoz**

Distinguished faculty members, academicians and students present here,

Namaste and Buenos Días,

It is a great pleasure to be with you today at this Workshop on Integrative Medicine - Yoga and Ayurveda, here at the University of Santiago. I warmly welcome all of you who have gathered to celebrate and learn from India's traditional systems of medicine, which continue to inspire people across the world.

India, as many of you know, has been the cradle of profound traditional knowledge systems for thousands of years. Among these, Yoga and Ayurveda stand out as timeless contributions to global health and wellness. Friends, the **Rig Veda** beautifully proclaims- **“let us move together, let us speak together and let our minds be united”**. This spirit of

unity and harmony is the very essence of Yoga, which seeks balance between body, mind and spirit.

Similarly, Ayurveda, often called the “**science of life**”, offers a holistic approach to well-being, emphasizing prevention, harmony with nature and personalized treatment. The basic tenets of Ayurveda are elaborated in two ancient Indian texts namely, **Charaka-Samhita** and **Sushruta-Samhita**. Since its advent, it has passed through different political and socio-cultural phases, while getting enriched by the contribution of different practitioners and scholars who catered the health needs of contemporary societies. I am happy to say that the present form of Ayurveda is the outcome of continued scientific inputs that have gone into the evolution of its principles, theories and guidelines of healthy living and disease management.

Friends and dignitaries,

I am also pleased to share with you that the **Government of India** had decided in 2025 to celebrate the **National Day of Ayurveda** on **23rd September** of every year. The **official theme** for Ayurveda Day 2026 is “**Ayurveda for a Healthier Tomorrow**”, reflecting our commitment to connecting India's ancient wisdom with the evolving healthcare needs of the modern world. This year's celebrations place particular emphasis on three important areas: integrative healthcare for better health outcomes, evidence, research and innovation in Ayurveda, and community well-being and sustainable living. These priorities resonate strongly with our ongoing cooperation with Chile, particularly our efforts to promote evidence-based Ayurveda, encourage academic and scientific collaboration, while exploring its integration into modern healthcare systems. Through such partnerships, we seek to ensure that the benefits of Ayurveda reach wider communities and contribute to a healthier and more sustainable future.

To achieve our shared objectives, the Embassy has been consistently working to translate this vision into reality. In this effort, we have also partnered closely with various Ayurveda promoters in Chile like **Universidad Ayurveda** (UNIAYU) and **Somos India**. These collaborations highlight the growing interest in Ayurveda among Chilean academia and the medical community, and they reaffirm our shared belief that wellness should be accessible to all.

At this point, I would also like to make special mention of **Dr. Susana Urrutia**, a distinguished physician and Ayurveda expert from Chile. She has been a tireless advocate of Ayurveda, integrating its principles into her medical practice here in Chile. She was part of the **Chilean Presidential Delegation** to India in April 2025, where she met with senior officials of the **Ministry of Ayush** to discuss avenues of cooperation. She also represented Chile at the **10th World Ayurveda Congress** held in Dehradun in December 2024, where her pioneering research paper on the **integrative treatment of Parkinson's disease through Ayurveda and allopathic medicine** was widely appreciated. Her work highlights the immense potential of Ayurveda in addressing chronic diseases of modern society, and she is an inspiring bridge between India and Chile in this field.

She is also set to further strengthen her engagement with the global Ayurveda community through her upcoming participation in the **11th World Ayurveda Congress** and AROGYA Expo 2026, scheduled to be held in Bhubaneswar, **Odisha**, in **December 2026**. She will participate as an international delegate and contribute to the International Delegates Assembly, which will explore ways to integrate Ayurveda into healthcare systems worldwide. Her participation will provide another opportunity to share Chile's experience in Ayurveda, showcase her research and further strengthen cooperation between India and Chile in traditional and integrative medicine.

Friends,

Looking ahead, we see a future where Yoga and Ayurveda can be seamlessly integrated into mainstream healthcare systems, offering safe, affordable and effective solutions for people everywhere. For the students present here today, this is not only an opportunity to study a medical science but also to embrace a philosophy of sustainable living. We will continue to work closely with UNIAYU, Chilean universities like USACH, practitioners and institutions to expand exchanges and create platforms for joint research, training and curriculum development, thereby, strengthening the academic and healthcare presence of Ayurveda and Yoga in Chile.

I would like to conclude by recalling the words of the Prime Minister of India **Shri Narendra Modi**, that **“Yoga and Ayurveda are India’s gifts to humanity as ancient solutions for modern lifestyles”**. It is my sincere hope that today’s workshop as a curtain raiser for National Ayurveda Day will inspire all of you to carry forward this wisdom, to build bridges between science and tradition and to promote a culture of holistic health.

I thank the organizers, the Faculty of Chemistry and Biology of the University of Santiago and all the distinguished speakers today for making this event possible.

Muchas gracias.

Thank you.