9th Naturopathy Day: theme 'Prakritik Chikitsa, Swasth Bharat'

Health • Ayush | GS-II | News reference: 18 November 2026 (national celebration)
Prelims: Naturopathy Day, CCRYN, NIN Pune



मौलिक प्रतीकात्मक चित्र: pcsmantra.com

Why in news

The **9th Naturopathy Day** was celebrated across the country on 18 November 2026 under the theme **"Prakritik Chikitsa, Swasth Bharat"**. The national-level celebration was organised by the **Central Council for Research in Yoga and Naturopathy (CCRYN)**, Ministry of Ayush, in collaboration with the **National Institute of Naturopathy (NIN), Pune**, at the **Central Research Institute of Yoga and Naturopathy (CRIYN), Nagamangala, Karnataka**.

Key points

- **Purpose**: the role of naturopathy and yoga in preventive and promotive healthcare; healthy lifestyles and holistic well-being.
- **Messages**: messages from Ayush Minister of State (Independent Charge) Prataprao Jadhav and Ayush Secretary Vaidya Rajesh Kotecha - emphasis on scientific research, health awareness and community participation.
- **Releases**: the ReGEN-Beta Diabetes Lifestyle Trial, "Nature Cure 360" and key research publications.
- **Expansion**: CCRYN's research infrastructure includes CRIYNs at Nagamangala (Karnataka) and **Jhajjar (Haryana)** plus facilities at Rohini (Delhi); NIN Pune's contribution to education, research and training.
- **Guests**: Karnataka Water Resources Minister N. Cheluvarayaswamy as chief guest; Ayush Joint Secretary Alarmelmangai D. as guest of honour.

Prelims practice questions

Question 1: Consider the following statements:
Statement 1: The ninth edition of Naturopathy Day was celebrated in 2026
Statement 2: The 2026 theme was "Prakritik Chikitsa, Swasth Bharat"

Which of the above statements is/are correct?

(a) 1 only

(b) 2 only

(c) Both 1 and 2

(d) Neither 1 nor 2

▼ Answer and explanation

Answer: (c) Both statements are correct.

Question 2: With reference to naturopathy institutions, choose the correct statement:

(a) CCRYN works under the Information and Broadcasting Ministry

(b) The National Institute of Naturopathy (NIN) is in Pune

(c) CRIYN exists only in Delhi

(d) Naturopathy Day keeps the same theme every year

▼ Answer and explanation

Answer: (b) NIN is in Pune; CCRYN works under the Ayush Ministry; CRIYNs are also at Nagamangala and Jhajjar; option (d) is false because the official NIN account describes specific annual themes, not one fixed theme for every year. The 2026 theme is "Prakritik Chikitsa, Swasth Bharat".

FAQ

In short: the 9th Naturopathy Day was celebrated on 18 November 2026 with the theme "Prakritik Chikitsa, Swasth Bharat"; the national event was at CRIYN Nagamangala, Karnataka.

Q: Who organises Naturopathy Day?

CCRYN of the Ayush Ministry, in collaboration with NIN Pune.

Q: What was released on the occasion?

The ReGEN-Beta Diabetes Lifestyle Trial, "Nature Cure 360" and key research publications.

Q: Which centres are part of CCRYN's research infrastructure?

CRIYNs at Nagamangala (Karnataka) and Jhajjar (Haryana), plus facilities at Rohini (Delhi).

Sources

1. PIB/Ministry of Ayush, 9th Naturopathy Day (18 November 2026): https://www.pib.gov.in/PressReleseDetailm.aspx?PRID=2337874&lang=2&reg=48
2. PIB/NIN, annual themes, 13 October 2025: https://www.pib.gov.in/PressReleasePage.aspx?PRID=2178490&lang=2&reg=48