Embassy of India
Yerevan
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Opening Remarks on World Health and Motherhood & Beauty Day

[Yerevan, 07 April 2026]

Namaskar!

Excellencies, Dear friends,

Barev Dzez bolorine! A very good morning to you all! First of all, allow me to congratulate and wish all the wonderful women and girls, a very happy Motherhood and Beauty Day. I am delighted to see this tradition in Armenia whereby an entire month is dedicated to celebrating women. From the International Day of Women on 8th March to 7th April, the Motherhood & Beauty Day, women in their multifarious roles and avatars, are feted and honoured for their vital role in the family and society.

2. Today, we are also celebrating the World Health Day which is celebrated annually to mark the founding of the World Health Organization (WHO) in 1948, focusing on a specific, urgent global health priority. The 2026 theme is *"Together for Health: Stand with Science,"* highlighting the power of scientific collaboration to protect human and planetary health. Combining the two celebrations, today's event is being organized to raise awareness about women's health and encourage them to adopt a healthy lifestyle and self-care. This becomes that much more important as women often tend to neglect their own health as they look after everyone else's. This gets exacerbated in working women as they are, more often than not, juggling their professional responsibilities along with those at home. Despite the great strides ahead, the onus of running the household still majorly falls on women. In addition to societal expectations, biological factors, gender inequality, education, access to health services and quality of healthcare are some of the other factors affecting women's right to health.

Friends,

3. Modern life is wrought with constant change and growing complexities. This presents us with new challenges all the time and to meet those challenges, we must fall back upon our ancient systems and traditional knowledge for leading a healthy life. Yoga is one of them. It needs no introduction. It has been an integral part of Indian civilization and culture since time immemorial. Yoga in Sanskrit means addition or bringing together. Yoga embodies unity of body, mind and soul, thought and action, a holistic approach which is invaluable for our health and well-being. Yoga is not just about exercise, it is a way to discover the

sense of oneness with yourself, the world and nature. Today, not only is Yoga an essential tool in preventive healthcare and lifestyle management, but it is also being used by medical professionals in cancer treatment to aid in recovery and palliative care. The celebration of the International Day of Yoga on 21st June every year is a very effective and popular way to share this ancient knowledge with immense potential with the world at large.

4. Like Yoga, Ayurveda is another ancient Indian traditional knowledge system which has caught global attention due to its relevance in addressing modern healthcare and wellness challenges. Ayurveda is rooted in harmony with nature, and it advocates preventive, promotive, curative and rehabilitative health approaches which are people-centric and environmentally responsible. The foundation of strong health lies in disciplined living, chemical free natural foods and living in alignment with nature. When person lives in sync with nature and contributes to its well-being, the health of the planet also improves. A combination of Ayurveda and Yoga ensures good health, longevity and a balanced life. As our Hon'ble PM Shri Narendra Modi said, it can rightly be called *"a holistic human science"*.

5. In addition to organizing the International Day of Yoga, the Government of India, through the Ministry of AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homoeopathy) has been promoting and popularizing Ayurveda as a system of holistic health and wellness through education, capacity building, R&D of new therapies and drugs, use of information technology to spread information on Ayurveda, international cooperation and collaboration with international bodies and research centres. The development of global standards through the International Organization for Standardization is enhancing international acceptance of Ayurveda. Last year, the WHO and the Government of India co-hosted the second *"WHO Global Summit on Traditional Medicines"* in New Delhi from 17-19 December 2025 under the theme: *"Restoring Balances: The Science and Practice of Health and Well-being"*. This initiative is going a long way in popularizing the traditional systems of medicine for the betterment of the individual and ultimately the planet. As the world embraces Yoga and Ayurveda with enthusiasm, we hope to continue to promote global health, peace, compassion and universal brotherhood.

6. As part of today's event, there will be a yoga session concentrating on women's health. I would like to thank all our partners and speakers for their contribution in organizing today's event. A special thanks to the UNFPA Armenia for taking the lead in organizing this event.

Shnorakalutyun! Namaskar!

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