

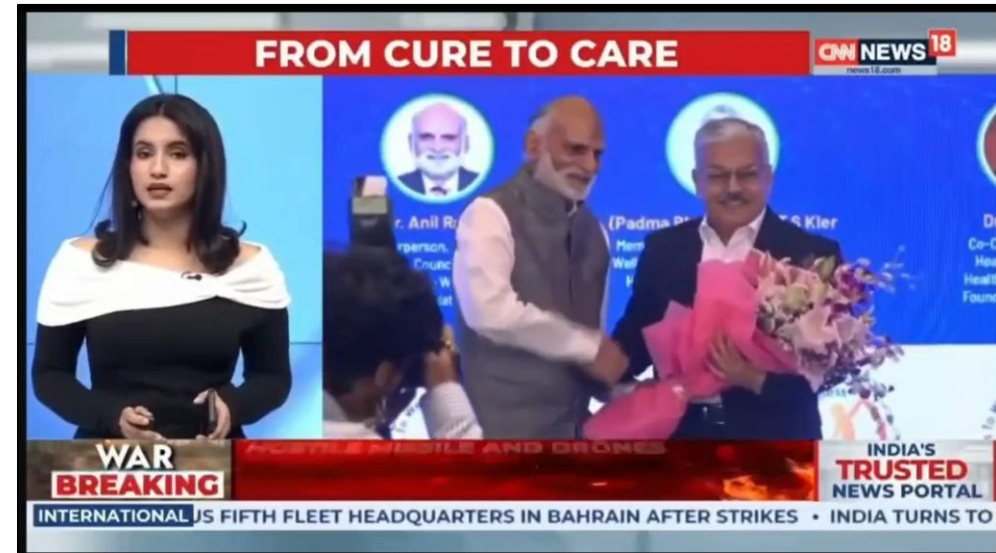
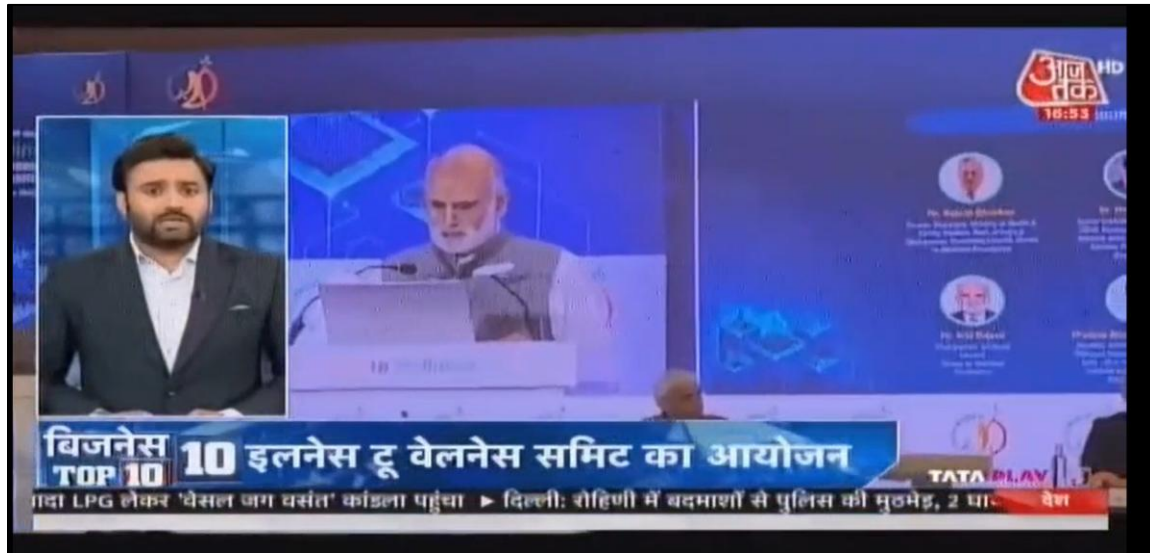


Coverage Report- **Illness to Wellness** Summit

Sr. No.	Publication	Headline
1	Aaj Tak	इलनेस टू वेलनेस समिट का आयोजन
2	CNN News 18	FROM CURE TO CARE
3	News X	INDIA ADVANCES HOLISTIC HEALTHCARE
4	ETV Bharat	Experts: Healthcare in India must move beyond curative treatments to include preventive and holistic health
5	The Times of India	Future of healthcare lies in daily routines, food habits: Experts
6	The Pioneer	Digital Push meets Traditional Wisdom
7	Dainik Bhaskar	तकनीक से भारत की पारंपरिक स्वास्थ्य व्यवस्था को मान्यता संभव : जाधव
8	Dainik Bhaskar	हेल्थकेयर में बचाव और सम्पूर्ण स्वास्थ्य को शामिल करने की
9	Rajasthan Patrika	इनोवेशन और टेक्नोलॉजी से मजबूत होगा भारत का हेल्थकेयर सिस्टम
10	Hindustan	हेल्थकेयर में टेक्नोलॉजी और संपूर्ण स्वास्थ्य भी शामिल हो
11	The Pioneer	Jadhav addresses Illness to Wellness summit

12	The Statesman	Prevention, not just cure, key to India's health future: Experts
13	Millenium Post	Tech can bring scientific credibility to India's traditional healthcare systems: AYUSH Minister
14	Millenium Post	Healthcare in India must move beyond curative treatments to include preventive, holistic health
Online		
15	ET Edge Insights	Healthcare in India must move beyond curative treatments to include preventive and holistic health: Experts
16	The Print	रोगों से बचाव एवं स्वास्थ्य को बढ़ावा देने का मॉडल अपनाने की जरूरत: विशेषज्ञ
17	Health&Me	India Must Integrate Technology To Build Preventive, Holistic Healthcare: Experts
18	BW Healthcare World	India's Healthcare Must Shift From Treatment To Prevention, Say Experts
19	BW Healthcare World	Holistic Healthcare Takes Centre Stage At Illness To Wellness Summit
20	UNI	Prevention, not just cure, key to India's health future: Experts
21	Navodya Times	रोगों से बचाव एवं स्वास्थ्य को बढ़ावा देने का मॉडल अपनाने की जरूरत: हेल्थ एक्सपर्ट
22	News Drum	Healthcare must shift focus from treatment to prevention, holistic well-being: Experts

Broadcast-





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BREAKING NEWS

THEME: ADVANCING THROUGH INNOVATION, TECH

4th Annual Summit on Illness to Wellness
ADVANCING HOLISTIC HEALTH THROUGH INNOVATION, TECHNOLOGY AND TRADITION
Friday, 27th March 2026, New Delhi

#WestAsiaWar
Abu Dhabi: Fires broke out in the city's Khalifa Economic Zones

नई दिल्ली

डॉक्टर मनोज नेसारी
पूर्व सलाहकार, आयुष मंत्रालय

WELCOM
4th Annual Summit
Illness to Wellness
ADVANCING HOLISTIC HE
TECHNOLOGY
Friday, 27th Mar
BHARAT

Future of healthcare lies in daily routines, food habits: Experts

TIMES NEWS NETWORK

New Delhi: India's healthcare system must urgently pivot from a treatment-first approach to one rooted in prevention, healthy lifestyles and community-led care, experts said at a national summit on holistic health held in the capital on Friday.

Warning of a sharp rise in lifestyle diseases driven by urbanisation, stress and sedentary habits, policymakers and clinicians called for integrating health into everyday spaces—homes, schools and workplaces—rather than confining it to hospitals. The consensus was that the future of healthcare lies as much in daily routines and food habits as in clinics.

Delivering the keynote address, former Union health secretary Rajesh Bhushan said healthcare must extend beyond curative services to include preventive, promotive and rehabilitative care, much of which takes place within communities. Given India's vast and diverse population, he emphasised the need to foster "health-seeking behaviour" through local initiatives, while leveraging both modern medicine and traditional systems under AYUSH.

A key theme of the summit was the convergence of tradition and technology. Experts highlighted the growing role of digital public health infrastructure, including the Ayushman Bharat Digital Mission and ABHA IDs, in enabling integrated and data-driven care. Emerging tools such as artificial intelligence, they said, could significantly improve early detection and healthcare efficiency.

Experts also stressed that preventive healthcare cannot succeed without sustained behavioural change. "The real shift is from managing disease to building a culture of health ownership," said Dr Ravi Gaur, underscoring the need for awareness and long-term engagement beyond clinical settings.

Traditional knowledge systems received strong endorsement, with speakers advocating the mainstreaming of yoga, nutrition, seasonal diets and Ayurveda. Health, they said, should be viewed not merely as the absence of disease but as a state of physical, mental and social well-being aligned with one's environment.

Cardiologist Dr TS Kler cautioned that a large proportion of premature deaths in India are linked to lifestyle and environmental risk factors, making prevention and awareness as critical as treatment.

The discussions also highlighted mental health, workplace stress and student well-being as emerging public health priorities, alongside the expanding role of telemedicine and digital platforms in widening access to care.

THE TIMES OF INDIA



तकनीक से भारत की पारंपरिक स्वास्थ्य व्यवस्था को मान्यता संभव : जाधव

नई दिल्ली | इलनेस टू वेलनेस फाउंडेशन द्वारा 'इनोवेशन, टेक्नोलॉजी और परंपरा के माध्यम से समग्र स्वास्थ्य में प्रगति' विषयक सम्मेलन आयोजित किया। इसमें केंद्रीय आयुष राज्य मंत्री प्रतापराव गणपतराव जाधव ने कहा कि डिजिटलाइजेशन से भारत की सदियों पुरानी स्वास्थ्य व्यवस्था को वैज्ञानिक रूप से प्रमाणित किया जा सकता है।

जीवनशैली से जुड़ी बीमारियों में वृद्धि देखने को मिल रही है। इससे समग्र स्वास्थ्य सेवा ज्यादा अहम हो गई है।

ऐसे में इसको अस्पताल और इलाज तक ही सीमित नहीं रखा जा सकता। इसकी शुरुआत घर, जीवनशैली और रोजमर्रा की आदतों से होनी चाहिए। सरकार व्यापक स्वास्थ्य सेवा प्रणाली को मजबूत कर रही है। देश में हेल्थ

एंड वेलनेस सेंटर का विस्तार किया जा रहा है। नई और टेक बेस्ड हेल्थकेयर सॉल्यूशंस के उपयोग को बढ़ावा दिया जा रहा है।

फाउंडेशन की एडवाइजरी काउंसिल के चेयरपर्सन अनिल राजपूत ने कहा कि बड़े पैमाने पर अपनाने योग्य और प्रमाण आधारित हेल्थकेयर सिस्टम को विकसित करने के लिए पारंपरिक चिकित्सा को उभरती हुई तकनीकों

के साथ जोड़ना जरूरी है। इससे जमीनी स्तर पर लोगों के व्यवहार में बदलाव लाने में भी मदद मिल सकती है। भारत आयुर्वेद, योग, यूनानी, सिद्ध और होम्योपैथी जैसी पारंपरिक चिकित्सा पद्धतियों के माध्यम से समग्र उपचार प्रणाली में अग्रणी रहा है। सम्मेलन में हेल्थकेयर प्रोफेशनल्स, इंडस्ट्री लीडर और शिक्षाविदों ने हिस्सा लिया।



Digital Push Meets Traditional Wisdom: India's Holistic Healthcare Vision Takes Centre Stage at ITW Summit



Mr. Rajesh Bhushan, Former Secretary, Ministry of Health & Family Welfare, Government of India and Chairman, Governing Council, Illness to Wellness Foundation



Dr. Manoj Mehat, Senior Chief Medical Officer (SAC), CGHS, Ministry of Health & Family Welfare, Government of India



Mr. Anil Rajput, Chairman, Advisory Council, Illness to Wellness Foundation



(Palma Bhushan) Dr. T S Kher, Member, Advisory Council, Illness to Wellness Foundation and Chairman & HOD - BCK-Heart & Vascular Institute



Dr. Ravi Gaur, Co-Chair, FICCI Digital Health Task Force & Healthcare Awards and Founder - DRG Pura Lab

As India grapples with a rising burden of lifestyle diseases and evolving healthcare needs, policymakers and health experts are increasingly turning toward a blended model—one that combines cutting-edge technology with the country's deep-rooted traditional knowledge systems. This vision took centre stage at the 4th Annual Summit on "Advancing Holistic Health through Innovation, Technology and Tradition," organised by the Illness to Wellness Foundation, where industry, government and healthcare outlined a roadmap for shifting India's healthcare focus from treatment to prevention.

Setting the tone for the summit, Pragrao Ganpatrao Jadhav, Union Minister of State (Independent Charge) for the Ministry of AYUSH, Government of India, emphasised that India's traditional systems such as Ayurveda, Yoga, Unani, Siddha and Homoeopathy have long promoted a balance between mind, body and soul. He noted that when these systems are combined with modern medicine, they can help move healthcare beyond treatment toward complete well-being, highlighting the growing prevalence of lifestyle diseases like diabetes and hypertension. He underlined that healthcare must begin at home, through daily habits and preventive practices, while also leveraging technology to scientifically validate and globalise India's traditional knowledge.

Building on this perspective, Rajesh Bhushan, former Secretary, Ministry of Health & Family Welfare, Government of India and Chairman, Governing Council, Illness to Wellness Foundation, stressed the need to redefine healthcare beyond curative approaches. He noted that health care must include preventive, promotive, palliative, and rehabilitative aspects many of which are rooted in community settings. With India's vast and diverse population, he highlighted the importance of strengthening health-seeking behaviour and integrating public and private healthcare systems with traditional AYUSH practices. Bhushan also pointed to the growing role of digital infrastructure including initiatives like ABDM and ABHA, along with artificial intelligence, in improving efficiency, interoperability, and access to healthcare services.

Reinforcing the importance of convergence, Anil Rajput, Chairman, Advisory Council, Illness to Wellness Foundation, said that integrating traditional knowledge with modern medicine and emerging technologies is key to building an evidence-based, scalable healthcare model. He emphasised that policy alignment alone is not enough, and that community-level awareness and behavioural change are critical to driving the shift from illness to wellness.

Adding a deeper perspective on holistic health, Dr. Manoj Mehat, Senior Chief Medical Officer (SAC), CGHS, Ministry of Health & Family Welfare, Government of India and former Advisor, Ministry of AYUSH, highlighted traditional Indian concepts such as *ahimsa* and *swasthya*, explaining that true health goes beyond the physical. He stated that a healthy individual is one who is physically fit, mentally balanced, well-adjusted, and aligned with their natural state, while also contributing meaningfully to society and the environment.

Further emphasising the need for integrated care, Dr. T S Kher, Chairman & HOD, BCK-Heart & Vascular Institute, said that healthcare systems must not only treat diseases but also build awareness around prevention, noting that many premature deaths today are linked to lifestyle and environmental risks. Echoing the call for a systemic shift, Dr. Ravi Gaur, Co-Chair, FICCI Digital Health Task Force & Healthcare Awards and Founder - DRG Pura Lab, highlighted the importance of creating a culture of health ownership, stressing that stakeholders must focus on awareness, self-led preventive, person-centric healthcare.

Engaging Young Minds: Drawing Competition Highlights
A key highlight of the summit was the student drawing competition organised by the Illness to Wellness Foundation, reflecting its ongoing



L to R - Mr. Sarbosh Kumar, Founder, Sarbosh Yoga Foundation; Ms. Ishi Khosla, Founder, Celus Society of India; Dr. Ishwari Vaswani, Professor, Center for Yoga; Dr. Rajesh Kumar, Member, Advisory Council, IITP; Neelja Shikha Prakash, Ayurvedic Consultant and Dr. Brindra Sharma, Director (R2025), Government of NCT of Delhi



L to R - Dr. Sneha Sharma, Founder, Ananya Healthcare; Dr. Rajesh Kumar, Member, Advisory Council, IITP; Dr. (Prof.) Mira Chandra, HOD Psychiatry, Dr. JIM, Hospital; Ms. Richa Sharma, Founder, Rangya International School; Dr. Rajul Shah, Principal, Rangya International School; and Ms. Sneha Chandra, Director of Global Operational Wellbeing, Telepractone



Mr. Pragrao Jadhav, Union Minister of State (I/C), Ministry of Ayush & Minister of State for Health and Family Welfare, Government of India, under the leadership of Prime Minister Narendra Modi, is committed to strengthening the integrated healthcare ecosystem. "Today, healthcare is not limited to hospitals; it must begin at home for individuals to focus on their overall well-being," Jadhav said while addressing virtually the 4th Annual Illness to Wellness Summit in the national Capital. The Hon'ble Minister appreciated the efforts of the Illness to Wellness Foundation, FICCI, and The Pioneer for organising the summit.

commitment to grassroots engagement. The initiative, which has reached over 150 schools and nearly 40,000 students across the NCR region over the past three years, aims to instill awareness about health, hygiene, and environmental responsibility among young minds. This year's competition saw participation from more than 100 schools across Delhi, with students presenting creative interpretations of themes such as health and hygiene, air pollution, and environmental sustainability. Notably, the event also encouraged participation from specially abled children, reinforcing inclusivity in public health awareness efforts. The summit featured a dedicated award ceremony recognising the winning entries, alongside a showcase of selected artworks that highlighted both creativity and consciousness around wellness.

Deep-Dive Discussions: From Mental Health to Digital Care
Beyond keynote addresses and ceremonial segments, the summit hosted a series of thematic sessions exploring critical dimensions of holistic health. One of the central discussions, titled *Mindful Living: Mental Health for Work, Learning, and Life*, focused on the growing importance of mental well-being in an increasingly high-pressure world. Experts highlighted the need to address stress, burnout, and emotional resilience across workplace and educational institutions. The conversation underscored the importance of building supportive environments and normalising mental health discussions as part of everyday life. Another key session on *Digital Health for All* explored the challenges and opportunities of digital health delivery. Panelists discussed the role of telemedicine, digital health infrastructure, and AI-driven systems in enabling early diagnosis, improving accessibility, and making healthcare more efficient and patient-centric. The discussion reinforced that digital tools are not just enablers of treatment but critical drivers of preventive care. The third major session, *"Integrating Traditional Practices for a Healthier Lifestyle"*, brought the spotlight back to India's rich heritage of wellness practices. Experts explored how yoga, meditation, Ayurveda, and nutrition can be seamlessly integrated into modern healthcare systems. The panel also discussed how digital platforms can help revive and scale these traditional practices, making them more accessible to contemporary audiences.



L to R - Dr. Ravi Gaur, Co-Chair, FICCI Digital Health Task Force & Healthcare Awards and Founder - DRG Pura Lab; Dr. Sneha Sharma, Founder, Ananya Healthcare; Dr. S. S. Mohan, Head Health-IT, ABDO; Dr. Sudhi Kumar, Member, Advisory Council, IITP; Dr. Prashant Kumar, Director, Sanketika; Dr. K. Ramesh Babu, Member, FICCI Health Services Committee; Dr. Kausikendra Singh, Cluster Head Operations, Motherhood Hospitals and Dr. Prashant Kulkarni, Expert, Digital Health

R to L - Prof. Nirmal Kumar Gargya, Former Director General, CBIR; Mr. Sushil Kumar, Former Secretary, Ministry of Mines; Mr. Anil Rajput, Chairman, Advisory Council, Illness to Wellness Foundation and Dr. Pragrao Ganpatrao Jadhav, Union Minister of State (Independent Charge) for the Ministry of AYUSH, Government of India and former Advisor, Ministry of AYUSH, Government of India. The summit was a collaborative effort involving the Illness to Wellness Foundation and the Physical Education Foundation of the Faculty of Physical Education, who participated in the drawing competition organised by the Illness to Wellness Foundation.

A Converging Vision for India's Health Future
Across sessions and speeches, a common thread emerged: the urgent need to redefine healthcare in India. Rapid urbanisation, changing lifestyles, and rising stress levels are contributing to an increase in burden of chronic diseases, making preventive and holistic approaches more critical than ever. The summit highlighted that the future of healthcare lies in convergence—combining cutting-edge technology with time-tested traditional knowledge, supported by strong policy frameworks and community participation. From digital health ecosystems to lifestyle interventions, from institutional reforms to grassroots awareness, the discussions pointed toward a multi-pronged approach to building a healthier nation. Equally important was the emphasis on shifting mindsets: moving from reactive treatment to proactive wellness, from hospital-centric care to community-driven health, and from isolated interventions to integrated systems. As stakeholders across government, healthcare, academia, and industry came together, the 4th ITW Summit reinforced a powerful message: India's path to a healthier future will not lie in choosing between tradition and technology, but in harmonising both to create a more inclusive, preventive, and sustainable healthcare ecosystem.

हेल्थकेयर में बचाव और सम्पूर्ण स्वास्थ्य को शामिल करने की जरूरत : विशेषज्ञ

नई दिल्ली। हेल्थकेयर सिर्फ इलाज तक ही सीमित नहीं, बचाव और देखभाल भी इसका हिस्सा है। केंद्रीय स्वास्थ्य और परिवार कल्याण मंत्रालय के पूर्व सचिव और इलनेस टू वेलनेस फाउंडेशन की गवर्निंग काउंसिल के चेयरपर्सन राजेश भूषण ने दिल्ली में इनोवेशन, टेक्नोलॉजी और परंपरा के जरिए सेहतमंद हेल्थ समिट में यह कहा। उन्होंने कहा कि शहरीकरण, बदलती लाइफस्टाइल, बढ़ता स्ट्रेस लेवल और स्क्रीन टाइम पुरानी बीमारियों के बोझ को बढ़ा रही हैं।

समिट में नीति निर्माता, डॉक्टर, पब्लिक हेल्थ एक्सपर्ट और इंडस्ट्री लीडर शामिल हुए। उन्होंने कहा कि हमारी 140 करोड़ से ज्यादा की आबादी पर फोकस करने वाले प्रोग्राम और इलनेस टू वेलनेस फाउंडेशन जैसे संगठनों के जरिए हेल्थ चाहने वाले व्यवहार का कल्चर बनाने से फायदा हो सकता है। आर्टिफिशियल इंटेलिजेंस और मशीन लर्निंग जैसी टेक्नोलॉजी, आयुष्मान भारत डिजिटल मिशन और आयुष्मान भारत हेल्थ अकाउंट जैसे डिजिटल पब्लिक हेल्थ

इंफ्रस्ट्रक्चर सिस्टम के साथ मिलकर हेल्थकेयर डिलीवरी को एफिशिएंसी और क्वालिटी को बेहतर बना सकते हैं। फाउंडेशन की एडवाइजरी काउंसिल के चेयरपर्सन अनिल राजपूत ने कहा कि समिट की थीम इनोवेशन, टेक्नोलॉजी और ट्रेडिशन के जरिए होल्स्टिस्टिक हेल्थ को आगे बढ़ाना थी। हमारे सामने असली चुनौती यह है कि बीमारी को कैसे रोका जाए। सैनियर चीफ मेडिकल ऑफिसर डॉ. मनोज नेसारी ने भी विचार व्यक्त किए।

राजस्थान पत्रिका

इनोवेशन और टेक्नोलॉजी से मजबूत होगा भारत का हेल्थकेयर सिस्टम

नई दिल्ली@पत्रिका. हेल्थकेयर सिर्फ इलाज के इलाज तक ही सीमित नहीं है। इसमें बचाव, बढ़ावा देने वाली, दर्द कम करने वाली और ठीक करने वाली देखभाल शामिल है। राजेश भूषण, पूर्व सेक्रेटरी, मिनिस्ट्री ऑफ हेल्थ एंड फैमिली वेलफेयर ने इनोवेशन, टेक्नोलॉजी और परंपरा के जरिए पूरी तरह से सेहतमंद हेल्थ को आगे बढ़ाना पर आयोजित चौथे सालाना समिट में अपने मुख्य भाषण में यह बात कही। उन्होंने बताया कि हमारी 1.4 बिलियन से ज्यादा की आबादी, जिनकी हेल्थ की जरूरतें और पहुंच की चुनौतियां अलग-अलग हैं, उन्हें समुदाय पर

फोकस करने वाले प्रोग्राम और इलनेस टू वेलनेस फाउंडेशन जैसे संगठनों के जरिए हेल्थ चाहने वाले व्यवहार का कल्चर बनाने से काफी फायदा हो सकता है। आर्टिफिशियल इंटेलिजेंस और मशीन लर्निंग जैसी टेक्नोलॉजी, आयुष्मान भारत डिजिटल मिशन और आयुष्मान भारत हेल्थ अकाउंट जैसे डिजिटल पब्लिक हेल्थ इंफ्रास्ट्रक्चर के सिस्टम के साथ मिलकर हेल्थकेयर डिलीवरी की एफिशिएंसी और क्वालिटी को बेहतर बना सकती है। जिससे इंटरऑपरेबिलिटी, लॉन्जिट्यूडिनल हेल्थ रिकॉर्ड और एक ज्यादा इंटीग्रेटेड हेल्थकेयर इकोसिस्टम बनता है।

हेल्थकेयर में टेक्नोलॉजी और संपूर्ण स्वास्थ्य भी शामिल हो

नई दिल्ली। हेल्थकेयर सिर्फ बीमारी के इलाज तक ही सीमित नहीं है। इसमें बचाव, बढ़ावा देने वाली और ठीक करने वाली देखभाल शामिल है, जिसका ज्यादातर हिस्सा समुदाय के अंदर होता है। यह बात पूर्व केंद्रीय स्वास्थ्य सचिव और इलनेस टू वेलनेस फाउंडेशन की गवर्निंग काउंसिल के चेयरपर्सन राजेश भूषण ने नई दिल्ली में “इनोवेशन, टेक्नोलॉजी और परंपरा के ज़रिए पूरी तरह से सेहतमंद हेल्थ को आगे बढ़ाना” पर आयोजित समिट में कही। इलनेस टू वेलनेस फाउंडेशन की एडवाइजरी काउंसिल के चेयरपर्सन, अनिल राजपूत ने कहा, दशकों से, सिस्टम बीमारी के इलाज पर फोकस करते रहे हैं। असली चुनौती यह है कि बीमारी को कैसे रोका जाए और लोगों को स्वास्थ्य और ज़्यादा संतुलित जीवन जीने में कैसे मदद की जाए।

Jadhav addresses Illness to Wellness summit

GYANVI SHARMA ■ New Delhi

Union Minister of State for Health and Family Welfare Prataprao Jadhav on Friday said the Government of India under leadership of Prime Minister Narendra Modi is committed to strengthening the integrated healthcare ecosystem.

“Today, healthcare is not limited to hospitals; it must begin at home for individuals to focus on their overall well-being,” Jadhav said while addressing virtually the 4th Annual Illness to Wellness Summit in the national Capital.

The MoS (Independent Charge) for Ayush Ministry appreciated the efforts of the Illness to Wellness Foundation, FICCI, and The Pioneer for organising the summit.

Delivering the keynote address, former Health Secretary Rajesh Bhushan stressed that healthcare must go beyond treatment and include prevention, promotion and rehabilitation. He



SHRI PRATAPRAO JADHAV
MINISTER OF STATE FOR HEALTH AND FAMILY WELFARE OF INDIA

highlighted the importance of community-level health awareness, especially in a country as diverse as India while pointing to the role of digital initiatives like the Ayushman Bharat Digital Mission (ABDM) and ABHA in improving access, efficiency and continuity of care.

The summit, themed “Advancing Holistic Health through Innovation, Technology, and Tradition,” focused on the need to shift from a reactive healthcare system to a more preventive

and personalised approach. Anil Rajput, Chairperson of the Advisory Council; Illness to Wellness Foundation, said that true progress lies in helping people adopt healthier lifestyles in their daily routines at home and at work.

Highlighting the role of traditional knowledge, Dr Manoj Nesari explained the concepts of aarogya and swasth, noting that health is a balanced state of physical, mental, and environmental well-being. He stressed the



(L-R) (Padma Bhushan) Dr T S Kler, Member, Advisory Council, Illness to Wellness Foundation and Chairman & HOD - BLK-Max Heart & Vascular Institute & Chairman Pan Max - Electrophysiology; Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation; Rajesh Bhushan, Former Secretary, Ministry of Health & Family Welfare, Government of India & Chairperson, Governing Council, Illness to Wellness Foundation; Dr Manoj Nesari, Senior Chief Medical Officer (SAG), CGHS, Ministry of Health & Family Welfare, Government of India and Former Advisor, Ministry of AYUSH, Government of India and Dr Ravi Gaur, Co-Chair, FICCI Digital Health Task Force & Healthcare Awards and Founder - DRG Path Lab at the inaugural session of 4th Annual Summit on Illness to Wellness held in New Delhi

importance of nutrition, seasonal diets, surroundings and sustainable living practices.

Cardiologist Dr T S Kler raised concerns about the growing impact of lifestyle diseases and called for an integrated healthcare model that combines modern medicine

with traditional systems like Ayurveda, along with greater public awareness.

In an engaging moment during the event, Dr. Ishwar V. Basavaraddi; Ministry of Ayush, Govt of India led participants through a brief session of breathing exercises

and light stretching for about five minutes. The activity accentuated how simple mindfulness practices can help reduce stress and improve focus in everyday life.

The discussions also touched on mental health, particularly among students and working professionals and the need for supportive environments in schools and workplaces. Experts emphasised early intervention, open conversations, and the inclusion of wellness practices such as yoga and meditation.

The event closed with a strong emphasis on collaboration and awareness, with speakers agreeing that lasting change in healthcare will depend on everyday choices, community participation, and a balanced integration of modern medicine with traditional practices. The panel discussions reinforced that building a healthier India requires not just better systems, but a shift in mindset towards prevention and overall well-being.

Prevention, not just cure, key to India's health future: Experts

STATESMAN NEWS SERVICE
New Delhi, 27 March

India's healthcare system must shift its focus from treating illness to preventing it, former Health Secretary Rajesh Bhushan said on Friday, underlining the need for a broader,

community-driven approach as lifestyle diseases rise.

Speaking at a health summit in New Delhi hosted by Wellness Foundation, Bhushan said healthcare "is not limited to curative treatments" but also encompasses preventive, promotive, palliative, and rehabilitative care, much of which happens outside hospitals. His remarks come at a time when rapid urbanisation, sedentary lifestyles and rising stress are driving an increase in

chronic conditions across the country.

Bhushan pointed to the challenge of delivering care to a population of over 1.4 billion with uneven access, arguing that building health-seeking behaviour at the community level is critical.

He added that India's mixed healthcare system, spanning public and private providers as well as traditional systems, offers an opportunity to create a more integrated model.

Technology, he said, can play a key role if aligned with public health goals. Tools such as artificial intelligence and digital health infrastructure, including the Ayushman Bharat Digital Mission (ABDM), could improve efficiency and continuity of care through

SPEAKING AT A HEALTH SUMMIT IN NEW DELHI HOSTED BY WELLNESS FOUNDATION, BHUSHAN SAID HEALTHCARE "IS NOT LIMITED TO CURATIVE TREATMENTS" BUT ALSO ENCOMPASSES PREVENTIVE, PROMOTIVE, PALLIATIVE, AND REHABILITATIVE CARE, MUCH OF WHICH HAPPENS OUTSIDE HOSPITALS.

interoperable health records.

Experts at the summit echoed the need to move towards prevention-led systems, highlighting the role of daily habits, workplaces and local environments in shaping health outcomes.

"The future of healthcare must be built in our homes, our kitchens, our schools, our workplaces and our daily routines. We must move from a system that reacts to illness towards a society that actively works towards wellness, beyond treating symptoms to recognising differences in lifestyle,

environment, and personal health profiles," said Anil Rajput, Advisory Council, Illness to Wellness Foundation and President, Corporate Affairs, ITC.

Discussions also focused on integrating traditional practices such as yoga, nutrition and Ayurveda with modern medicine to support long-term well-being. Public health specialists flagged mental health, burnout and lifestyle risks as emerging concerns, particularly among urban populations, calling for wider awareness and early interventions.

Tech can bring scientific credibility to India's traditional healthcare systems: AYUSH Minister

NEW DELHI: India's push towards a preventive and holistic healthcare model took centre stage at a national summit, with policymakers and experts stressing the integration of traditional knowledge and modern technology.

Addressing the 4th Annual Summit on "Advancing Holistic Health through Innovation, Technology, and Tradition", organised by the Illness to Wellness Foundation, Union Minister of State (Independent Charge) for AYUSH, Prataprao Jadhav said digitalisation can help bring scientific credibility to India's traditional healthcare systems like Ayurveda, Yoga, Unani, Siddha and Homeopathy.

The minister highlighted growing burden of lifestyle diseases & underscored that healthcare must extend beyond hospitals to everyday living

He highlighted the growing burden of lifestyle diseases and underscored that healthcare must extend beyond hospitals to everyday living and preventive practices.

The summit brought

together healthcare professionals, industry leaders and academicians, who emphasised the need to shift from a treatment-led approach to preventive care.

Discussions focused on leveraging digital tools such as telemedicine, AI-driven diagnostics and data-based interventions to improve access and enable early detection, especially in underserved regions.

Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation, said, "Integrating traditional medicine with emerging technologies is essential to create scalable, evidence-based healthcare systems while also driving behavioural change at the grassroots level."

Mental health emerged as a key theme, with experts calling for stronger awareness and institutional support to address stress, burnout and emotional well-being in workplaces and schools.

Panellists also highlighted the importance of lifestyle interventions such as yoga, meditation and nutrition in mainstream healthcare, positioning them as critical tools for long-term disease prevention.

The summit further showcased outreach initiatives engaging students across Delhi-NCR on health, hygiene and environmental awareness, reflecting efforts to embed wellness practices early in life.

MPOST

'Healthcare in India must move beyond curative treatments to include preventive, holistic health'

NEW DELHI: India must shift from a treatment-centric healthcare model to one focused on prevention, wellness and community participation, experts said at the 4th Annual Summit on "Advancing Holistic Health through Innovation, Technology, and Tradition".

Delivering the keynote, former Health Secretary Rajesh Bhushan said healthcare extends beyond curative services to include preventive, promotive, palliative and rehabilitative care, much of which takes place within communities. He noted that rapid urbanisation, lifestyle changes and rising stress are driving a surge in chronic diseases, underscoring the need for proactive and per-



sonalised care models.

Bhushan highlighted the role of digital public health infrastructure such as the Ayushman Bharat Digital Mission and ABHA in enabling integrated and efficient healthcare delivery, supported by technologies

like artificial intelligence and machine learning.

Welcoming participants, Anil Rajan, Chairperson, Advisory Council, Illness to Wellness Foundation, said, "The theme of this year's summit... reflects a shift in how we think about

healthcare. For decades, systems have focused on treating illness. The real challenge before us is how to prevent disease and enable people to live healthier, longer and more balanced lives."

Experts also emphasised integrating traditional systems like Ayurveda, yoga and nutrition with modern medicine to promote holistic well-being. Speakers stressed the importance of awareness, lifestyle changes and community-driven approaches in building a sustainable healthcare ecosystem.

The summit featured discussions on mental health, digital health adoption, and preventive care, along with a special session recognising contributions to the wellness ecosystem. **UPII**

Online -



Healthcare in India must move beyond curative treatments to include preventive and holistic health: Experts



Rajesh Bhushan at the 4th Annual Holistic Health Summit highlights the need to expand healthcare beyond treatment to community-driven preventive and wellness-focused care.

By digital Team
Published March 27, 2026



Healthcare is not limited to curative treatments. It includes preventive, promotive, palliative and rehabilitative care, much of which happens within the community," said Mr. Rajesh Bhushan, Former Secretary, Ministry of Health & Family Welfare, Government of India and Chairperson, Governing Council, Illness to Wellness Foundation, at the 4th Annual Summit on "Advancing Holistic Health through Innovation, Technology, and Tradition" in New Delhi.

[LINK](#)

दिप्रिंट

रोगों से बचाव एवं स्वास्थ्य को बढ़ावा देने का मॉडल अपनाने की जरूरत विशेषज्ञ

मार्च 27, 2026



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नयी दिल्ली, 27 मार्च (भाषा) भारत की स्वास्थ्य व्यवस्था में बड़े बदलाव की जरूरत पर और देते हुए, सार्वजनिक स्वास्थ्य विशेषज्ञों ने शुक्रवार को कहा कि अब दक्षिणोप दिप्रिंट बीमारी के इलाज करने तक सीमित नहीं रहना चाहिए, बल्कि बीमारी से बचाव, स्वास्थ्य को प्रोत्साहन और व्यक्ति के समग्र स्वास्थ्य पर आधारित मॉडल अपनाना जाना चाहिए।

एक बयान के अनुसार, वे टिप्पणियां यहां 'मजबूत, प्रौद्योगिकी और परंपरा के माध्यम से समग्र स्वास्थ्य को प्रोत्साहन' विषयक चौथे वार्षिक सम्मेलन में की गईं, जहां नीति निर्माताओं, चिकित्सकों और उद्योग जगत के प्रतिनिधियों ने देश में स्वास्थ्य देखभाल की उपभोगी जरूरतों पर विचार-विमर्श किया।

लोकप्रिय
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इलाज रहा है
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दुबई पर हुए के मिले-जुले संकेत
'काम लगभग पूरा', चात ही टीम
'पारगम पुन' में बेकने की टपकी
किया गयाकाम 27, 2026

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India Must Integrate Technology To Build Preventive, Holistic Healthcare: Experts

Summary
The experts urged to build more personalized and holistic understanding of health to build effective preventive systems. They noted that the real challenge will be to prevent disease and enable people to live healthier, longer, and more balanced lives.

Healthcare in India must move beyond curative treatments to include preventive and holistic health said experts today.

Speaking at a public health event in New Delhi, organized by the Illness to Wellness Foundation, the experts stressed the need to integrate technology, tradition, and lifestyle interventions to build a healthier, more resilient population in the country.

"Healthcare is not limited to curative treatments. It includes preventive, promotive, palliative, and rehabilitative care, much of which happens within the community," said Rajesh Bhushan, Former Secretary, Ministry of Health & Family Welfare.

He called for building a culture of health-seeking behavior through community-focused programs and technology integration.

[LINK](#)

India's Healthcare Must Shift From Treatment To Prevention, Say Experts

BW Online Bureau | Mar 27, 2026

India healthcare # preventive healthcare India # holistic health India # Ayushman Bharat Digital Mission # digital health India # AYUSH integration

Polymakers and health experts emphasise integrating technology, lifestyle, and traditional systems to build a preventive, holistic healthcare model in India

4th Annual Summit on **Illness to Wellness**
ADVANCING HOLISTIC HEALTH THROUGH INNOVATION, TECHNOLOGY AND TRADITION
Friday, 27th March 2026, New Delhi

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India's Healthcare Must Shift From Treatment To Prevention, Say Experts

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#india healthcare #preventive healthcare india #holistic health india #Ayushman Bharat Digital Mission #digital health india #AYUSH integration

Policymakers and health experts emphasise integrating technology, lifestyle, and traditional systems to build a preventive, holistic healthcare model in India



India's healthcare system must evolve beyond a curative approach to embrace preventive, promotive, and holistic care, leading public health experts said at a national summit in the capital.

Delivering the keynote address at the 4th Annual Summit on "Advancing Holistic Health through Innovation, Technology, and Tradition," Rajesh Bhushan, former Secretary at the Ministry of Health & Family Welfare, highlighted that healthcare extends far beyond treatment.

[LINK](#)



Prevention, not just cure, key to India's health future: Experts

New Delhi, March 27(UNI) India's healthcare system must shift its focus from treating illness to preventing it, former Health Secretary Rajesh Bhushan said on Friday, underlining the need for a broader, community-driven approach as lifestyle diseases rise.

Speaking at a health summit in New Delhi, Bhushan said that healthcare was not limited to curative treatments but also encompasses preventive, promotive, palliative, and rehabilitative care, much of which happens outside hospitals.

His remarks come at a time when rapid urbanisation, sedentary lifestyles and rising stress are driving an increase in chronic conditions across the country.

Tags: #Prevention# not just cure# key to **Please log in to get detailed story.** India's health future: Experts

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रोगों से बचाव एवं स्वास्थ्य को बढ़ावा देने का मॉडल अपनाने की जरूरत: हेल्थ एक्सपर्ट

Edited By National Desk, Updated: 27 Mar, 2026 10:21 PM



नई दिल्ली/टीम डिजिटल। भारत की स्वास्थ्य व्यवस्था में बड़े बदलाव की ज़रूरत पर जोर देते हुए, सार्वजनिक स्वास्थ्य विशेषज्ञों ने शुक्रवार को कहा कि अब दृष्टिकोण सिर्फ बीमारी के इलाज करने तक सीमित नहीं रहना चाहिए, बल्कि बीमारी से बचाव, स्वास्थ्य को प्रोत्साहन और व्यक्ति के समग्र स्वास्थ्य पर आधारित मॉडल अपनाया जाना चाहिए। ये टिप्पणियां यहां 'नवाचार, प्रौद्योगिकी और परंपरा के माध्यम से समग्र स्वास्थ्य को प्रोत्साहन' विषयक चौथे वार्षिक सम्मेलन में की गईं, जहां नीति निर्माताओं, चिकित्सकों और उद्योग जगत के प्रतिनिधियों ने देश में स्वास्थ्य देखभाल की उभरती जरूरतों पर विचार-विमर्श किया।

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Healthcare must shift focus from treatment to prevention, holistic well-being: Experts



27 Mar 2026 18:00 IST



New Delhi, Mar 27 (PTI) Emphasising the need for a paradigm shift in India's healthcare approach, public health experts on Friday said the system must move beyond curative care and adopt preventive, promotive and holistic models.

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Thank You