

Illness To Wellness Media Coverage Report



Preventive Healthcare Takes Centre Stage at Illness to Wellness Foundation Programme

Date: 27th June 2026

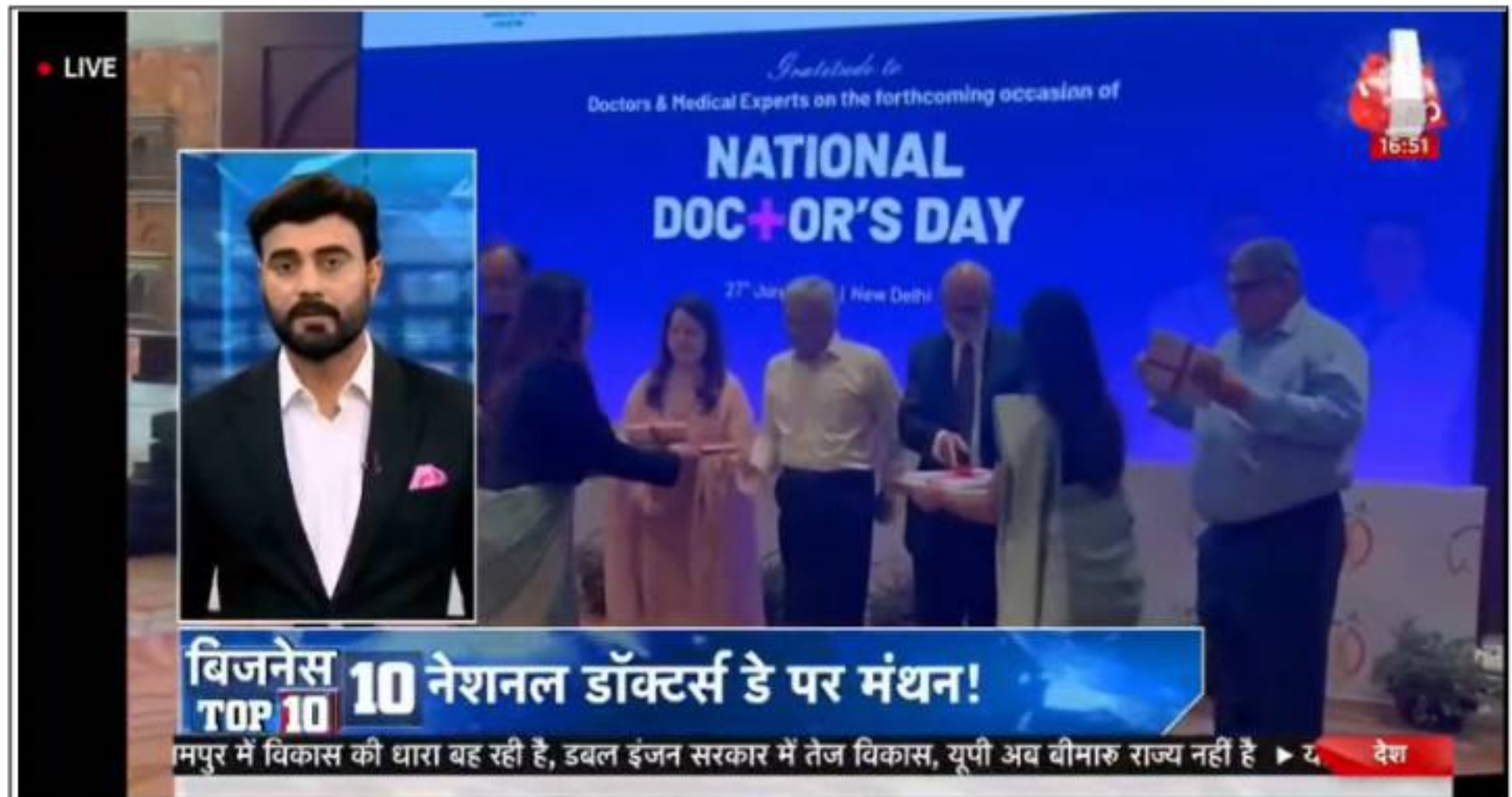
INDEX

S No	Date	Publication	Headline
Electronic			
1	30/06/2026	Aaj Tak	नेशनल डॉक्टर्स डे पर मंथन !
2	1/07/2026	CNN News 18	NATIONAL DOCTORS' DAY EVENT HELD IN DELHI
3	30/06/2026	News X	GRATITUDE TO DOCTORS ON #National DoctorsDay
Print			
4	1/07/2026	The Tribune	Experts call for preventive health steps to tackle disease burden
5	1/07/2026	The Statesman	Doctors appeal to govt to adopt preventive health measures to reduce disease burden
6	1/07/2026	The Pioneer	Illness to Wellness Foundation celebrates National Doctors Day
7	1/07/2026	Dainik Bhaskar	देश में प्रिवेंटिव हेल्थकेयर को मजबूत बनाने की जरूरत : भूषण
8	1/07/2026	Dainik Jagran	बीमारी से बचने को स्वस्थ जीवनशैली पर दिया जोर
9	1/07/2026	Rajasthan Patrika	प्रिवेंटिव हेल्थकेयर की वकालत
10	1/07/2026	Millennium Post	Illness to Wellness Foundation marks National Doctors' Day
11	1/07/2026	Millennium Post	From Healers to Health Leaders
Online			
12	01/12/2026	ET Healthworld	Health experts call for preventive healthcare push on eve of National Doctors' Day
13	30/06/2026	PTI	Health experts call for preventive healthcare push on eve of National Doctors' Day
14	30/06/2026	ThePrint	Health experts call for preventive healthcare push on eve of National Doctors' Day

15	01/07/2026	The Tribune	Delhi: Experts call for preventive health steps to tackle disease burden on Doctors' Day eve
16	01/07/2026	The Pioneer	Illness to Wellness Foundation celebrates National Doctors Day
17	01/07/2026	Healthandme	Preventive Healthcare Key To Fighting Infectious And Non-Communicable Diseases: Doctors
18	30/06/2026	Millenium Post	Preventive Healthcare Takes Centre Stage as Illness to Wellness Foundation marks National Doctors' Day
19	01/12/2026	Health Dialogues	Preventive Healthcare Takes Centre Stage as Illness to Wellness Foundation Marks National Doctors Day
20	01/12/2026	BW Healthcare	National Doctors Day: Experts Highlight Doctors' Expanding Role In Preventive Healthcare
21	01/07/2026	Dainik Jagran	अस्पताल जाने की नौबत ही क्यों आने देना? बीमारियों को कोसों दूर रखेंगे डॉक्टर्स के बताए गोल्डन रूल्स
22	01/07/2026	Pharmabiz	Shift from cure to prevention: Illness to Wellness Foundation marks national doctors' day with call for early screening.

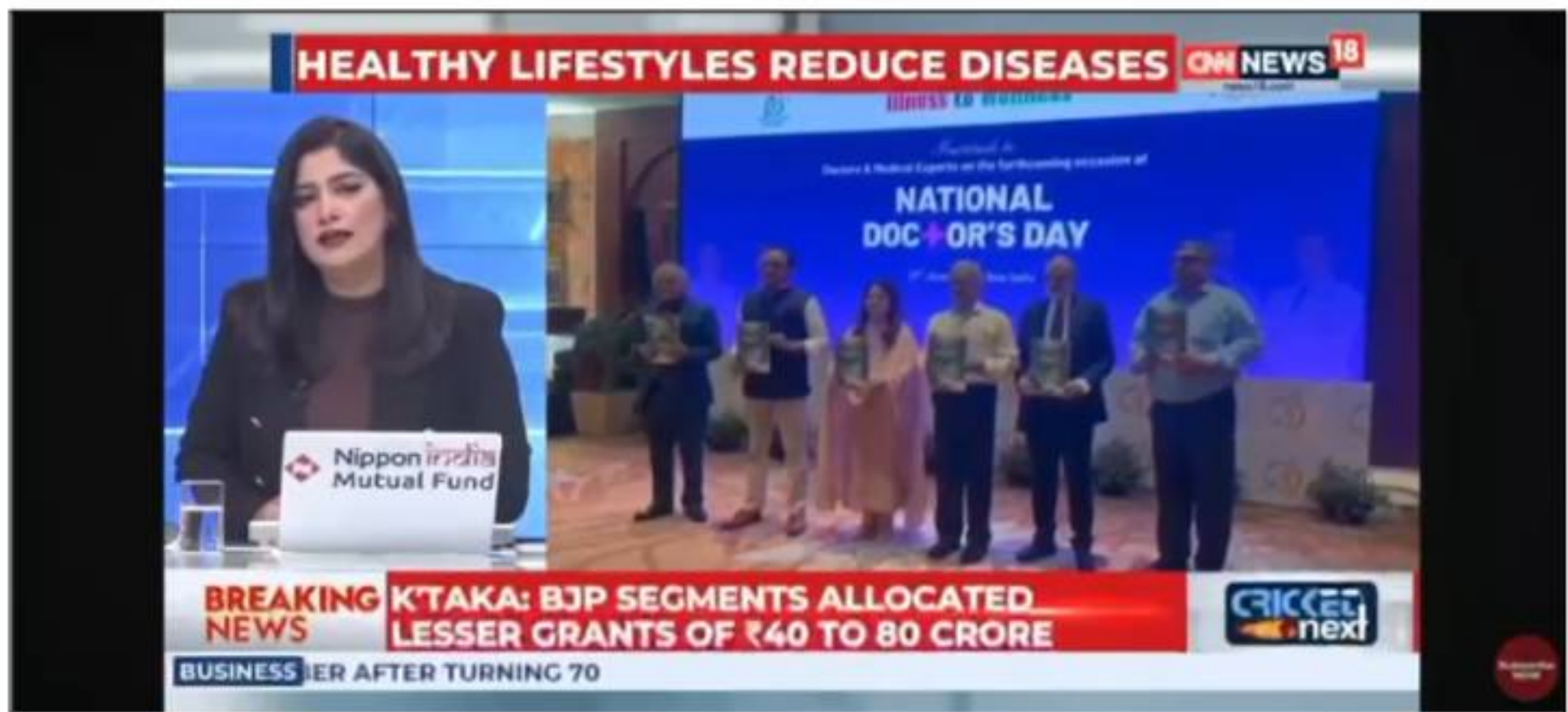


Name of the Publication	Aaj Tak
Date	30/06/2026
Headline	नेशनल डॉक्टर्स डे पर मंथन !





Name of the Publication	CNN News 18
Date	1/07/2026
Headline	NATIONAL DOCTORS' DAY EVENT HELD IN DELHI





Name of the Publication	News X
Date	30/06/2026
Headline	GRATITUDE TO DOCTORS ON #National DoctorsDay

65°

01:31PM

IMPORTANCE OF PREVENTIVE HEALTHCARE

▶ NewsX YouTube

BREAKING NEWS

LEADING DOCTORS, POLICYMAKERS HUDDLE

A man with grey hair and glasses, wearing a grey suit, is speaking at a podium. The background features a repeating pattern of a circular logo with a yellow figure. A bright light source is visible to the right of the man.

Ketan Agarwal-Siya wedding budget pegged at 3 crore

The Tribune

VOICE OF THE PEOPLE

Name of the Publication	The Tribune
Date	1/07/2026
Headline	Experts call for preventive health steps to tackle disease burden

Experts call for preventive health steps to tackle disease burden

DOCTORS' DAY

MANIKANT MISHRA
INDIAN NEWS SERVICE

NEW DELHI, JUNE 30

India's next healthcare challenge begins long before a patient reaches a hospital, with former Union Health Secretary Rajesh Bhushan and former Indian Council of Medical Research (ICMR) Director General Dr Nirmal Kumar Ganguly on Tuesday calling for a decisive shift towards preventive healthcare to tackle the country's growing disease burden.

Speaking on National Doctors' Day at a programme in New Delhi, the two former public health administrators said India's healthcare system, after expanding access to treatment over the years, must now give equal priority to preventing disease through early screening, healthier lifestyles and greater public awareness.

Their remarks come amid concerns over the rising burden of communicable and non-communicable diseases. Dr Ganguly described obesity as one of the country's biggest public health challenges and warned that most Indians still seek medical care only after falling ill.

"One of the biggest health challenges India faces today is the growing burden of obesity, which is the root cause of many major non-communicable diseases. Preventive healthcare is the most effective way to address both communicable and non-communicable diseases. Adopting a healthier lifestyle through regular exercise, yoga, meditation, a balanced diet rich in fruits, vegetables and fibre, along with adequate rest, can significantly improve long-term health outcomes. Unfortunately, very few Indians proactively seek preventive healthcare. We

need to create greater awareness and encourage people to understand that prevention is far more important than waiting for illness to occur. It can also help delay accelerated ageing and reduce the risk of several age-related conditions," he said.

Bhushan said India had made significant gains in strengthening healthcare infrastructure, but argued that the next phase of reforms should focus on reducing the number of people who fall ill rather than only expanding treatment capacity.

"India has made significant strides in expanding access to healthcare and strengthening its treatment infrastructure. The next phase of our healthcare journey must focus equally on prevention. A prevention-first approach, supported by regular screening, early diagnosis, healthier lifestyles and greater public awareness, can

substantially reduce the burden of both communicable and non-communicable diseases. Preventive healthcare is not only a public health priority but also an economic imperative for building a healthier and more productive nation," he said.

The observations were made at a National Doctors' Day programme attended by policymakers, senior doctors, researchers and diplomats. During the event, the Illness to Wellness Foundation released its Annual Report 2025-26, outlining health awareness campaigns, school health initiatives, workplace wellness programmes, preventive health screening drives and community outreach activities carried out during the year.

Senior pulmonologist Dr GC Khilnani said many lifestyle and seasonal diseases could be prevented through regular health check-ups, balanced nutrition, physical activity, vaccination.

The Statesman

Name of the Publication	The Statesman
Date	1/07/2026
Headline	Doctors appeal to govt to adopt preventive health measures to reduce disease burden

Doctors appeal to govt to adopt preventive health measures to reduce disease burden

STATESMAN NEWS SERVICE
New Delhi, 30 June

India needs to focus on preventive healthcare to reduce the growing disease burden, said experts gathered in New Delhi ahead of National Doctors Day on Tuesday.

"If preventive healthcare becomes a way of life, a large proportion of lifestyle and seasonal diseases can be prevented. Prevention is always more effective than cure," said Dr G. C. Khilnani, Chairman of Delhi-based PSRI Institute of Pulmonary, Critical Care & Sleep Medicine, at an event organised by Illness to Wellness Foundation in New Delhi.

Stressing the role of prevention, he added that regular health check-ups, balanced nutrition, physical activity, vaccination where appropriate, good hygiene and timely medical consultation are simple yet powerful interventions that can significantly reduce disease burden and improve quality of life. The message was echoed by former Health Secretary Rajesh Bhushan, who stated



that India has made significant strides in expanding access to healthcare and strengthening its treatment infrastructure. "The next phase of our healthcare journey must focus equally on prevention," he added.

A prevention-first approach, supported by regular screening, early diagnosis, healthier lifestyles and greater public awareness, can substantially reduce the burden of both communicable and non-communicable diseases, Bhushan said.

Talking about how preventive actions aid in healthy ageing, Dr. Yash Gulati, Orthopaedic and Joint Replacement Surgeon

at Apollo Hospitals, New Delhi, said, "Mobility is one of the greatest indicators of healthy ageing. The sooner we begin caring for our bones, joints and muscles, the healthier our future will be."

Dr Gulati further stated, "If a child starts practising yoga and remains physically active from an early age, many mobility-related problems can be prevented later in life."

"We believe that the future of healthcare must focus not only on curing disease, but also on building a culture of well-being," said Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation.

The Pioneer

TRUSTED SINCE 1865

Name of the Publication	The Pioneer
Date	1/07/2026
Headline	Illness to Wellness Foundation celebrates National Doctors Day

Illness to Wellness Foundation celebrates National Doctors Day

PIONEER NEWS SERVICE
■ New Delhi

As India observed National Doctors Day, the Illness to Wellness Foundation organised a special programme that brought together a distinguished gathering of healthcare leaders, senior doctors and eminent members of the medical fraternity. The event recognised the invaluable contribution of doctors in safeguarding public health and reaffirmed the importance of preventive healthcare in reducing India's growing disease burden.

The Foundation expressed its heartfelt gratitude to these silent heroes whose unwavering commitment to humanity continues to inspire hope and build a healthier, stronger and more resilient nation. The programme was also attended by diplomats from countries such as Sri Lanka, New Zealand, Ireland, and Jordan, reflecting the growing global interest in India's preventive healthcare initiatives. The event also brought together policymakers, industry leaders, academicians, researchers and wellness



The Illness to Wellness Annual Report 2025-26 was unveiled by (L-R) Prof Nirmal Kumar Ganguly, former Director General, ICMR and Member, Governing Council, Illness to Wellness Foundation (IWF); Prashant Tewari, CMD, Opinion Express and Editorial Member, *The Pioneer*; Kiran Chopra, Director, Punjab Kesari; Rajesh Bhushan, former Secretary, Ministry of Health and Family Welfare, Government of India, Chairperson, Governing Council, IWF and Anil Rajput, Chairperson, Advisory Council, IWF. Pioneer Photo

experts from across the country, fostering a meaningful dialogue on strengthening preventive healthcare and improving public health outcomes.

During the occasion, the Illness to Wellness Annual Report 2025-26 was also unveiled. The report was released by Rajesh Bhushan, Former Secretary, Ministry of Health and Family Welfare, Government of India, and Chairperson, Governing Council, Illness to Wellness Foundation; Prof. Nirmal Kumar Ganguly, Former Director General, Indian Council of Medical Research (ICMR) and Member, Governing Council, Illness to

Wellness Foundation; Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation; Prashant Tewari, CMD, Opinion Express and Editorial Member, *The Pioneer* amongst other dignitaries.

The Annual Report 2025-26 highlights the Foundation's year-long efforts to advance preventive healthcare through health awareness campaigns, community outreach programmes, school health initiatives, workplace wellness interventions and preventive health screening drives across the country.

On the occasion, Bhushan said India has made significant strides in expanding

access to healthcare and strengthening its treatment infrastructure. The next phase of our healthcare journey must focus equally on prevention, he added.

In his speech, Rajput said as healthcare evolves, the role of doctors continues to expand—from treating illness to advancing wellness, from responding to disease to encouraging prevention.

Prof. (Dr) G. C. Khilnani, Chairman, PSRI Institute of Pulmonary; and Dr Yash Gulati, Padma Shri, Senior Consultant Orthopaedic and Joint Replacement Surgeon, Apollo Hospitals, New Delhi, were also present on the occasion.



दैनिक भास्कर

Name of the Publication	Dainik Bhaskar
Date	1/07/2026
Headline	देश में प्रिवेंटिव हेल्थकेयर को मजबूत बनाने की जरूरत : भूषण

देश में प्रिवेंटिव हेल्थकेयर को मजबूत बनाने की जरूरत : भूषण

नई दिल्ली | इलनेस टु वेलनेस फाउंडेशन की ओर से राष्ट्रीय चिकित्सक दिवस मद्देनजर आयोजित विशेष कार्यक्रम में वरिष्ठ चिकित्सक, स्वास्थ्य विशेषज्ञ, नीति-निर्माता, शोधकर्ता, शिक्षाविद और उद्योग जगत के प्रतिनिधियों ने देश में प्रिवेंटिव हेल्थकेयर को मजबूत बनाने की जरूरत पर जोर दिया है। कार्यक्रम में श्रीलंका, न्यूजीलैंड, आयरलैंड और जॉर्डन के राजनयिकों की भागीदारी ने भारत की प्रिवेंटिव हेल्थकेयर पहलों के प्रति बढ़ती वैश्विक रुचि को भी दर्शाया। केंद्रीय स्वास्थ्य एवं परिवार कल्याण मंत्रालय के पूर्व सचिव तथा फाउंडेशन की गवर्निंग काउंसिल के चेयरपर्सन राजेश भूषण ने कहा कि भारत ने स्वास्थ्य सेवाओं और उपचार संबंधी बुनियादी ढांचे को

मजबूत करने में प्रगति की है, लेकिन स्वास्थ्य क्षेत्र के अगले चरण में 'प्रिवेंशन-फर्स्ट' दृष्टिकोण अपनाने की जरूरत है। प्रिवेंटिव हेल्थकेयर सार्वजनिक स्वास्थ्य का विषय नहीं, बल्कि देश की आर्थिक उत्पादकता और विकास से भी जुड़ा हुआ है।

फाउंडेशन की एडवाइजरी काउंसिल के चेयरपर्सन अनिल राजपूत ने कहा कि बदलते समय में डॉक्टरों की भूमिका उपचार तक सीमित नहीं रह गई है। अब वे लोगों को स्वस्थ जीवनशैली अपनाने के लिए प्रेरित करने वाले शिक्षक, मार्गदर्शक और विश्वसनीय सहयोगी भी बन चुके हैं। भविष्य की स्वास्थ्य व्यवस्था का लक्ष्य बीमारियों का इलाज नहीं, बल्कि स्वस्थ समाज का निर्माण होना चाहिए।



जागरण

Name of the Publication	Dainik Jagran
Date	1/07/2026
Headline	बीमारी से बचने को स्वस्थ जीवनशैली पर दिया जोर

बीमारी से बचने को स्वस्थ जीवनशैली पर दिया जोर

नई दिल्ली : बीमारियों से बचने के लिए विशेषज्ञों ने स्वस्थ जीवन शैली पर जोर दिया गया। चाणव्यपुरी स्थित एक होटल में इलनेस टु वेलनेस फाउंडेशन के कार्यक्रम में स्वस्थ विशेषज्ञों और नीति-निर्माताओं ने कहा कि देश में बीमारियों के बढ़ते बोझ को स्वस्थ जीवनशैली से ही कम किया जा सकता है। कार्यक्रम में श्रीलंका, न्यूजीलैंड और अयरलैंड सहित कई देशों के राजनयिकों ने भी हिस्सा लिया। पूर्व स्वास्थ्य सचिव व फाउंडेशन की गवर्निंग काउंसिल के चेयरपर्सन राजेश भूषण ने कहा कि इलाज के साथ नियमित जांच जरूरी है। (जासं)

राजस्थान पत्रिका

Name of the Publication	Rajasthan Patrika
Date	1/07/2026
Headline	प्रिवेंटिव हेल्थकेयर की वकालत

प्रिवेंटिव हेल्थकेयर की वकालत

नई दिल्ली @पत्रिका. भारत में हर साल 1 जुलाई को राष्ट्रीय चिकित्सक दिवस (नेशनल डॉक्टर्स डे) मनाया जाता है। इस अवसर पर इलनेस टु वेलनेस फाउंडेशन ने एक विशेष कार्यक्रम का आयोजन किया। इस कार्यक्रम में देश के प्रतिष्ठित स्वास्थ्य विशेषज्ञों, वरिष्ठ चिकित्सकों तथा चिकित्सा जगत की अनेक विशिष्ट हस्तियों ने हिस्सा लिया। कार्यक्रम में सार्वजनिक स्वास्थ्य की सुरक्षा के मामले में डॉक्टरों के अमूल्य योगदान का सम्मान किया गया तथा

भारत में बीमारियों के बढ़ते दबाव को कम करने के लिए प्रिवेंटिव हेल्थकेयर के महत्व को फिर से रेखांकित किया गया। कार्यक्रम में श्रीलंका, न्यूजीलैंड, आयरलैंड और जॉर्डन सहित कई देशों के राजनयिकों ने भी भाग लिया। यह प्रिवेंटिव हेल्थकेयर की दिशा में भारत की विभिन्न पहलों के प्रति बढ़ती वैश्विक रुचि को दिखाता है। इलनेस टु वेलनेस फाउंडेशन की गवर्निंग काउंसिल के चेयरपर्सन राजेश भूषण ने यह जानकारी दी।

Name of the Publication	Millennium Post
Date	1/07/2026
Headline	Illness to Wellness Foundation marks National Doctors' Day

PREVENTIVE HEALTHCARE TAKES CENTRE STAGE

Illness to Wellness Foundation marks National Doctors' Day

Experts at the Illness to Wellness Foundation programme stress early screening, healthier lifestyles and preventive healthcare to reduce India's growing disease burden

OUR CORRESPONDENT

As India observes National Doctors' Day, the Illness to Wellness Foundation organised a special programme that brought together a distinguished gathering of healthcare leaders, senior doctors and eminent members of the medical fraternity. The event recognised the invaluable contribution of doctors in safeguarding public health and reaffirmed the importance of preventive healthcare in reducing India's growing disease burden. The Foundation expressed its heartfelt gratitude to these silent heroes whose unwavering commitment to humanity continues to inspire hope and build a healthier, stronger and more resilient nation.

The programme was also attended by diplomats from countries such as Sri Lanka, New Zealand, Iceland and Jordan, reflecting the growing global interest in Indian preventive healthcare initiatives. It also witnessed the participation of leading media organisations including NDTV, Zee News, ETN, News 24, CNN News 18, Star, NewsX, The Statesman, The Hindu, The Indian Express, The Pioneer, The Millennial Post, BW Healthcare, IANS and others. The event also brought together policymakers, industry leaders, academicians, researchers and wellness experts from across the country, fostering a meaningful dialogue on strengthening preventive healthcare and improving public health outcomes.

During the occasion, the Illness to Wellness Annual Report 2025-26 was also unveiled. The report was released by Rajesh Bhushan, Former Secretary, Ministry of Health & Family Welfare, Government of India and Chairperson, Governing Council, Illness to Wellness Foundation. Prof. Nirmal



Rajesh Bhushan, Former Director General, Indian Council of Medical Research (ICMR) and Member, Governing Council, Illness to Wellness Foundation, and Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation. Other guests include Dr. Chandra Sheela, President, All India Institute of Medical Sciences (AIIMS), and Dr. Anil Kumar, Secretary, Ministry of Health & Family Welfare, Government of India.

The Annual Report 2025-26 highlights the foundation's year-long efforts to advance preventive healthcare through health awareness campaigns, community outreach programmes, school health initiatives, workplace wellness interventions and preventive health screen-

ing drives across the country. During the year, the Foundation collaborated with leading healthcare experts and institutions to promote early diagnosis and strengthening its treatment infrastructure. The next phase of our healthcare journey must focus equally on prevention. A prevention first approach, supported by regular screening, early diagnosis, healthier lifestyles and greater public awareness, can substantially reduce the burden of both communicable and non-communicable diseases. Preventive healthcare is not only a public health priority, but also an economic imperative for building a healthier and more productive nation.

Anil Rajput, Chairperson, Advisory Council, Illness to Wellness Foundation, said, "In

healthcare evolves, the role of doctors continues to expand - from treating illness to advancing wellness, from responding to disease to encouraging prevention. Doctors today are not only healers, they are educators, mentors and trusted guides who empower individuals and communities to lead healthier lives. This belief lies at the heart of the Illness to Wellness Foundation. We believe that the future of healthcare must focus not only on curing disease, but also on building a culture of well-being. A healthier society cannot be created through hospitals and medicines alone. It requires awareness, prevention, healthier lifestyles and a shared commitment to wellness."

Prof. (Dr) Nirmal Kumar



Ganguly, Former Director General, Indian Council of Medical Research (ICMR) and Member, Governing Council, Illness to Wellness Foundation, shared, "One of the biggest health challenges India faces today is the growing burden of obesity, which is the root cause of many major non-communicable diseases. Preventive healthcare is the most effective way to reduce both communicable and non-communicable diseases. Adopting a healthier lifestyle through regular exercise, yoga, meditation, a balanced diet rich in fruits, vegetables and fibre, along with adequate rest, can significantly improve long-term health outcomes. Unfortunately, very few Indians proactively seek preventive healthcare. We need to create



greater awareness and encourage people to understand that prevention is far more important than waiting for illness to occur. It can also help delay accelerated aging and reduce the risk of several age-related conditions."

DURING THE OCCASION, THE ILLNESS TO WELLNESS ANNUAL REPORT 2025-26 WAS ALSO UNVEILED

Prof. (Dr) G. C. Khatri, Chairman, PM's Institute of Pulmonary, Critical Care & Sleep Medicine and Former Professor & Head, Department of Pulmonary Medicine & Sleep Disorders, AIIMS, New Delhi, said, "If preventive healthcare becomes a way of life, a large proportion of lifestyle and non-communicable diseases can be prevented. Prevention is always more effective than a cure. Regular health check-ups, balanced nutrition, physical activity, vaccination where appropriate, good hygiene and timely medi-

cal consultation are simple yet powerful interventions that can significantly reduce disease burden and improve quality of life." Vaidi Gokul, Padma Shri, Senior Consultant Orthopaedic and Joint Replacement Surgeon, Apollo Hospitals, New Delhi, added, "Mobility is one of the greatest indicators of healthy ageing. The sooner we begin caring for our bones, joints and muscles, the healthier our future will be. If a child starts exercising regularly and remains physically active from an early age, many mobility-related problems can be prevented later in life. As doctors, we must encourage people to view preventive healthcare not as an occasional health check-up, but as a lifelong commitment to healthy living. Every step taken towards prevention today reduces the burden of disease tomorrow."

The Illness to Wellness Foundation has consistently advocated a shift from disease-centred healthcare towards a wellness-oriented ecosystem by promoting preventive healthcare, early intervention, community engagement and behaviour change. Through health awareness initiatives, school health programmes, workplace wellness campaigns, community outreach and health screening programmes, the Foundation continues to encourage individuals to adopt healthier lifestyles and take proactive responsibility for their well-being.

Experts unanimously agreed that while India's healthcare system has made significant advances in expanding access to quality treatment, the next phase of healthcare transformation must be driven by prevention. By empowering citizens to make informed lifestyle choices, encouraging regular health screenings and leveraging technology alongside trained medical guidance, India can build a healthier future where wellness becomes a way of life rather than a response to illness.

Name of the Publication	Millennium Post
Date	1/07/2026
Headline	From Healers to Health Leaders

ILLNESS TO
WELLNESS



ANIL RAJPUT
THE WRITER IS THE
CHAIRMAN,
ADVISORY
COUNCIL, ILLNESS
TO WELLNESS
FOUNDATION

National Doctors' Day 2026 should not be reduced to a ceremonial thank-you. It should be a day to recognise that doctors stand at the centre of India's next health transition

NATIONAL DOCTORS' DAY

From Healers to Health Leaders

The doctor of today is no longer confined to hospitals. Prevention, digital healthcare, chronic disease management and public trust are redefining medicine in a rapidly changing India

Every day, across India, doctors perform acts of service that rarely make headlines but quietly shape the health of the nation. A paediatrician helps anxious new parents understand how to soothe and protect a newborn. A physician guides a patient with diabetes towards better control and fewer complications. A doctor caring for an elderly patient helps preserve mobility, dignity and independence for a little longer. These are not always dramatic moments, yet they are among the most meaningful victories in healthcare. They remind us that the work of a doctor is not confined to treating disease. It is also about building confidence, preserving quality of life and helping people live more fully at every stage of life.

Every year on 1 July, India observes National Doctors' Day in honour of Dr Bhanu Chandra Ray, one of the country's most respected physicians and a Bharat Ratna awardee whose life symbolised service, scholarship and public duty. The day marks both his birth and death anniversary, and is traditionally used to thank doctors for their dedication to healing. Gratitude is important. But if National Doctors' Day 2026 is to truly reflect the needs of our time, it must do more than celebrate sacrifice. It must ask a larger question: what does India need from its doctors today, and what do doctors need from India in return?

That question matters because the role of the doctor is changing. The doctor of 2026 is not only the person we rush when we are ill. Increasingly, the doctor is also a guide to prevention, a counsellor in chronic disease, a trusted interpreter of health misinformation, a user of digital health tools and a partner in helping citizens live healthier lives. This is where National Doctors' Day becomes deeply relevant to the vision of the Illness to Wellness Foundation. The future of healthcare cannot be built only around treatment after disease strikes. It must also be built around prevention, early detection, continuity of care and a culture of wellness. In many ways, this is not a new idea for India. Our civilisational wisdom has long held that the highest form of healthcare is to preserve health before illness arises. The principle that prevention is better than cure, and that health must be protected through disciplined living, balanced food and harmony between body and mind, has deep roots in our tradition. In that future, doctors are not only healers. They are health leaders.

This shift is especially important for India because our health challenges are no longer defined only by infections



Doctors prescribe hope by simplifying complexity, reducing fear, correcting misinformation and empowering patients with confidence and clarity

and emergencies. India continues to battle communicable diseases, maternal and child health challenges and unequal access to care. But alongside these, the country is also carrying a rising burden of hypertension, diabetes, obesity, cardiovascular disease, cancer, mental health concerns and the health consequences of sedentary lifestyles, poor diets, pollution and stress. These are not illnesses that can be solved by hospital care alone. They require screening, counselling, long-term follow-up, behavioural change and trust. They require doctors who can help patients not only manage their disease, but avoid preventable suffering in the first place.

Seen through the course of a lifetime, the doctor's role becomes even clearer. At the beginning of life, paediatricians help parents build a healthy foundation for a child through guidance on feeding, vaccination, sleep, growth and development. In adulthood, family physicians, internists and diabetologists do far more than prescribe medicines; they help patients understand the dos and don'ts of living with diabetes, hypertension and other chronic conditions before these become disabling. Later in life, physicians and geriatric specialists help older adults maintain function, mobility and dignity, so that added years are not merely longer years, but better years. In all these ways, doctors do something larger than treating illness. They protect health across the lifespan.

India's recent health innovations make this preventive and continuity-based role even more important. Telemedicine, stronger primary care, digital health records and AI-assisted clinical support all have the potential to help doctors reach patients earlier, follow them more consistently and reduce

the fragmentation that so often weakens care. For technology must remain a means, not an end. It should make healthcare more humane, more accessible and more continuous, not more mechanical or impersonal. A system that helps a doctor understand a patient's history, monitor chronic illness more effectively or reach a distant patient more easily is a system that can strengthen care. But technology must support the doctor, not replace the doctor. Algorithms can process data. They cannot replace clinical judgement, moral responsibility, empathy or the trust that allows a frightened patient to believe that healing is possible.

This is where the conversation must return to prevention in its deepest sense. Alongside the advances of modern medicine, India also carries a long tradition of health wisdom rooted in daily discipline, moderation and balance. Our understanding of *Dinacharya*, or the ordering of daily life around healthy rhythms, reminds us that wellness is shaped not only in hospitals but in the ordinary habits of everyday living. The idea of food as nourishment, and in many cases as a form of prevention, also runs through our traditional health knowledge. Combined with physical activity, mental balance, adequate rest and a holistic approach to living, such principles can help people remain healthier for longer, reduce avoidable disease and lower the economic burden of poor health on families and society. The real challenge before us is not only to add years to life, but life to those years. In a country facing both rising chronic illness and rising healthcare costs, these ideas deserve renewed attention.

But prevention cannot succeed without trust. In an age of internet

advice, social media remedies and conflicting health claims, the trust between doctor and patient becomes even more valuable. A doctor does not only prescribe medicine; a doctor interprets complexity, calms fear, corrects misinformation and gives patients the confidence to act with clarity rather than panic. Trust is not a sentimental quality in healthcare. It is a public-health asset that improves adherence, encourages early care-seeking and allows difficult health decisions to be made with confidence rather than confusion.

National Doctors' Day 2026, then, should not be reduced to a ceremonial thank-you. It should be a day to recognise that doctors stand at the centre of India's next health transition, not only in operating theatres and intensive care units, but also in prevention, early diagnosis, chronic disease management, digital care and healthy ageing. They are not only healers and health leaders. They are also nation builders. A Viksit Bharat cannot be built on an unhealthy foundation. No country can realise its economic, social and human potential if its people are chronically unwell, its families are financially broken by avoidable disease and its healthcare workers are exhausted by carrying too much for too long. No healthcare system can truly care for the patient if it does not also care for the caregiver. Supporting doctors, protecting their well-being and strengthening their ability to guide the nation towards better health is therefore not only a medical necessity; it is a national one.

For the Illness to Wellness Foundation, this is the heart of the message. A healthier India will not be built by hospitals alone. It will be built when prevention becomes a habit, screening becomes routine, trust in evidence becomes stronger and wellness becomes part of everyday life. It will also be built by recovering a deeper understanding of health one that values balanced living, respects the role of food and daily discipline in prevention, and recognises that the quality of life matters as much as its duration. In this journey, the medical community can play a pivotal role. Doctors are often looked upon almost as demigods in moments of crisis, that moral authority also gives them the power to guide society towards healthier choices in a stressful and fast-paced world. On this National Doctors' Day, let us honour them not only for the diseases they treat, but for the confidence they restore, the trust they inspire and the healthier futures they help make possible.

Views expressed are personal

Name of the Publication	ET Healthworld
Date	01/07/2026
Headline	Health experts call for preventive healthcare push on eve of National Doctors' Day

Health experts call for preventive healthcare push on eve of National Doctors' Day

The event was held by Illness to Wellness Foundation, where healthcare leaders, senior doctors, policymakers and wellness experts discussed the need to shift the country's healthcare approach from treating illness to promoting wellness, the organisation said in a statement on Tuesday.

PTI

Published On Jul 1, 2026 at 12:08 PM IST



New Delhi: Health experts stressed the need to make preventive healthcare along with treatment a national priority at a programme held on the eve of National Doctors' Day in Delhi,



Name of the Publication	PTI
Date	30/06/2026
Headline	Health experts call for preventive healthcare push on eve of National Doctors' Day

Health experts call for preventive healthcare push on eve of National Doctors' Day

NEW DELHI: (Jun 30) Health experts stressed the need to make preventive healthcare along with treatment a national priority at a programme held on the eve of National Doctors' Day in Delhi, calling for early screening, healthier lifestyles and greater public awareness to reduce India's growing disease burden.

The event was held by Illness to Wellness Foundation, where healthcare leaders, senior doctors, policymakers and wellness experts discussed the need to shift the country's healthcare approach from treating illness to promoting wellness, the organisation said in a statement on Tuesday.

ThePrint

Name of the Publication	ThePrint
Date	30/06/2026
Headline	Health experts call for preventive healthcare push on eve of National Doctors' Day

Health experts call for preventive healthcare push on eve of National Doctors' Day

New Delhi, Jun 30 (PTI) Health experts stressed the need to make preventive healthcare along with treatment a national priority at a programme held on the eve of National Doctors' Day in Delhi, calling for early screening, healthier lifestyles and greater public awareness to reduce India's growing disease burden. The event was held by Illness [...]

The Tribune

VOICE OF THE PEOPLE

Name of the Publication	The Tribune
Date	1/07/2026
Headline	Delhi: Experts call for preventive health steps to tackle disease burden on Doctors' Day eve

Delhi: Experts call for preventive health steps to tackle disease burden on Doctors' Day eve

India's next [healthcare](#) challenge begins long before a patient reaches a hospital, with former Union Health Secretary Rajesh Bhushan and former Indian Council of Medical Research (ICMR) Director General Dr Nirmal Kumar Ganguly on Tuesday calling for a decisive shift towards preventive healthcare to tackle the country's growing disease burden. [Geographic](#)

Reference

The Pioneer

TRUSTED SINCE 1865

Name of the Publication	The Pioneer
Date	01/07/2026
Headline	Illness to Wellness Foundation celebrates National Doctors Day

Illness to Wellness Foundation celebrates National Doctors Day

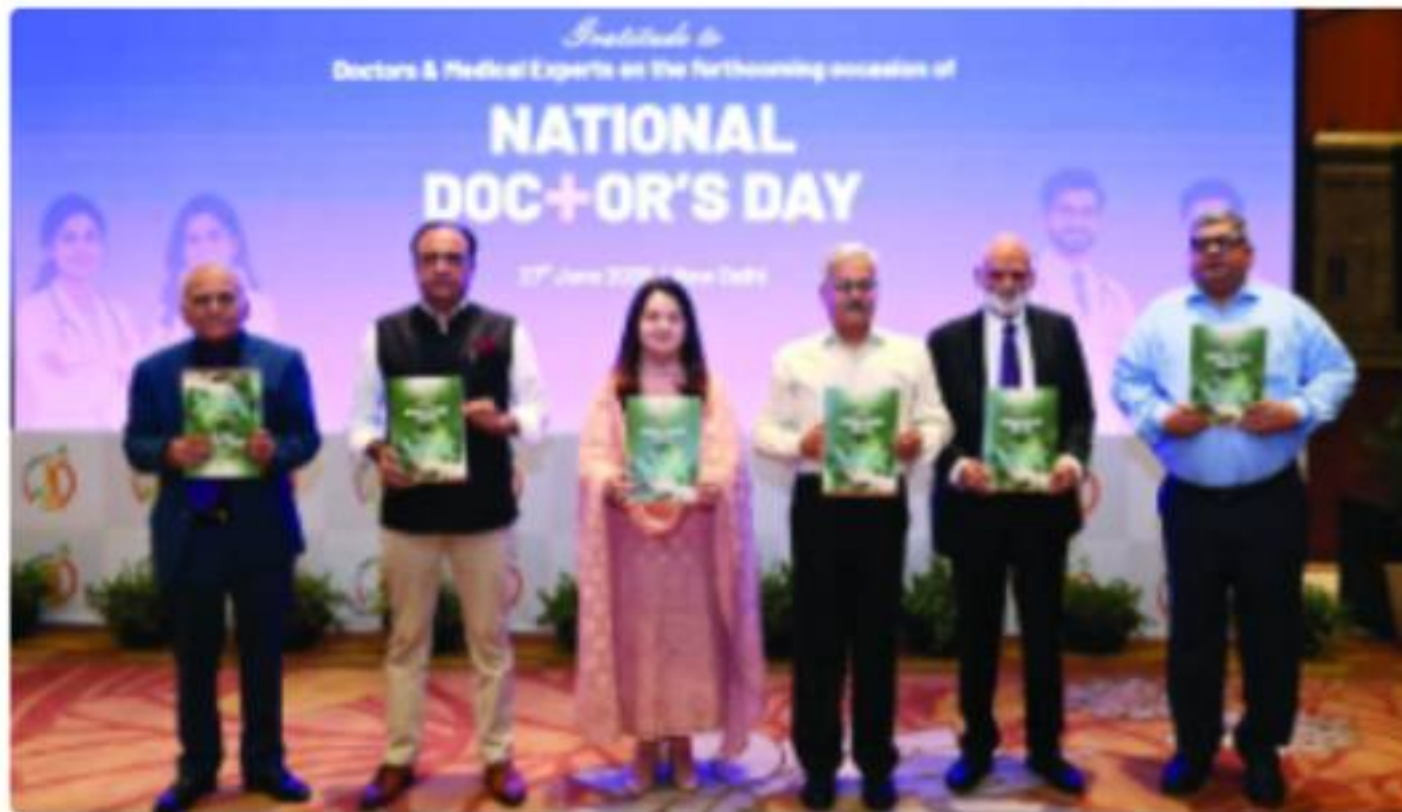
Copy Link

X x

WhatsApp

Share

By Pioneer News Service



As India observed National Doctors Day, the Illness to Wellness Foundation organised a special programme that brought together a distinguished gathering of healthcare leaders, senior doctors and eminent members of the medical fraternity. The event recognised the invaluable contribution of doctors in safeguarding public health and reaffirmed the importance of preventive healthcare in reducing India's growing disease burden.

healthandme

Name of the Publication	Healthandme
Date	01/07/2026
Headline	Preventive Healthcare Key To Fighting Infectious And Non-Communicable Diseases: Doctors

Preventive Healthcare Key To Fighting Infectious And Non- Communicable Diseases: Doctors

Preventive healthcare through early screening, healthier lifestyles and greater public awareness is crucial to reducing the burden of both communicable and chronic diseases, doctors said ahead of National Doctors' Day.

National Doctors' Day is observed in India on July 1 to honor the contributions of medical professionals.

Shift Focus On Prevention

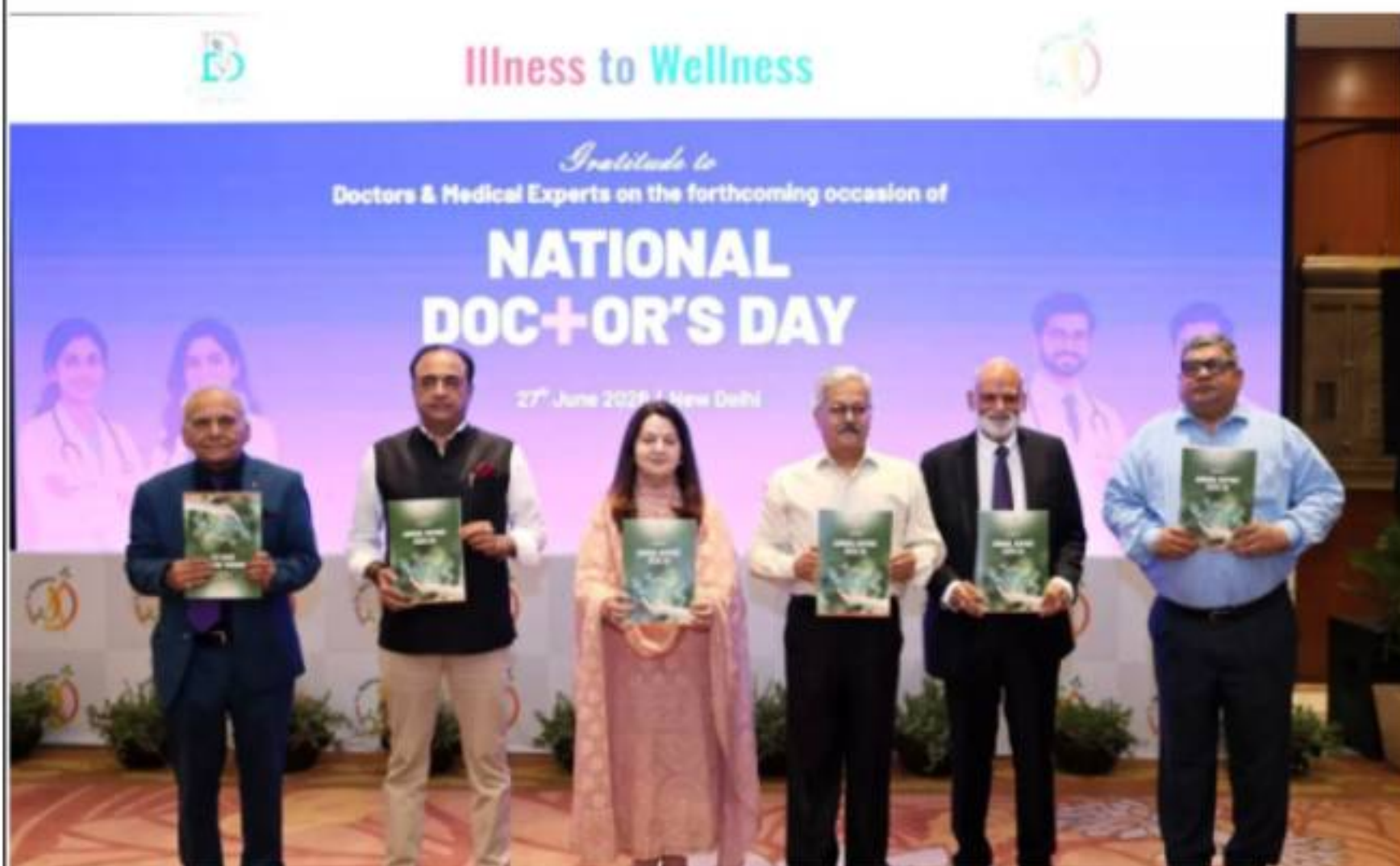
Speaking at an event organized by the Illness to Wellness Foundation, Rajesh Bhushan, former Secretary, Ministry of Health and Family Welfare, said India has made significant strides in expanding access to healthcare and strengthening its treatment infrastructure.

"The next phase of our healthcare journey must focus equally on prevention," Bhushan said.

He stressed that preventive healthcare should become a national priority, supported by regular screening, early diagnosis, healthier lifestyles and greater public awareness.

Name of the Publication	Millennium Post
Date	30/06/2026
Headline	Preventive Healthcare Takes Centre Stage as Illness to Wellness Foundation marks National Doctors' Day

Preventive Healthcare Takes Centre Stage as Illness to Wellness Foundation marks National Doctors' Day



As India observes National Doctors Day, the Illness to Wellness Foundation organised a special programme that brought together a distinguished gathering of healthcare leaders, senior doctors and eminent members of the medical fraternity. The event recognised the invaluable contribution of doctors in safeguarding public health and reaffirmed the importance of preventive healthcare in reducing India's growing disease burden. The Foundation expressed its heartfelt gratitude to these silent heroes whose unwavering commitment to humanity continues to inspire hope and build a healthier, stronger and more resilient nation.

Name of the Publication	Health Dialogues
Date	01/07/2026
Headline	Preventive Healthcare Takes Centre Stage as Illness to Wellness Foundation Marks National Doctors Day

Preventive Healthcare Takes Centre Stage as Illness to Wellness Foundation Marks National Doctors Day

Experts at the Illness to Wellness Foundation programme stress early screening.



Written by Kanchan Chaurasiya | 1 July 2025 4:15 PM



As India observes National Doctors Day, The Illness to Wellness Foundation organised a special programme that brought together a distinguished gathering of healthcare leaders, senior doctors and eminent members of the medical fraternity. The event recognised the invaluable contribution of doctors in safeguarding public health and reaffirmed the



Name of the Publication	BW Healthcare
Date	01/07/2026
Headline	National Doctors Day: Experts Highlight Doctors' Expanding Role In Preventive Healthcare

National Doctors Day: Experts Highlight Doctors' Expanding Role In Preventive Healthcare

by Nikhil Menon | Jul 01, 2026

#NationalDoctorsDay #PreventiveHealthcare #Doctors #PublicHealth #Wellness #HealthScreening #LifestyleDiseases #EarlyDiagnosis
#Non-CommunicableDiseases #HealthAwareness

On National Doctors Day, healthcare experts urged a shift from treatment to prevention, highlighting the growing role of doctors in promoting healthier lifestyles, early diagnosis and regular health screenings.

freemoveur



Doctors have long been associated with diagnosing diseases and prescribing treatment. However, as India grapples with a rising burden of lifestyle disorders, healthcare experts believe the role of doctors is undergoing a significant transformation. Increasingly, physicians are urging people to prioritise prevention over treatment, arguing that many chronic diseases can be delayed or even avoided, through healthier lifestyle choices, regular screenings and greater health awareness.



जागरण

Name of the Publication	Dainik Jagran
Date	01/07/2026
Headline	अस्पताल जाने की नौबत ही क्यों आने देना? बीमारियों को कोसों दूर रखेंगे डॉक्टर्स के बताए गोल्डन रूल्स

अस्पताल जाने की नौबत ही क्यों आने देना? बीमारियों को कोसों दूर रखेंगे डॉक्टर्स के बताए गोल्डन रूल्स

BY NIKHIL PAWAR | EDITED BY: NIKHIL PAWAR

UPDATED: WED, 01 JUL 2026 2:03 PM (IST)

भारत में अक्सर देखा जाता है कि लोग अस्पताल का रुख तभी करते हैं, जब तकलीफ बहुत ज्यादा बढ़ जाती है, लेकिन क्या यह सही तरीका है? ...और पढ़ें



इलाज के भारी-भरकम खर्च से बचना है? आज ही से अपना डॉक्टरों की बताई ये छोटी-छोटी आदतें (Image Source: AI-Generated)

लाइफस्टाइल डेस्क, नई दिल्ली। 'नेशनल डॉक्टर्स डे' के मौके पर नई दिल्ली में आयोजित इलनेस टू वेलनेस फाउंडेशन के एक कार्यक्रम में देश के जाने-माने डॉक्टरों ने इस बात पर जोर दिया कि अगर हम अपनी दिनचर्या में कुछ बुनियादी बदलाव कर लें, तो कई गंभीर बीमारियों को आसानी से टाला जा सकता है। आइए, जानते हैं कि लंबे समय तक स्वस्थ रहने के लिए डॉक्टर्स लोगों को क्या सलाह देते हैं।

PHARMABIZ

Name of the Publication	Pharmabiz
Date	01/07/2026
Headline	Shift from cure to prevention: Illness to Wellness Foundation marks national doctors' day with call for early screening.

Shift from cure to prevention: Illness to Wellness Foundation marks national doctors' day with call for early screening.

Our Bureau, Chennai

Wednesday, July 1, 2026, 11:15 Hrs [IST]

As part of the National Doctors' Day, the Illness to Wellness Foundation organized a special programme in New Delhi, bringing together healthcare leaders, policymakers, researchers, and diplomats from nations like Sri Lanka, New Zealand, Ireland, and Jordan.

The event served a dual purpose by celebrating the invaluable contributions of medical professionals as the foundational anchors of public health and addressing India's rapidly growing disease burden. Experts at the forum collectively stressed that the next phase of India's healthcare transformation must pivot from reactive treatment to proactive prevention.

The event was marked by the official release of the Illness to Wellness Annual Report 2025–26, unveiled by prominent healthcare administrators including Rajesh Bhushan, former secretary of the ministry of health & family welfare, and Prof Nirmal Kumar Ganguly, former director general of the Indian Council of Medical Research (ICMR). The report highlights a year of intensive countrywide campaigns focusing on workplace wellness, school health programs, and community-driven health screenings. Notably, it details the foundation's collaborative efforts to support critical national public health goals, including the TB Mukd Bharat Abhiyan and the Swachh Bharat Mission.

Leading the call for structural change, Rajesh Bhushan emphasized that while India has successfully expanded its treatment infrastructure, prioritizing a prevention-first framework is both a public health necessity and an economic imperative. He remarked that regular screenings and early diagnoses can substantially mitigate the impact of both communicable and non-communicable diseases (NCDs), fostering a more productive nation. Anil Rajput, chairperson of the foundation's Advisory Council, reinforced this by stating that hospitals and medicines alone cannot build a healthy society, requiring doctors to transition from treating illnesses to guiding lifelong wellness.