



International Day of Non-Violence | National Current Affairs | 03 Oct 2025

Why in News?

In India, **2nd October** is celebrated as **Gandhi Jayanti**, honouring Mahatma Gandhi's birth anniversary.

- The day is also observed worldwide as the **International Day of Non-Violence**, following a 2007 UN resolution supported by over 140 countries, giving it universal significance.

Key Facts About Mahatma Gandhi

- **Birth:** 2nd October **1869 in Porbandar (Gujarat).**
- **Brief Profile:** Lawyer, politician, social activist, and writer who became the leader of the nationalist movement against the British rule of India.
- **Books:** Hind Swaraj, My Experiments with Truth (Autobiography)
- **Death:** He was **shot dead by Nathuram Godse on 30th January 1948.**
 - 30th January is observed as [Martyrs' Day](#).
- **Role in India's Freedom Struggle**
 - **Leadership of the Indian National Congress (INC):** Mahatma Gandhi emerged as a **prominent leader of the INC** in the early 20th century, **advocating for non-violent resistance and mass mobilisation** to challenge British rule.
 - The **Belgaum session in 1924** was the only Congress session that was presided over by Gandhi Ji.
 - **Non-Cooperation Movement (NCM) (1920-1922):** Gandhi **launched the NCM in response to the [Jallianwala Bagh massacre](#)** and the repressive **[Rowlatt Act](#)**.
 - He **urged Indians to boycott** British institutions, goods, and honours, leading to widespread participation across the country.
 - Gandhi Ji was awarded the **Kaisar-i-Hind gold medal in 1915** for his service in the **Boer War**, but **returned it in 1920** to protest the Jallianwala Bagh massacre.
 - **Salt March (1930):** Gandhi led the **Salt March to the Gujarati coastal town of Dandi**, protesting the British salt tax. This marked the beginning of the **Civil Disobedience Movement**.
 - **Quit India Movement (QIM) (1942):** Gandhi called for the QIM, demanding an end to British rule in India.
 - His slogan, "**Do or Die**," **inspired millions to participate in protests, strikes, and acts of civil disobedience**, marking a significant escalation in the freedom struggle.
 - **Philosophy of Non-Violence:** Throughout his activism, Gandhi emphasised the principles of **[Satyagraha \(truth force\)](#) and [Ahimsa \(non-violence\)](#)**, advocating for peaceful protests and moral integrity.
 - His approach not only influenced the Indian independence movement but also inspired civil rights movements worldwide, such as [Nelson Mandela](#) and [Martin Luther King Jr.](#)

National Dhanwantari Ayurveda Awards 2025 | National Current Affairs | 03 Oct 2025

Why in News?

The [Ministry of Ayush](#) announced the **National Dhanwantari Ayurveda Awards 2025**, recognising outstanding contributions to Ayurveda by **Prof. Banwari Lal Gaur, Vaidya Neelakandhan Mooss E.T., and Vaidya Bhavana Prasher.**

Key Points

- **About the Awards:**
 - Instituted by the **Ministry of Ayush.**
 - Among the **highest honours** in traditional Indian medicine.
 - Recognises excellence in **promotion, preservation, and innovation** in Ayurveda.
 - The 2025 awardees represent three vital dimensions of Ayurveda: **scholarship, traditional practice, and scientific innovation.**
- **Awardees:**
 - **Prof. Banwari Lal Gaur:** Scholar and academician with **six decades of contribution** in Ayurvedic education and Sanskrit literature.
 - Recipient of **Rashtrapati Samman** and several other national accolades.
 - **Vaidya Neelakandhan Mooss E.T.:** Head of **Vaidyaratnam Group**, Kerala, representing the **eighth generation** of a 200-year Ayurvedic lineage.
 - Known for preserving and modernising Ayurveda as a **living, community-oriented practice.**
 - **Vaidya Bhavana Prasher:** Pioneer in **Ayurgenomics**, bridging **Ayurvedic Prakriti concepts with modern genomic science.**
 - Contribution integrated into **Rashtriya Prakriti Parikshan Karyakram.**
- **Significance:**
 - Recognises **continuity and evolution** of Ayurveda across **classical scholarship, traditional practice, and modern science.**
 - Reinforces Ayurveda's role in **integrated and personalised healthcare.**
 - Strengthens India's global leadership in **traditional medicine and innovation.**

AYUSH Systems of Medicine

AYUSH encompasses Ayurveda, Yoga & Naturopathy, Unani, Siddha, Sowa Rigpa, and Homeopathy, with Ayurveda having a documented history of 5000+ years.

Ayurveda

- ➔ **Samhita Period (1000 BC):**
Emerges as mature medical system
 - ➔ **Charaka Samhita:** Oldest and most authoritative text
 - ➔ **Sushruta Samhita:** Gives fundamental principles and therapeutic methods in eight specialties
- ➔ **Main Schools:**
 - ➔ **Punarvasu Atreya** - School of physicians
 - ➔ **Divodasa Dhanvantari** - School of surgeons

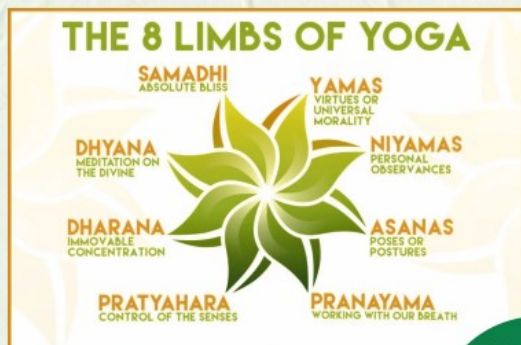
Lord Brahma is believed to be the 1st proponent of Ayurveda

Branches of Ayurveda:

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| ■ Kayachikitsa (internal medicine) | ■ Agada Tantra (toxicology) |
| ■ Shalya Tantra (surgery) | ■ Bhootavidya (psychiatry) |
| ■ Shalakya Tantra (disease of supra-clavicular origin) | ■ Rasayana Tantra (rejuvenation and geriatrics) |
| ■ Kaumarabhritya (paediatrics) | ■ Vajikarana (eugenics & science of aphrodisiac) |



Yoga & Naturopathy



- ➔ **Naturopathy:** Healing with help of 5 natural elements - Earth, Water, Air, Fire and Ether
 - ➔ Based on theories of self-healing capacity of body and principles of healthy living
 - ➔ Encourages a **person-centred approach** rather than disease-centred

Yoga first propounded by Maharishi Patanjali in systematic form Yogsutra

Unani

Pioneered in Greece, developed by Arabs as 7 principles (Umoor-e-Tabbiya)

- ➔ Based on the framework of teachings of **Buqrat** (Hippocrates) and **Jalinoos** (Galen)
 - ➔ Hippocratic theory of **four humors** viz. blood, phlegm, yellow bile, and black bile
- ➔ **Recognised by WHO** and granted official status by India as an alternative health system

Siddha

Dates back to 10000 – 4000 BC; Siddhar Agasthiyar - Father of Siddha Medicine

- ➔ Preventive, promotive, curative, rejuvenative, and rehabilitative health care
- ➔ **4 Components:** Latro-chemistry, Medical practice, Yogic practice & Wisdom
- ➔ Diagnosis based on 3 humors (**Mukkutram**) and 8 vital tests (**Ennvagai Thervu**)

Sowa Rigpa

Origin: Lord Buddha in India before 2500 years

- ➔ Traditional medicine in Himalayan regions of Ladakh, Himachal Pradesh, Arunachal Pradesh, etc.
- ➔ Recognised in India by Indian Medicine Central Council Act, 1970 (As amended in 2010)

Homeopathy

German physician Dr. Christian F. S. Hahnemann codified its fundamental principles

- ➔ Medicines prepared mainly from natural substances (plant products, minerals, animal sources)
- ➔ Brought in India by European missionaries - 1810; official recognition - 1948
- ➔ **3 Key Principles:**
 - ➔ *Similia Similibus Curentur* (let likes be cured by likes)
 - ➔ Single Medicine
 - ➔ Minimum Dose



Drishti IAS