Naturopathy Day, 18 November – Gandhiji's 1945 Nature Cure trust

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Why in news: 18 November 2026 is the 9th Naturopathy Day. The Government of India observes the day because on 18 November 1945 Mahatma Gandhi founded the All India Nature Cure Foundation Trust at Pune and signed its trust deed.

Key points

- Why 18 November: on 18 November 1945 Gandhiji founded the All India Nature Cure Foundation Trust at Pune and signed its trust deed. The deed set out its aims: spread the knowledge of the science of nature cure in all its aspects, make its benefits available to the poor, and create a Nature Cure University (PIB, 30 September 2020).
- The day: the Ministry of AYUSH declared 18 November as Naturopathy Day and it was first observed in 2018. The 8th Naturopathy Day (18 November 2025) was held at Nisarg Gram, Yewalewadi, Pune, under the National Institute of Naturopathy, with the Maharashtra Governor presiding; a special postage stamp was released (Free Press Journal, 18 November 2025).
- National Institute of Naturopathy (NIN), Pune: set up by the Government of India in 1986; an autonomous body under the Ministry of AYUSH; it regards itself as the institutional heir of Gandhiji's legacy in health and nutrition.
- What naturopathy is: a drugless system that relies on diet, fasting, water, mud, sunlight, air, massage and yoga to help the body heal itself. In AYUSH – Ayurveda, Yoga & Naturopathy, Unani, Siddha (and Sowa-Rigpa) and Homoeopathy – Yoga and Naturopathy form one stream.
- Tamil Nadu link: the Government Yoga and Naturopathy Medical College and Hospital, Arumbakkam, Chennai, was set up in 2000 (G.O. 137, Health and Family Welfare, 30-05-2000). It is affiliated to the Tamil Nadu Dr. M.G.R. Medical University and offers the 5½-year BNYS degree (4½ years of study + 1-year internship) with 60 seats a year.

In the exam: TNPSC – important days (Naturopathy Day 18 November), Gandhiji's constructive work, AYUSH systems and Tamil Nadu's Indian-medicine institutions (Arumbakkam college, Siddha). UPSC Prelims – AYUSH, autonomous bodies under ministries; Mains GS-II (health policy, traditional medicine and its regulation).

Questions

1. Naturopathy Day is observed on 18 November because on that day in 1945 Mahatma Gandhi:

A. began a fast at the Aga Khan Palace, Pune

B. founded the All India Nature Cure Foundation Trust and signed its trust deed

C. opened the National Institute of Naturopathy, Pune

D. published his book 'Key to Health'

2. The Government Yoga and Naturopathy Medical College and Hospital of Tamil Nadu is located at:

A. Palayamkottai

B. Tambaram

C. Arumbakkam, Chennai

D. Madurai

Answers with explanations

1. **B) founded the All India Nature Cure Foundation Trust and signed its trust deed** – On 18 November 1945 Gandhiji founded the All India Nature Cure Foundation Trust at Pune and signed its deed. The National Institute of Naturopathy was set up by the Government of India much later, in 1986.

2. **C) Arumbakkam, Chennai** – It functions in the Arignar Anna Government Hospital of Indian Medicine campus at Arumbakkam, Chennai (set up in 2000) and offers the BNYS course. Palayamkottai has the Government Siddha Medical College; the National Institute of Siddha is at Tambaram.

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