



Ambassador's remarks
10th Ayurveda Day
[Paramaribo, 23 September 2025]

Senior Government Officials, Distinguished Guests, Ayurvedic Practitioners, Members of Indian Community, and Friends of India,

Namaskar and good evening.

It is my privilege to welcome you all to the celebration of the 10th Ayurveda Day. Ayurveda is a science of life deeply rooted in the principle of harmony between the individual's mind, body and soul and its balance with the environment. India has given Ayurveda a global calendar identity by designating 23 September as Ayurveda Day. That is, in my view, a tribute to the timeless wisdom of India's ancient healing tradition that is growing in relevance in the contemporary world.

Ayurveda is rooted in harmony with nature, and it advocates preventive, curative and rehabilitative health approaches that are people-centric and environmentally responsible.

This year, we gather under the theme "Ayurveda for People & Planet," which reflects our collective resolve to harness the potential of Ayurveda for global well-being and a healthier planet."

It resonates deeply as we honor the timeless wisdom of Ayurveda, not only as a system of healing but as a way of life that fosters harmony between humanity and nature.

Dear friends

India has been a sacred land of Ayurveda, Yoga, and natural healing since Vedic times. The Indian kitchen is a treasure trove of natural medicine in addition to being a place for cooking. Spices and herbs such as amla, turmeric, black pepper, tulsi, ginger, garlic, giloy, neem, and other plant extracts have served both as daily ingredients and as remedies for maintaining health, boosting immunity, and healing the body and mind for millennia.

Traditional medicine deeply rooted in Caribbean societies, including that in Suriname has been derived from diverse sources. Our ancestors brought the traditional healing system and 'Ayurvedic Practices' to the Atlantic shore more than 150 years ago. I am happy to note the continuity of the traditional knowledge in the household while interacting with senior ladies, the record keepers of the herbal healings here, last month. The medicinal properties of herbs and spices have made them, an integral part of daily meals.

Dear friends and distinguished guest

Given the large presence of the Indian diaspora and ancient practices by the local community, India and Suriname joined hands to harness the existing opportunities, and India and Suriname signed an MoU on Traditional Medicine cooperation, and subsequently the Government of the Republic of Suriname in coordination with the Embassy, launched an Ayurveda Health Centre and a Medicinal Plants Garden Project in the District of Saramacca on the occasion of the 8th Ayurveda Day in 2023.

The climatic condition of Suriname is favorable for commercial herbal farming and therefore, Suriname can become a supplier of medicinal herbs and spices to Latin America, America and Europe as the demand for such products is growing everywhere. Furthermore, it would transform Suriname into a wellness tourism center. I am quite hopeful; our bilateral cooperation will strengthen in this field in coming years.

Dear participants,

India's AYUSH Ministry has signed agreements with 24 countries and established 45 information centers globally. Initiatives like AYUSH pharmacies and wellness tourism are transforming healthcare. This Ayurveda Day reaffirmed India's commitment to making Ayurveda a central pillar of public health, innovation, and global collaboration, positioning it as a vital contributor to addressing modern health challenges around the world. Let us promote AYUSH diets and pledge to make Ayurveda a global solution for health and sustainability.

India is proud to partner with Suriname in promoting Ayurveda through education, research, and practice. ICCR scholarships have opened doors for Surinamese students to study Ayurveda in India.

On this Ayurveda Day, I invite all of you to join hands in nurturing this shared heritage.

May the wisdom of Ayurveda continue to guide us toward a healthy, peaceful and blissful society.

Sarve bhavantu sukhinah Sarve santu nirāmayāḥ

Sarve bhadraṇi paśyantu Mā kaścidduḥkhabhāg bhavet

May all be happy, may all be free from illness.

May all see auspiciousness in everything, may no one be unhappy.
