



प्रेस विज्ञप्ति / PRESS RELEASE

भारतीय राजदूतावास, पारामारिबो, सूरीनाम

Embassy of India, Paramaribo, Suriname

Paramaribo, 24 September 2026

Subject: Celebration of Ayurveda Day 2026

The Embassy of India in Paramaribo celebrated the 11th Ayurveda Day on 23 September 2026 at the Swami Vivekananda Cultural Centre (SVCC), on the theme 'Ayurveda for a Healthier Tomorrow', with the participation of members of the Indian diaspora, Government officials and Ayurveda enthusiasts.

2. The event commenced with the screening of a special video message from Hon'ble Prime Minister of India, Shri Narendra Modi, followed by messages from other prominent Ayurvedic practitioners and professionals sharing global perspectives on traditional health.

3. In his address, India's Ambassador Shri Subhash P. Gupta, underscored the importance of Ayurveda as a science of life, and the continuity of Ayurveda among the Indian diaspora in Suriname. He highlighted the ongoing cooperation between India and Suriname in the traditional medicine sector, and noted that now Ayurveda Day is being observed on the fixed date of 23 September, coinciding with the autumnal equinox and symbolising the balance at the heart of Ayurveda.

4. Distinguished Ayurveda practitioner Dr. Amrika Anroedh, as keynote speaker, made a presentation and shared views on the medicinal properties of herbs and spices and the role of Ayurveda in preventive healthcare, wellness and sustainable living. SVCC Yoga TIC Ms. Upma Sharma, presented on the foundational concept of the three doshas (Vata, Pitta, and Kapha), explained their key identification characteristics, and shared practical healthcare tips for the better management of common ailments through traditional wellness.

5. An exhibition counter was also set up to showcase traditional herbs, remedies, and wellness products.

A few photographs of the event are enclosed below.



