

**Embassy of India
Paramaribo**

**Press Release
10th Ayurveda Day**

On 23 September 2025, the Embassy of India in Paramaribo celebrated the 10th Ayurveda Day at Swami Vivekananda Cultural Centre (SVCC), Paramaribo Suriname with the theme 'Ayurveda for People & Planet'.

2. The celebration began with a ceremonial lighting of a traditional lamp and Ganesh Vandna performed by SVCC dance teacher Ms. Ambili Chidangil.

3. In his remarks, Ambassador Subhash Gupta underscored the importance of Ayurveda, as a science of life, a mean to promote harmony between individuals and the environment through preventive, curative, and rehabilitative health practices. He conveyed that traditional medicine rooted in sustainability, advocates for the careful use of nature's gift, conservation of medicinal plants, and biodiversity preservation.

4. The celebration was graced by Mr. Rakesh Gajadhar Sukul, Permanent Secretary of Health, policy advisors Ms. Romalisa Bisphan and Mr. Chivaro Rebin from the Ministry of Agriculture, and other senior government officials, diaspora members and Ayurveda enthusiasts.

5. Distinguished Ayurveda practitioners Dr. Amrika Anroedh and Ms. Geeta Karansingh as guest speakers, made presentations and shared their knowledge about medicinal properties of herbs and spices. To encourage the adoption of Ayurveda the participants were presented tree saplings of the medicinal plants which are commonly used in Indian cooking.

6. This celebration underscored Ayurveda's role in fostering individual well-being and ecological balance. The program also had traditional dance performances by SVCC dance teacher and students.

7. A few photographs of the event are attached below.





















