

**Embassy of India  
Ashgabat**  
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**Press Release**

**Celebration of 10<sup>th</sup> Ayurveda Day 2025**

Embassy of India, Ashgabat celebrated the 10th Ayurveda day, 2025 at the Yoga centre in Bagtyyarlyk Sports complex. Dr Ramrao Patil, Ayurveda expert, delivered a lecture for the yoga students. He talked about the benefits of adopting Ayurveda and yoga in daily life to maintain women's health. The copies of the booklet on Ayurveda and Yoga were distributed among the participants. (23 September 2025)

Some photos from the event are attached:



The celebration of 10<sup>th</sup> Ayurveda Day 2025 in Ashgabat concluded with a presentation themed 'Management of Low back problems through Ayurveda and Yoga' by Dr. Ramrao Patil, Ayurveda Expert for the students and faculty of the State Medical University. At the end of the programme, the copies of booklet on "Ayurveda and Yoga" were distributed to all the participants. (23<sup>rd</sup> September 2025)

Some photos from the event are attached:



As part of the celebration of 10th Ayurveda Day, 2025, Embassy of India, Ashgabat organized a lecture by Ayurveda expert, Dr Ramrao Patil, at the Chancery premises. Dr. Patil gave valuable insights into the basic principles of ayurveda, its treatment modalities and the benefits of adopting Ayurveda and yoga in daily life. Also, copies of booklet in Russian language on 'Ayurveda and Yoga' were distributed among the participants (22 September 2025)

Some photos from the event are attached:



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