

**Embassy of India  
Ashgabat**

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**Press Release**

**Celebrations of the 11<sup>th</sup> Ayurveda Day in Ashgabat**

The celebrations of the 11<sup>th</sup> Ayurveda Day, organized by the Embassy of India in Ashgabat on 23 September 2026, were attended by the Members of Indian Diaspora and local enthusiasts of Ayurveda.

2. The celebrations commenced with the screening of a short film on Ayurveda, after which a local representative of “Himalaya Wellness Company” explained about the benefits of Ayurvedic products available in Turkmenistan. This was followed by a special demonstration of Yoga by the Embassy’s local Yoga teacher.

3. In his remarks, Ambassador Bandaru Wilsonbabu said that Ayurveda is an ancient Indian holistic system of healing which emphasizes the need for a balanced lifestyle through proper diet, regular exercise, stress management and adequate sleep. Noting the inauguration of an “Ayurveda Chamber” at the Turkmen State Medical University in Ashgabat in January this year, Ambassador conveyed the Embassy’s readiness to work closely with the Government of Turkmenistan to further strengthen India-Turkmenistan cooperation in the fields of Healthcare, Pharmaceuticals, Ayurveda, Yoga, Medicinal plants etc. He also encouraged the people of Ashgabat to take advantage of the free classes of Yoga being conducted at the Embassy.

4. A special exhibition of Ayurveda products and books on Ayurveda was also organized on the occasion. The event concluded with the tasting of Indian snacks.

5. Some photos of the event are placed below.

Ashgabat  
23 September 2026





