

**Embassy of India
Asunción**

Celebration of 11th Ayurveda Day in Paraguay

[23 September 2026; Asuncion]

The 11th Ayurveda Day was celebrated by Embassy of India, Asunción on 23 September 2026 in the Embassy premises in Asunción with the theme 'Ayurveda for a Healthier Tomorrow'.

2. The inaugural remarks delivered by H.E. Ambassador Dr. Piyush Singh were followed by a talk on Ayurveda and Ayurvedic routine (Dinacharya) by Ms. Erika Huber, Ayurveda specialist.

3. As part of the celebrations of 65th anniversary of the establishment of India-Paraguay diplomatic relations this year, the '*AYUSH Information Cell*' of the Embassy of India, Asuncion was launched during the 11th Ayurveda Day event. The '*AYUSH Information Cell*' of the Embassy will build awareness and disseminate authentic information about AYUSH. It was also announced that the 'Ayurveda Lectures and Workshops Series' will be started at the Embassy premises under the ambit of the '*AYUSH Information Cell*'.

4. The celebrations concluded with the singing of bhajans by ISKCON Paraguay. An AYUSH Kiosk was set up on the sidelines of the event. Light refreshments were also served.

5. More than 100 members of Indian Diaspora as well as Friends of India attended the event.

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