

On January 21, the opening ceremony of the Ayurveda classroom was held at the Myrat Garryev State Medical University of Turkmenistan. It was attended by Sibi George, Secretary for Western Affairs of the Ministry of External Affairs of the Republic of India, representatives of the Embassy of the friendly country in our country, as well as professors, teachers and students of the higher educational institution.

The Ayurveda classroom was opened on the basis of the university's sports center. Ayurveda is a traditional system of medicine that has been used in India for centuries. Ayurveda, the oldest healing complex in the world, plays a great role in creating a harmonious relationship between the human body, mind and spiritual world, and, as a result, improving overall health. In Ayurveda, this harmony is achieved on the basis of natural remedies, proper nutrition, healthy lifestyles, yoga exercises and medicinal herbs. It also helps to cleanse the human body of harmful substances and seasonal diseases, and to behave with high spirits and confidence. These features are the main conditions for a long and healthy life. The word "Ayurveda" itself means "knowledge of life" or "science of longevity."

With the aim of widely promoting the immense benefits of Ayurvedic medicine for human health and its ancient traditions throughout the world, the Republic of India holds various events in cooperation with foreign countries. Such events are also held regularly in our country. In addition, courses on traditional Indian medicine are held in several specialties of the State Medical University of Turkmenistan. Indian experts in Ayurveda also regularly participate in such courses.

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