



*Embassy of India, Berne*

*(Concurrently accredited to The Principality of Liechtenstein)*

**INVITATION**  
**5<sup>th</sup> Ayurveda Day**  
*(13 November 2020)*

*The Embassy of India, Berne is organizing an online event for observing the '5<sup>th</sup> Ayurveda Day' from 1 pm to 2 pm CET on 13 November 2020 (Friday).*

*Potential role of Ayurveda in the management of the COVID 19 pandemic is the focus of this year's 'Ayurveda Day' observation.*

*"AYURVEDA" is made up of two words-Ayuh and Veda. Ayuh means life and Veda means knowledge or science. Thus "AYURVEDA" in totality means 'Science of life'. Ayurveda incorporates all aspects of life whether physical, psychological, spiritual or social. What is beneficial and what is harmful to life, what is happy life and what is sorrowful life; all these four questions and life span allied issues are elaborately and emphatically discussed in Ayurveda.*

*Participation in the '5<sup>th</sup> Ayurveda Day' online event is only by registration. Please register at [com3.berne@mea.gov.in](mailto:com3.berne@mea.gov.in) by 11 November 2020. Further details of the programme will be shared subsequent to the registration. We look forward to meeting you online.*