

## **NISR Leh organizes International Day of Yoga in collaboration with MIMC, Administration of UT Ladakh and LAHDC Leh**

Leh, June 18, 2025: The National Institute of Sowa-Rigpa (NISR), Leh have been organising several programs to mark the 11th International Day of Yoga (IDY) 2025 in collaboration with Maha Bodhi International Meditation, Centre, Leh, Administration of Union Territory of Ladakh and LAHDC, Leh. Guided by the theme “Yoga for One Earth, One Health”, these events aim to amplify the role of Yoga in promoting physical, mental, and environmental well-being across communities nationwide. A one-day Samyoga event is organized on 16 June 2025 in the conference hall of National Institute of Sowa-Rigpa, Leh with participation of experts from 10 States of India.

The event started with Lighting of Lamp by the Chief Guest and Dignitaries followed by medicine Buddha prayer. Dr Padma Gurmet Director, NISR, Leh welcomed all the participants and presented an over view about the various activities conducted by National Institute of Sowa-Rigpa for promotion of Yoga. Dr Raghavendra Rao, Director, Central Council for Research in Yoga and Naturopathy, New Delhi was the Chief Guest and Ven Bhikkhu Sanga Sena, Dr Tashi Thinlas, Director Health UT Ladakh and Dr Satya Lakshmi, Director National Institute of Naturopathy, Pune was the Guest of Honor. Several lecture on scientific finding on effects of Yoga is presented by Dr Amit Kanthi, Swami Vivekananda Yoga Anusandhana Samsthan- Bangalore, Ms Nityatara Raina, Yoga therapist from Mumbai, Lt. Col. Rahul Manral, High Altitude Medical Research Centre, 153 GH, Leh, Ladakh, Dr Phuntsog Angchok, President, Arogya Bharti, Ladakh and Sowa-Rigpa lecture is presented by Dr (Prof.) Nawang Tangais, Dr (Prof.) Tsering Thakchoe and Dr Pasang Dolma, Associate Professor, NISR, Leh.





