

The Central Institute of Buddhist Studies, Leh celebrated the 11* International Day of Yoga at 6.00 a.m on 21* of June 2025 on the theme "Yoga for One Earth, One Health" at Leh Palace

The Central Institute of Buddhist Studies, Leh celebrated the 11* International Day of Yoga at 6.00 a.m on 21* of June 2025 on the theme "Yoga for One Earth, One Health" at Leh Palace which is one out of 189 iconic locations identified by the Ministry of Ayush, Govt. of India for celebrating this grand occasion of Yoga. The staff and students of Sowa Rigpa Department, CIBS participated in the programme with great enthusiasm.

Shri Arjun Ram Meghwal, Hon'ble Minister of State (Independent Charge), Law & Justice; Minister of State for Parliamentary Affairs graced the occasion as the Chief Guest.

Besides, several Hon'ble MPs, Hon'ble ECs, LAHDC, Leh, former MP of Ladakh Mr Jamyang Tsering Namgyal, and other dignitaries participated the Yoga session.

Prof Rajesh Ranjan, Hon'ble Vice-Chancellor, CIBS, Leh greeted the Hon'ble dignitaries by presenting Khadaks and later presented welcome speech on the occasion. Shri Arjun Ram Meghwal, Hon'ble Minister of State (Independent Charge) addressed the gathering, emphasizing on the importance of Yoga in our daily lives. Quoting an example from Mahatma Buddha's life he stated how to find happiness in life, which is the ultimate objective of Yoga.

Besides, around 350 staff and students of CIBS practiced Yoga on the premises of CIBS, Leh at 6.00 a.m on 21» June 2025.



