

## MIMC held meditation and yoga sessions during the exposition of the Holy Relics of Tathagata Buddha

Leh, May 2, 2026: The Mahabodhi International Meditation Centre (MIMC) commenced a meditation & Yoga session in connection with the ongoing exposition of the Holy Relics of Tathagata Buddha.

The session was held under the Venerable Bhikku Sanghasena, founder President of MIMC . Dr I.V Bassavarddi , formal Director of Maroji Desai Institute, led the yoga session.

The session witnessed the participation of monks, devotees, and members of the local community, and students of Mahabodha as well as from the army who gathered in a peace and spiritually uplifting atmosphere to engage in meditation and prayer. The initiative aimed to promote mindfulness, inner peace, and spiritual reflection during the sacred occasion.



