

11th International Day of Yoga Celebrated in Leh

Leh, June 21, 2025: The Union Territory of Ladakh celebrated the 11th International Day of Yoga (IDY) with great enthusiasm and widespread participation at Astro turf Open Stadium at Spituk, Leh.

The occasion also marked the culmination of the week-long International Festival of Yoga and Meditation, jointly organized by the UT Administration of Ladakh and Mahabodhi International Meditation Centre (MIMC), Leh, in collaboration with LAHDC Leh, National Institute of Sowa Rigpa, University of Ladakh, Ministry of Ayush, and Morarji Desai National Institute of Yoga.

This year's theme, "Yoga for One Earth, One Health," reflects a global vision of unity, sustainability, and holistic health through the practice of yoga.

As part of the celebration, the live telecast of Hon'ble Prime Minister Narendra Modi's address on the occasion of IDY 2025 from Visakhapatnam, Andhra Pradesh, was also screened, inspiring the audience with his vision for yoga as a unifying and healing force for humanity.

Union Minister of State (Independent Charge) for Law & Justice and Parliamentary Affairs, Shri Arjun Ram Meghwal, graced the occasion as the Chief Guest. In his address, he hailed the International Day of Yoga as a landmark achievement for India, highlighting its global recognition and cultural significance rooted in centuries-old Indian traditions.

He lauded the efforts of Prime Minister Narendra Modi, whose appeal at the United Nations General Assembly led to the adoption of June 21 as the International Day of Yoga. "Yoga is not merely a physical discipline, but a holistic path to overall well-being—physical, mental, and spiritual. Its global acceptance stands as a testament to India's ancient wisdom," the Minister remarked.

He further emphasized the need for regular yoga practice to promote healthier lifestyles and a more peaceful society, adding, "Yoga will not only benefit our current generation but also lay the foundation for a healthier, more harmonious future."

In his remarks, Ven. Bhikkhu Sanghasena, Founder and President of MIMC, described yoga, meditation, ahimsa (non-violence), karuna (compassion), and maitri (loving-kindness) as India's enduring contributions to the world. "Yoga is not just an exercise; it is a transformative path that rejuvenates the body, mind, and soul," he said.

He shared that the International Festival of Yoga and Meditation was successfully held at several iconic locations in Ladakh, including Pangong Lake, Nubra Valley, the University of Ladakh, MIMC Leh, SNM Hospital, and the National Institute of Sowa Rigpa, offering participants a rare blend of spiritual enrichment and natural beauty.

The event was graced by several dignitaries including Chairman, LAHDC Leh, Adv. Tashi Gyalson; Deputy Chairman, LAHDC Leh, Shri Tsering Angchuk; Chief Secretary, UT Ladakh, Dr. Pawan Kotwal; former Lt. Governor of Puducherry, Smt. Kiran Bedi; Secretary, Tourism, Vikram Singh Malik; Secretary, Rural Development Department, Shashanka Ala; senior officials, and other distinguished guests, adding further prominence to the occasion.

The celebration also witnessed active participation from religious leaders from across the nation such as His Holiness Swami Gyananand Tirth Jagadguru Shankaracharya, Swami Vachananda Guru and various political representatives, departmental secretaries, heads of departments, officials from various government departments, and students from educational institutions across Leh.

The event concluded with a mass yoga demonstration, where participants performed various asanas under the guidance of trained instructors, reinforcing the message of unity, health, and peace through the timeless practice of yoga.



