

Harmony at High Altitude: International Day of Yoga (IDY) 2025 at Pangong Lake

Leh, June 23, 2025: To mark the International Day of Yoga (IDY) 2025, the Directorate of AYUSH, National AYUSH Mission (NAM), UT Ladakh, in partnership with the State Medicinal Plants Board (SMPB), UT Ladakh, hosted a revitalizing yoga session at the picturesque Pangong Lake in Merak Village. The event aimed to foster physical, mental, and spiritual well-being through the timeless discipline of yoga. Over 100 people participated enthusiastically, including more than 20 tourists, local residents of Merak, and students from nearby schools.

With the tranquil morning breeze and the breathtaking scenery of the lake providing a perfect setting, attendees began assembling at 6:30 a.m. The event was inaugurated by Dr. Tashi Thinles, Director of Health Services, UT Ladakh, who attended as the Chief Guest. He lit a ceremonial lamp dedicated to the Medicine Buddha and delivered an opening speech emphasizing the role of yoga in achieving holistic health. A trained yoga instructor, Miss Stanzin Youdon, led the session starting at 7:00 a.m., guiding participants through various yoga asanas and breathing techniques in accordance with the Common Yoga Protocol, all set against the stunning natural backdrop of Pangong Lake.

To support the participants, yoga mats, shirts, and caps were distributed free of charge. After the session, attendees were treated to a wholesome breakfast at 8:00 a.m., wrapping up the event on a warm and nourishing note. The involvement of the Directorate of Health Services staff further underscored the administration's dedication to promoting traditional wellness practices.

Following the yoga program, Dr. Tashi Thinles, along with officials from the Directorate of Health Services, National AYUSH Mission, and SMPB, visited the Health Sub-Centre in Merak village, reinforcing their commitment to enhancing community health through yoga and outreach initiatives.

This event effectively united tourists, locals, students, and health personnel in a shared celebration of mindfulness and well-being, echoing the global theme of "Yoga for One Earth, One Health." It showcased the power of yoga to bring people together and demonstrated the region's commitment to traditional health systems. The National AYUSH Mission, UT Ladakh, extends heartfelt thanks to all who participated and supported the event and looks forward to future collaborations to advance wellness across the region.



