

PRESS RELEASE

To motivate Youths and Students towards Yoga, a “**Yoga Unplugged**” event is organised by the National Institute of Sowa-Rigpa in collaboration with Central Institute of Buddhist Studies (Deemed University) in the Nagarjuna Auditorium of CIBS on 17 June 2025. The “**Yoga Unplugged**” activity is among the 10 signature events suggested by the Ministry of Ayush for celebration of 11th International Day of Yoga (IDY) 2025. Guided by the theme “Yoga for One Earth, One Health”, these events aim to amplify the role of Youths for promotion and adaptation of Yoga for physical, mental, and environmental well-being.

The event started with Lighting of Lamp by the Chief Guest and Dignitaries followed by introductory and welcome speech by Dr Padma Gurmet Director, NISR, Leh. Prof Rajesh Ranjan, Vice Chancellor, Central Institute of Buddhist Studies was the Chief Guest and Dr Om Prakash Chaurasia, Director, DIHAR (DRDO) and Shri Phuntsog Ladakhi Yoga Expert and Film star was the Guest of honour for the event. Prof R.N. Prasad former Vice Chancellor of Nav Nalanda University Bihar and Dr Thinlas Yangjor Dy. Register, CIBS were Special Guest. The event is attended by 400 students from different Institutions and participated in different competitions.

Yoga performance competition, Quiz competition and Cultural program competition is organised for the students. Lamdon Senior Secondary school bagged first position in Quiz competition and Central Institute of Buddhist Studies bagged 2nd position. In Cultural program competition students of National Institute of Sowa-Rigpa bagged first position and students of Central Institute of Buddhist Studies and Lamdon Senior Secondary school jointly bagged 2nd position. In individual Yoga performance competition Stanzin Wangtak of Mhabodhi School secured 1st position, Lobzang Samtan of CIBS bagged 2nd position and Tashi Youdon of Mahabodhi Secondary School bagged third position. At last prize were distributed to the winning teams and individuals by the Chief Guest Prof. Rajesh Ranjan and other distinguish guests.





