

MIMC Hosts Yoga Event at SNM Hospital for International Yoga Day 2025

Leh, June 17, 2025: As part of the week-long celebrations leading up to International Yoga Day 2025, an engaging event was successfully organized at SNM Hospital Leh on June 16th. The initiative was a collaborative effort between Mahabodhi International Meditation Centre (MIMC), Administration of UT Ladakh, Ministry of Ayush Government of India, Ladakh Autonomous Hill Development Council (LAHDC) Leh and SNM Hospital aimed at promoting the benefits of yoga for overall well-being within the community.

The event, held in continuation of the broader week-long International Yoga and Meditation Festival in Ladakh, saw participation from various officers and officials, stakeholders, including hospital staff, patients, and other members. During the occasion, importance of yoga practices and its benefits were discussed emphasizing its role in fostering physical, mental, and emotional health.

This collaborative endeavour underscores the growing importance placed on holistic health practices in the region, particularly as International Yoga Day approaches on June 21st, 2025. Such events contribute significantly to raising awareness and encouraging the adoption of yoga as a regular practice for a healthier lifestyle.





