

MIMC Hosts "Sam Yoga - Fusion of Healing Science" Event at Sowa Rigpa for International Yoga Day 2025

LEH, June 17, 2025: In continuation of the week-long celebrations for International Yoga Day 2025, the Maha Bodhi International Meditation Centre (MIMC), in collaboration with the National Institute of Sowa-Rigpa (NISR) and LAHDC Leh organized "Sam Yoga - Fusion of Healing Science" event at Sowa Rigpa on June 16. The event, held as part of the 11th International Day of Yoga (IDY) 2025 activities, aimed to highlight the synergistic relationship between traditional yoga practices and ancient healing systems.

Dr Raghavendra Rao, Director, Central Council for Research in Yoga and Naturopathy, New Delhi was the Chief Guest and Ven Bhikkhu Sanga Sena, Dr Tashi Thinlas, Director Health UT Ladakh and Dr Satya Lakshmi, Director National Institute of Naturopathy, Pune were the Guest of Honor

The one-day Samyoga event at National Institute of Sowa Rigpa, Leh, saw the participation of experts from ten states across India. It commenced with a lamp lighting ceremony by the Chief Guest and dignitaries, followed by a Medicine Buddha prayer. Dr. Padma Gurmet, Director, NISR, welcomed the participants and provided an overview of NISR's various initiatives for promoting yoga.

The theme "Sam Yoga - Fusion of Healing Science" emphasized the integration of evidence-based yoga practices into contemporary healthcare systems, including Ayurveda, Siddha, Unani, Homoeopathy, Naturopathy, and Sowa Rigpa. Lectures on the scientific findings of yoga's effects were presented by various experts, including Dr. Amit Kanthi from Swami Vivekananda Yoga Anusandhana Samsthan-Bangalore, Ms. Nityatara Raina, a Yoga therapist from Mumbai, and Lt. Col. Rahul Manral from High Altitude Medical Research Centre, Leh and Dr Phuntsog Angchok President Arogya Bharti Ladakh. Sowa-Rigpa lectures were delivered by Dr. (Prof.) Nawang Tangais, Dr. (Prof.) Tsering Thakchoe, and Dr. Pasang Dolma from NISR, Leh.

This event, guided by the overarching IDY 2025 theme of "Yoga for One Earth, One Health," underscored yoga's vital role in promoting physical, mental, and environmental well-being across communities. The collaboration between MIMC and NISR served to reinforce the rich tradition of holistic health practices in the region.





