

The National Institute of Sowa-Rigpa (NISR), Leh organises a one-day Samyoga event today

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A one-day Samyoga event was organized today at the National Institute of Sowa-Rigpa (NISR), Leh with participation of experts from 10 States of India. The event started with Lighting of Lamp by the Chief Guest and Dignitaries followed by medicine Buddha prayer. Dr. Padma Gurmet Director, NISR, Leh welcomed all the participants and presented an overview about the various activities conducted by National Institute of Sowa-Rigpa for promotion of Yoga. 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.





Lectures on scientific findings on effects of Yoga were presented by Dr. Amit Kanthi, Swami Vivekananda Yoga Anusandhana Samsthan- Bangalore; Ms Nityatara Raina, Yoga therapist from Mumbai; Lt. Col. Rahul Manral, High Altitude Medical Research Centre, 153 GH, Leh, Ladakh; Dr. Phuntsog Angchok, President, Arogya Bharti, Ladakh and Sowa-Rigpa lecture was presented by Dr (Prof.) Nawang Tangais, Dr (Prof.) Tsering Thakchoe and Dr. Pasang Dolma, Associate Professor, NISR, Leh



The National Institute of Sowa-Rigpa (NISR), Leh has been organising several programs to mark the 11th International Day of Yoga (IDY) 2025 in collaboration with Maha Bodhi International Meditation, Centre, Leh, Administration of Union Territory of Ladakh and LAHDC, Leh. Guided by the theme “Yoga for One Earth, One Health”, these events aim to amplify the role of Yoga in promoting physical, mental, and environmental well-being across communities nationwide.

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