

Common Yoga Protocol Session Organised at National Institute of Sowa Rigpa under Mission LiFE Initiative

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As part of the pre-campaign activities leading up to World Environment Day 2026, the National Institute of Sowa Rigpa (NISR), Sabu Thang, organised a Common Yoga Protocol (CYP) Session today under the Mission LiFE (Lifestyle for Environment) initiative.

The programme, themed “Linking Yoga Practice to Mindful and Low-Consumption Living,” witnessed enthusiastic participation from the faculty, staff, and students of the Institute. The session aimed to promote sustainable lifestyles, environmental consciousness, and holistic well-being through the practice of yoga.

Participants performed various yoga asanas and pranayama exercises under the guidance of trained yoga instructor Shri Gopal Sharma. The session highlighted the significance of yoga in enhancing physical health, mental well-being, and mindful living while reinforcing the principles of Mission LiFE.

The event also underscored the close relationship between individual well-being and environmental sustainability. Through active participation, the attendees reaffirmed their commitment to adopting healthy, eco-friendly, and responsible lifestyle practices.

The Common Yoga Protocol Session forms part of a series of activities being organised by the Institute in the run-up to World Environment Day 2026, aimed at encouraging greater public awareness about sustainable living and environmental responsibility.



SR/SV/SG

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इस विज्ञापित को इन भाषाओं में पढ़ें: Urdu , हिन्दी , Tamil

