



ॐ श्रीगणेशाय नमः ॥

राष्ट्रीय सौवा रिग्पा संस्थान, लेह-लद्दाख

NATIONAL INSTITUTE OF SOWA RIGPA, LEH

(An Autonomous Body under the Ministry of AYUSH, Govt. of India)

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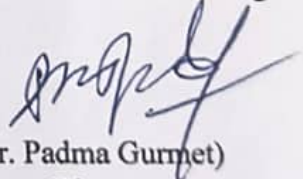
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PRESS RELEASE

To mark the 100-day countdown to the 11th International Yoga Day, which will be held on 21st June 2025 across the globe, the National Institute of Sowa-Rigpa, Leh has organized an event at National Institute of Sowa-Rigpa, Leh on 25 March 2025 to gear up for Celebration of International Yoga Day. The event is organised as per the 100 days, 100 Cities, 100 Organisation countdown program of Ministry of Ayush. The event started with introduction about the International Yoga Day and 100 days countdown program by Dr Padma Gurmet Director, National Institute of Sowa-Rigpa, Leh. He also mentioned about the importance of Yoga for mental and physical health of a person and wellbeing of society. There will be 88 more days to go for celebration of International Yoga Day on 21st June and Ministry of Ayush will conduct programs on each 100 days. A Yoga performance is conducted by all the staff and students of National Institute of Sowa-Rigpa as per the full Yoga protocol of Ministry of Ayush. Yoga protocol experts from Mahabodhi International Meditation Centre have given practical training to conduct the Yoga performance as per the International Yoga Day protocol.

The 100 days countdown was inaugurated by Shri Prataprao Jadhav, Hon'ble Minister of State (I/C) Ministry of Ayush along with inaugurated of Yoga Mahotsav- 2025 in New Delhi, to mark the 100-day countdown to the 11th International Yoga Day on 13 March 2025. On the occasion, the Minister also announced that within 100 days ten significant events will be organised in different parts of the country. He added, that under these events, Yoga Bandhan, a Yoga exchange program with 10 partner countries will be conducted. Mr Jadhav informed that the Yoga Sangam program will be organised at 10 thousand locations in the country.


(Dr. Padma Gurmet)
Director

To

1. Assistant Director, Information Department, Leh for wide publicity.
2. The News Editor, All India Radio, Leh with the request to kindly include the above press release in Ladakhi news bulletin for information of public
3. The News Editor Doordarshan Kendra, Leh with the request to kindly include the above press release in your local news bulletin.
4. Senior Media Advisor, Ministry of Ayush.

