



UNIVERSITY OF LADAKH



Press Note/Release

Yoga Session and Yoga Symposium

Date of Event: 24th June, 2024.

Venue: Conference Hall, UoL.

Today, a yoga session was organized at 8:30 AM on the basketball ground for hostel students. This session was conducted by the Mahabodhi International Yoga and Meditation Centre.

Following the yoga session, a Yoga Symposium commenced at 10:30 AM in the conference hall at Leh Campus, Ladakh University. Various guests and speakers from the Mahabodhi International Yoga and Meditation Centre, along with students and faculty members from Ladakh University, participated in the said event.

Guests were welcomed by Dr. Mohd Hussain, Dean Science and Er. Tashi Tundup, In-charge Administration, University of Ladakh, Leh Campus. Various speakers from Mahabodhi shed light on yoga and meditation and their benefits on overall health. Ambassador Deepak Vohra, special advisor to the Prime Minister of Lesotho, Guinea-Bissau, and South Sudan, highlighted the importance of yoga. He mentioned that yoga is beneficial not only for the older generation but for the younger generation as well and emphasized its role in academic success. He said amid a rapidly changing world, where stress and lifestyle-related health issues are on the rise, Yoga offers a holistic approach to well-being.

Dr. Binny Sreen, Sister of the Peace Ambassador, highlighted the importance of meditation and its benefits. She said Meditation, an ancient practice rooted in various cultural and spiritual traditions, has gained widespread recognition in modern times for its profound impact on mental, emotional, and physical well-being. Meditation helps clear the mind of distractions, improving concentration and enhancing cognitive functions. Regular practice can increase attention span, memory, and decision-making abilities.

Bhikkhu Sanghasena, founder and president of MIMC, provided a detailed explanation of yoga. He emphasized the importance of taking care of our physical, mental, and spiritual health and not just focusing on outer appearances. He also stressed that we should be happy both outwardly and inwardly.

After the completion of the program, the Mahabodhi International Meditation Centre, Leh, facilitated Dr. Sonam Joldan, Dean Academic Affairs and Er. Tashi Tundup, In-charge Administration, University of Ladakh, Leh Campus, for their help in conducting the program successfully.

The event concluded with a vote of Thanks by Tashi Dolker, B.Ed 2nd Semester student, University of Ladakh acknowledging the efforts of all organizers, volunteers and participants who contributed to the success of the this programme.

