

MAHABODHI INTERNATIONAL MEDITATION CENTRE

# Yoga & Meditation

## NEWSLETTER

MAHABODHI INTERNATIONAL MEDITATION CENTRE (MIMC) IS A PIONEER IN PROMOTING YOGA AND MEDITATION IN THE REGION AND PROUDLY STANDS AS LADAKH'S FIRST YOGA CERTIFICATION BOARD (YCB)-ACCREDITED INSTITUTE, RECOGNIZED BY THE MINISTRY OF AYUSH, GOVERNMENT OF INDIA.



**"Meditation is experiencing Buddhahood within oneself Compassion is radiating the boundless fragrance of that Buddhahood in all direction for the benefits of all"**

~ Bhikkhu Sanghasena  
SAMBODHI RETREAT CENTRE



9103188699 / 6005652583



mahabodhiyogacentre.com

# YOGA CERTIFICATION BOARD

MINISTRY OF AYUSH, GOVERNMENT OF INDIA

MINISTRY OF AYUSH GOVERNMENT OF INDIA

## ACCREDITATION CERTIFICATE YOGA INSTITUTION

This is to certify that Mahabodhi International Meditation Centre, Leh Ladakh, PO Box 22, Mahabodhi International Meditation Centre, Saboo-194101-194101, has been assessed as per the YCB guidelines for accreditation of the Institute and approved as a Yoga Institution. Validity of the Certificate is subject to continued compliance to the prescribed YCB guidelines for accreditation and scope of work.

The Mahabodhi International Meditation Centre (MIMC) in Ladakh is an accredited institute under the Yoga Certification Board (YCB) of India's Ministry of AYUSH, offering yoga teacher training (YTT) and courses leading to YCB certification, recognized globally for instructor levels (Level 1, 2, 3) in Yoga Protocol, Wellness, and Teaching. They provide both residential programs at their serene Devachan campus and online training, focusing on holistic yoga as a lifestyle, not just asanas, with experienced instructors.



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MINISTRY OF AYUSH, GOVERNMENT OF INDIA



Ministry of Ayush  
Government of India

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### SCOPE OF WORK

- To conduct Training Programmes for the following categories of Yoga Professionals:
- Yoga Volunteer, Yoga Protocol Instructor, Yoga Wellness Instructor, Yoga Teacher & Evaluator, Yoga Master, Primary/Elementary/Higher Secondary School Yoga Teacher, Assistant Yoga Therapist, Yoga Therapist, Yogasana Coach.
- To certify own candidates through Personnel Certification Bodies as per guidelines.

  
(Dr. Ishwar V. Basavaraddi)  
Head of Institution, YCB



Issue Date: 27.06.2023

Certificate No.:

Valid from: 27th Jun 2023

Valid upto: 26th Jun 2028

Yoga Certification Board, Ministry of Ayush, Govt. of India, Vidya Vriksh Kendra, PL Uma Shankar State Road, Teen Murti Marg, Chanakya Sarai, New Delhi - 110021  
Ph.: +91-11-42765248, Email: ycb11-minhy@nic.in / ceoycb11-minhy@nic.in Website: www.yogacertificationboard.nic.in

# MAHABODHI INT'L YOGA AND MEDITATION CENTRE, Accredited to YCB, Ministry of AYUSH Gov't of India



## Join Our Shangri-La Meditation Retreat 2026

Embark on a spiritual journey to the mystical land of Ladakh in the High Himalayas.....

Don't miss this transformative opportunity!

Immerse yourself in the 3 days Shangri-La transformative meditation retreat with Bhikkhu Sanghasena and experience the eternal bliss of Nibbana here and now. We invite you to go on a transformative retreat for a complete reset and a new outlook on life.

MAY	JUNE	JULY	AUG	SEPT	OCT
1 <sup>st</sup> - 4 <sup>th</sup>	1 <sup>st</sup> - 4 <sup>th</sup>	1 <sup>st</sup> - 4 <sup>th</sup>	1 <sup>st</sup> - 4 <sup>th</sup>	1 <sup>st</sup> - 4 <sup>th</sup>	1 <sup>st</sup> - 4 <sup>th</sup>
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21 <sup>st</sup> - 24 <sup>th</sup>	Int'l Festival of Yoga & Meditation)	21 <sup>st</sup> - 24 <sup>th</sup>	21 <sup>st</sup> - 24 <sup>th</sup>	21 <sup>st</sup> - 24 <sup>th</sup>	
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	27 <sup>th</sup> - 30 <sup>th</sup>				



## JOIN THE SHANGRI-LA MEDITATION RETREAT 2026 AT MAHABODHI INTERNATIONAL YOGA & MEDITATION CENTRE, LADAKH (ACCREDITED TO YCB, MINISTRY OF AYUSH, GOVT. OF INDIA)

Embark on a spiritual journey to the mystical land of Ladakh in the High Himalayas!  
Immerse yourself in a 3-day transformative meditation retreat with Ven. Bhikkhu Sanghasena, and experience the eternal bliss of Nibbana — here and now.

Take this opportunity to reset, rejuvenate, and rediscover inner peace.

■ **Retreat Dates:** May to October 2026

■ **Email:** [mimc.sambodhi@gmail.com](mailto:mimc.sambodhi@gmail.com)

■ **Contact:** +91 6005652583

■ Don't miss this life-transforming experience in the heart of the Himalayas!



# YOGA 2025 | THE YEARLY NEWSLETTER OF THE YOGA AND MEDITATION

Grand opening of the International Festival of Yoga and Meditation 2025 at Mahabodhi International Meditation Centre, Leh. The grand inauguration of the Weeklong International Festival of Yoga and Meditation 2025 was held on 15th June 2025, at the Mahabodhi International Meditation Centre (MIMC), Leh. The event brought together spiritual leaders, yoga practitioners, scholars, and dignitaries from across the country to celebrate the transformative power of yoga and meditation. Organized by Mahabodhi International Meditation Centre with the support of the Ministry of AYUSH, Government of India, the festival is being implemented and



monitored by the Central Council for Research in Yoga and Naturopathy (CCRYN), and is conducted in collaboration with the Administration of the Union Territory of Ladakh, Ladakh Autonomous Hill Development Council (LAHDC) Leh, National Institute of Sowa Rigpa, University of Ladakh, Directorate of Health Services, and National AYUSH Mission, UT Ladakh. The event was graced by His Excellency Shri Arif Mohammad Khan, Hon'ble Governor of Bihar, who attended as the Chief Guest. His presence added immense dignity and depth to the opening ceremony. The proceedings began with the lighting of the ceremonial lamp, symbolizing the dispelling of ignorance and the welcoming of light, wisdom, and peace.





# YOGA MAHAKHUMB 2025

**Yoga at Pangong Lake: A Harmonious Confluence of Body, Mind, and Spirit** As part of the International Festival of Yoga and Meditation (IFYM) – Yoga Mahakumbh 2025, the Mahabodhi International Meditation Centre (MIMC) organized a grand yoga event at the serene and iconic Pangong Lake on 19th June 2025. The event brought together more than 800 participants, including students from the Changthang region, Indian Army personnel, and delegates from across India and abroad. The programme was graced by the presence of several distinguished guests, including Brig. M.R. Jagdish of the 114 Infantry Brigade, Brig. Rinchen Dorjey of the 33 Mountain Infantry Brigade, Col. Mandar Pathak, Commanding Officer of the 17 Punjab Regiment, Mr. Himanshu Soni, renowned Actor who played the role of Buddha in the Series “Buddha- Rajaaon ka Raja”, Shri Konchok Stanzin, Hon’ble Councillor of Chushul Constituency, renowned Ladakhi artist Shri Phuntsog Ladakhi, along with senior officials such as the ZEPO, Tehsildar, and the In-charge of the Tangtse Police Post. The highlight of the event was a guided yoga session led by certified yoga instructors from MIMC. Set against the awe-inspiring backdrop of Pangong Lake, the session offered participants a deeply calming and rejuvenating experience.



# YOGA MAHAKHUMB 2025

## International Festival of Yoga and Meditation (IFYM): A Soulful Morning at the Maitreya Buddha, Nubra

The fourth day of the International Festival of Yoga and Meditation (IFYM), Yoga Mahakumbh, was held in the serene and spiritual atmosphere of the majestic Maitreya Buddha Statue at Diskit, Nubra. The event began with a deeply enriching yoga session attended by over 450 enthusiastic students from various schools across the Nubra region. Surrounded by the breathtaking Himalayan landscape, the session embodied the festival's central theme—"Breath, Balance & Bliss"—a powerful reminder of the healing potential of conscious breathing, the equilibrium yoga brings to our lives, and the profound bliss that arises when we live in alignment with our higher selves. The session was graced by the presence of several esteemed dignitaries. Shri Tsering Angchuk, Hon'ble Deputy Chairman of LAHDC Leh, attended as the Chief Guest, while Mr. Mukul Beniwal, IAS, SDM Nubra, was present as the Guest of Honour. Special Guests included Dr. Sathya Lakshmi, Director of the National Institute of Naturopathy, Pune, and Dr. Mohan Rao from the Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH, New Delhi. Other notable attendees were Mr. Tufail Iqbal, JKAS, Tehsildar Diskit; Mr. Shamim Ahmad, Executive Engineer, PWD; and principals and heads of various schools from across the Nubra Sub-Division. In their addresses, the dignitaries spoke about the importance of incorporating yoga and meditation into daily life, especially for the youth, as essential tools for inner stability, emotional resilience, and holistic development. The participating schools included novices from Diskit Gonpa School, along with students from Lamdon Model School Diskit, Lamdon School Sumoor, Higher Secondary School Diskit, Boys High School Diskit, Girls High School Diskit, and Army Public School, Partapur. The morning's session was a beautiful blend of tradition, education, and well-being, reaffirming the transformative power of yoga to bring people together in harmony and shared purpose. As the festival continues, the Yog Mahakumbh remains a beacon of peace, health, and unity in the heart of the Himalayas.





**Adding to the spirit of celebration were cultural performances by the residents of Man and Merak villages, along with a special performance by Shri Phuntsog Ladakhi, which showcased the rich artistic heritage of the region.**

**More than 600 students from various schools in the remote Changthang region actively participated in the event, reflecting the growing impact of yoga and mindfulness practices among youth in these far-flung areas.**

**Bhikkhu Sanghasena, addressed the gathering and emphasized the importance of introducing yoga to border and rural communities. He spoke about the physical, mental, and spiritual benefits of yoga and acknowledged the significant support extended by the Indian Army in organizing such inclusive and empowering programmes.**

**In their speeches, both Brig. M.R. Jagdish and Brig. Rinchen Dorjey praised the relentless efforts of Bhikkhu Sanghasena in spreading the message of yoga and peace over the past three decades. They assured continued support from the armed forces for such noble endeavours in the future. The event concluded on a warm note with a delicious community lunch generously prepared and served by the Indian Army, symbolizing the strong bond of unity, respect, and cooperation between civilians and the armed forces in this strategically important region**





## MIMC CONCLUDES INTERNATIONAL FESTIVAL OF YOGA AND MEDITATION 2025 WITH GRAND CELEBRATION OF THE 11<sup>TH</sup> INTERNATIONAL DAY OF YOGA LADAKH

The Mahabodhi International Meditation Centre (MIMC), in collaboration with the Administration of the Union Territory of Ladakh, proudly concluded the week-long International Festival of Yoga and Meditation (IFYM) 2025 on 21st June, marked by the grand celebration of the 11th International Day of Yoga (IDY) at the Astro turf Stadium, Spituk. The festival, widely known as the Yoga Mahakumbh of the Himalayas, was organized under the visionary leadership of Bhikkhu Sanghasena. It witnessed over 5000 participants across spiritually significant locations, with the final day culminating in a mass yoga demonstration, powerful spiritual reflections, and expressions of collective harmony. This year's theme — "Yoga for One Earth, One Health" — served as a global call for healing, sustainability, and inner transformation. The Hon'ble Union Minister of State (Independent Charge) for Law & Justice and Parliamentary Affairs, Shri Arjun Ram Meghwal, graced the celebration at Spituk as Chief Guest. In his keynote address, he praised yoga as India's priceless gift to humanity and lauded Prime Minister Narendra Modi's leadership in establishing 21st June as the International Day of Yoga through the United Nations. "Yoga is a holistic journey — uniting body, mind, and soul. It's India's ancient wisdom that is today guiding the world," he stated.







# GRAND CLOSING CEREMONY MARKS THE CULMINATION OF THE INTERNATIONAL FESTIVAL OF YOGA AND MEDITATION 2025 IN LADAKH

The week-long International Festival of Yoga and Meditation (IFYM) 2025, widely celebrated as the Yoga Mahakumbh of the Himalayas, concluded on a spiritually uplifting and culturally vibrant note with a grand closing ceremony held at the Astroturf Stadium, Spituk. The festival, organized by the Mahabodhi International Meditation Centre (MIMC) under the visionary guidance of Bhikkhu Sanghasena, brought together more than 5,000 participants from across India and the world in a celebration of yoga, mindfulness, and global unity.

Held from 15th to 21st June 2025, the festival was supported by the Ministry of AYUSH, Government of India, in close collaboration with the Administration of UT Ladakh, LAHDC Leh, Central Council for Research in Yoga & Naturopathy (CCRYN), National Institute of Sowa Rigpa, University of Ladakh, National AYUSH Mission, and the Directorate of Health Services. The festival spanned across iconic spiritual and natural sites of Ladakh, from the banks of Pangong Lake to the valleys of Nubra and the campuses of Leh.

The closing ceremony commenced with the lighting of the ceremonial lamp, followed by addresses from esteemed dignitaries including Dr. Mohan Rao, Assistant Director (North), CCRYN, and Pujya Sadguru Brahmeshanandacharya Swamiji, who both reflected on the deeper purpose of yoga as a path to inner and outer peace. A divine highlight was the presence and blessing of His Holiness Swami Geyanand Teerth Jagadguru Shankaracharya, who was presented with the Himalayan Yoga Award 2025 by Bhikkhu Sanghasena in honour of his lifetime contributions to Vedanta and spiritual wisdom.





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# YOGA & MEDITATION

## PROGRAMS AT MIMC CITY CENTRE

Under the continued guidance and blessings of Venerable Bhikkhu Sanghasena, the Mahabodhi International Meditation Centre (MIMC) remains steadfast in its commitment to promoting holistic well-being and inner transformation.

MIMC continues to offer regular yoga and meditation programs at its main campus in Choglamsar as well as at its City Centre in Changspa, Leh. These sessions provide a nurturing space for participants to cultivate physical health, mental clarity, and emotional balance, rooted in the timeless wisdom of the Buddha's teachings.

Open to people from all walks of life, the programs are designed to foster mindfulness, compassion, and inner peace, supporting individuals on their journey toward a more harmonious and meaningful life.





# ONE MONTH YOGA INSTRUCTOR COURSE 2025

The One-Month Yoga Instructor Course was formally inaugurated at the Mahabodhi Yoga and Meditation Centre, Leh. The event brought together distinguished dignitaries, yoga scholars, and aspiring instructors to begin a meaningful journey of self-development and service through yoga.

This course reflects our ongoing commitment to promoting yoga and meditation in the region. Mahabodhi International Meditation Centre (MIMC) is proud to be Ladakh's first Yoga Certification Board (YCB)-accredited institute, recognized by the Ministry of AYUSH, Government of India. In 2021, Ven. Bhikkhu Sanghasena, Founder and Spiritual Director of MIMC, was honoured with the Prime Minister's Yoga Award, a national recognition that brought pride to Ladakh.

In his address, Ven. Bhikkhu Sanghasena highlighted that the course is designed to train participants not only in yoga practice and instruction but also in understanding yoga as a lifestyle rooted in discipline, awareness, and service. Structured sessions, daily meditation, and group reflection will help participants deepen their practice and prepare to share it meaningfully with others.

MIMC under the continued guidance and blessings of Ven. Bhikkhu Sanghasena continues to offer regular yoga and meditation programs at its main campus in Choglamsar and at its City Centre in Changspa, Leh.





**Closing Ceremony of the One Month Yoga Instructor Course at Mahabodhi Yoga Institute - A Transformational Journey Culminates with Dignitaries, Army Personnel, and Spiritual Leaders.**

The One-Month Yoga Instructor Course (YIC) successfully came to an end today with a grand and spiritually uplifting closing ceremony.

The event was graced by esteemed dignitaries, including Lt. Gen. Hitesh Bhalla, UYSM, SM, VSM, General Officer Commanding, XIV Corps, Indian Army, who served as the Chief Guest; Ven. Bhikkhu Sanghasena; Maj. Gen. Arindam Saha, YSM, SM, GOC, 3 Infantry Division, Indian Army; Sh. Laxman Singh Yadhav, DIG, Northwest Frontier, ITBP; Dr. Padma Gurmet, Director, National Institute of Sowa Rigpa; and Sh. Tsering Tashi, District Youth and Sports Service Officer.

The ceremony began with the Lighting of the Lamp and Invocation, symbolizing the illumination of inner wisdom and the sacredness of the occasion.

The One-Month YIC, held from 1st to 31st May 2025, was an intensive training program that offered a comprehensive curriculum in yoga asanas, pranayama, meditation, shatkarma, yoga philosophy, anatomy, teaching methodology, and ethics, strictly following the syllabus of the





## A TWO-DAY SPECIAL YOGA AND MEDITATION PROGRAM WAS ORGANIZED FOR THE JAWANS AND OFFICERS OF THE ITBP

"Yoga and meditation add invaluable strength to the physical, mental, and emotional well-being of our jawans." ~Bhikkhu Sanghasena

A two-day special Yoga and Meditation program was organized for the jawans and officers of the ITBP Leh at the Mahabodhi International Yoga and Meditation Centre (MIMC) on the 27th and 28th of April 2025.

Earlier, MIMC had signed an MoU with the ITBP to offer yoga and meditation programs to the jawans and officers serving the nation in the challenging terrains of the Himalayas.

The Meditation sessions were led by Ven. Bhikkhu Sanghasena and he expressed concern about the wellbeing of the officers and jawans who come from various parts of the country to serve in these cold and high-altitude areas. He assured that MIMC and his team will continue to offer all possible support—through yoga, meditation, and spiritual guidance—to the officers and jawans of the Indian Army and paramilitary forces.

He emphasized that Yoga and Meditation significantly boost the physical, mental, and emotional health and happiness of the jawans. The participants expressed their deep gratitude for the simple yet practical yoga and meditation sessions. A team of Yoga experts from our institute conducted the yoga sessions with great dedication.



# ONE MONTH YOGA INSTRUCTOR COURSE

Organised by  
**Mahabodhi Yoga Institute**

(Accredited to Yoga Certification Board, Ministry of AYUSH, Gov't of India)

Classes Start From Sept 15<sup>th</sup> - Oct 15<sup>th</sup> 2025

"Yoga is a philosophy of discipline and Meditation that transforms the spirit and makes the individual a better person in thought, action, knowledge and devotion."

- Shri Narendra Modi

Hon'ble Prime Minister of India

"Yoga is not just a practice of Asanas; it is a path to inner peace, harmony, and universal well-being. Let us embrace Yoga as a way of life-uniting body, mind, and spirit for One Earth, One Health."

- Bhikkhu Sanghasena

Founder President  
Mahabodhi Int'l Yoga & Meditation Centre



Location: Mahabodhi Int'l Meditation Centre, Choglamsar

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MIMC under the continued guidance and blessings of Ven. Bhikkhu Sanghasena continues to offer regular yoga and meditation programs at its main campus in Choglamsar and at its City Centre in Changspa, Leh.



"Learn as if you will live forever, live like you will die tomorrow."  
—Mahatma Gandhi

*Linking the Truth*

## 'Snow Leopard Day' celebrated at MIMC



**LEH:** The jawans from the Indian Army's Fire and Fury Corps, Unit 406, observed Snow Leopard Day at MIMC with the inspiring theme – "Yoga for Snow Leopard, Save Snow Leopard." Around 100 jawans and officers, including Lt. Col. Abhishek Tiwari, Maj. Shridan Patil, and Capt. Preeti Panwar, participated in a rejuvenating yoga session led by MIMC's yoga teacher, followed by a meditation session and Dhamma talk by Ven. Sanghasena.

In his address, Ven. Sanghasena praised the Indian Army's strong bond with Mahabodhi and highlighted MIMC's continuous support in promoting yoga and meditation for the physical and mental wellness of our soldiers. He reaffirmed MIMC's commitment to providing holistic wellbeing programs for our

nation's protectors. All participants deeply appreciated the serene experience and the noble efforts of Ven. Sanghasena (Gurujī), who has dedicated over three decades to spreading yoga, meditation, compassion (Karuna), and the spirit of "Vasudhaiva Kutumbakam" – the world as one family.





# ITBP JAWANS ATTEND YOGA & MEDITATION COURSE AT MAHABODHI YOGA INSTITUTE, LEH

As part of the Memorandum of Understanding (MoU) between the Mahabodhi International Meditation Centre (MIMC) and the Indo-Tibetan Border Police (ITBP), a meaningful initiative has been launched to incorporate yoga and meditation into the lives of security personnel to enhance their overall well-being – physically, mentally, and emotionally.

Under this initiative, nearly 100 ITBP jawans participated in a two-day yoga and meditation session at the Mahabodhi Yoga Institute in Leh. The program focused on cultivating inner strength, mental clarity, and emotional resilience – qualities that are especially vital for those serving in high-stress and high-altitude regions.

During the session, Ven. Bhikkhu Sanghasena addressed the participants with compassion and wisdom. He made a heartfelt reference to the recent tragic incident in Pahalgam, where innocent lives were lost, leaving the nation in mourning. In a solemn moment, Ven. Bhikkhu Sanghasena led a special prayer for the victims and their families, offering wishes for healing, peace, and strength in the face of such profound loss.

He further expressed deep respect for the jawans and all members of the armed forces, acknowledging their unwavering service and sacrifice. "In times of both calm and crisis," he said, "it is the brave men and women of our security forces who guard the nation, often under the most challenging conditions. A peaceful and resilient mind is their greatest inner strength."

This collaboration between MIMC and ITBP marks a progressive step toward integrating mindfulness, compassion, and inner wellness into the lives of those who dedicate themselves to the service and safety of the nation.





- **New Delhi, 19 December 2025:** On the occasion of the Closing Ceremony of the 2nd WHO Global Summit on Traditional Medicine, held today at Bharat Mandapam, New Delhi, Hon'ble Prime Minister Shri Narendra Modi felicitated the recipients of the Prime Minister's Awards for Outstanding Contribution to the Promotion and Development of Yoga for the years 2021–2025.
- Ven. Bhikkhu Sanghasena, Founder President of the Mahabodhi International Meditation Centre (MIMC), Leh, UT Ladakh, was honoured with the Prime Minister's Award for Outstanding Contribution to the Promotion and Development of Yoga for the year 2021.
- The award was conferred by the Hon'ble Prime Minister Shri Narendra Modi in the august presence of Dr. Tedros Adhanom Ghebreyesus, Director-General of the World Health Organization; Shri Jagat Prakash Nadda, Union Minister of Health & Family Welfare and Chemicals & Fertilizers; and Shri Prataprao Jadhav, Union Minister of State (Independent Charge) for AYUSH and Minister of State for Health & Family Welfare.
- The Prime Minister's Yoga Award for 2021 recognises the lifelong contributions of Ven. Bhikkhu Sanghasena, whose work seamlessly blends yoga, meditation, and spiritual wisdom with compassionate humanitarian service. Through the Mahabodhi International Meditation Centre, he has played a transformative role in promoting holistic well-being, mental health, and social upliftment in Ladakh and beyond, touching the lives of thousands through education, healthcare, yoga, and meditation initiatives.
- During the ceremony, Ven. Bhikkhu Sanghasena humbly offered a Buddhist prayer mala (beads) to the Hon'ble Prime Minister as a symbol of blessings, peace, and goodwill.
- The recognition at this prestigious global forum underscores India's leadership in promoting yoga and traditional medicine, and honours individuals whose selfless service has strengthened the global movement for holistic health, inner peace, and harmony.



# BHIKKHU SANGHASENA CONFERRED THE PRESTIGIOUS YOGA RATNA AWARD 2025

In a grand and spiritually uplifting ceremony held in Bengaluru, Bhikkhu Sanghasena, the recipient of PM Yoga Awards 2021 was honored with the Yoga Ratna Award 2025. This prestigious title is bestowed upon individuals who have made outstanding contributions to the field of yoga and the spiritual upliftment of humanity.

The award is presented by the Shwaasa Yoga Center, under the dynamic leadership of ShwaasaGuru Sri Vachanananda Swamiji, a revered spiritual master credited with bringing yoga into the lives of thousands across India and beyond. The ceremony was organized in collaboration with the Santosh Lad Foundation, adding further significance to the event.

The celebration witnessed an overwhelming attendance of over 1,000 yoga enthusiasts, spiritual leaders, celebrities, political dignitaries, and members of the public – all gathered in reverence to honor the contributions of the awardees. Bhikkhu Sanghasena was recognized for his exceptional service in promoting holistic health, spiritual education, and universal harmony through yoga, meditation, and humanitarian outreach. For decades, his work through the Mahabodhi International Meditation Centre (MIMC) in Ladakh has been a beacon of peace and transformation, touching lives across religious, social, and geographic boundaries.

In his acceptance address, Bhikkhu Sanghasena expressed deep gratitude to Shwaasa Yoga Centre for the recognition. He lauded the remarkable contributions of ShwaasaGuru Sri Vachanananda Swamiji, whom he described as an “emerging Jagadguru” – a global teacher with the potential to guide humanity toward peace, wellness, and spiritual awakening.

This award reaffirms the shared mission of yoga leaders and spiritual masters to inspire a healthier, more harmonious, and spiritually awakened world.





The World Meditation Day was observed with reverence and enthusiasm at Mahabodhi International Meditation Centre, bringing together spiritual leaders, senior government officials, defence personnel, academicians, health professionals, students, and local residents.

Special tribute was paid to Ven. Bhikkhu Sanghasena for his visionary contribution to introducing and nurturing yoga and meditation in Ladakh nearly forty years ago, at a time when such practices were largely unfamiliar in the region. His lifelong commitment to inner transformation, social harmony, and compassionate action was recognised as the foundation of Mahabodhi's work.

Participants then immersed themselves in a short guided meditation session led by Ven. Bhikkhu Sanghasena to mark the significance of the day. The session offered a quiet space for reflection and inner stillness, allowing everyone present to experience meditation not as a concept, but as a living practice. At the conclusion of the session, participants collectively pledged to make meditation a part of their daily lives, resolving that it should not remain limited to celebration or observance on a particular day, but be embraced as a continuous path of mindfulness, balance, and inner well-being.

The occasion was made even more meaningful as it coincided with both World Meditation Day and the auspicious festival of Losar. In this spirit of reflection and renewal, the gathering collectively congratulated Guruji on receiving the prestigious PM Yoga Award from the Hon'ble Prime Minister of India, Narendra Modi, on 19 December.

A special video was screened during the programme, capturing the proud moment of Venerable Bhikkhu Sanghasena receiving the PM Yoga Award directly from the Prime Minister. The screening was met with warm applause and a deep sense of collective pride, marking a significant milestone not only for Guruji, but also for Mahabodhi, Ladakh, and the wider community inspired by his work.

The event concluded with prayers and reflections, reaffirming the shared commitment to meditation as a path to personal well-being and a more compassionate, harmonious society.

# CONTACT US....

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