

वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद  
Council of Scientific and Industrial Research  
अनुसंधान भवन, 2, रफी मार्ग, नई दिल्ली-110001  
Anusandhan Bhawan, 2, Rafi Marg, New Delhi-110001

No. : 5-1(17)/2008-PD

दिनांक/Date : 18.05.2026

कार्यालय ज्ञापन / OFFICE MEMORANDUM

विषय : 12 वें अंतर्राष्ट्रीय योग दिवस 2026 के उपलक्ष्य में योग कार्यक्रमों और विश्व रिकॉर्ड आयोजन में भागीदारी के सम्बन्ध में |

Sub : Participation in Yoga programs and world record event on the occasion of 12<sup>th</sup> International Yoga Day 2026 – reg.

अधोहस्ताक्षरी को यह कहने का निदेश हुआ है कि सक्षम प्राधिकारी ने आयुष मंत्रालय, भारत सरकार द्वारा उपरोक्त विषय पर जारी दिनांक 08 मई, 2026 के अर्धशासकीय पत्र सं. एम-16011/25/2026-वाईएन को सभी सीएसआईआर प्रयोगशालाओं/संस्थानों/इकाइयों को सूचना, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने की स्वीकृति प्रदान की है।

The undersigned is directed to state that the Competent Authority has accorded approval to forward the D.O. Letter No. M-16011/25/2026-YN dated 08<sup>th</sup> May, 2026 on the above subject issued by Ministry of Ayush, Government of India to all CSIR Labs./Instts./Units for information, guidance and compliance.



(अमरेन्द्र कुमार/Anrendra Kumar)

अवर सचिव (नीति प्रभाग)/Under Secretary (PD)

संलग्न/Encl. : यथोपरि/As above  
प्रतिलिपि/Copy to:

- 1) सी.एस.आई.आर. की सभी राष्ट्रीय प्रयोगशालाओं/संस्थानों/मुख्यालय/एककों के निदेशक/प्रधान  
The Directors/Heads of all CSIR National Labs./Instts./Hqrs./Units
- 2) सी.एस.आई.आर. वेबसाइट/ CSIR Website
- 3) कार्यालय प्रति/Office copy.

वैद्य राजेश कोटेचा  
सचिव  
Vaidya Rajesh Kotecha  
Secretary



75  
आज़ादी का  
अमृत महोत्सव

भारत सरकार  
आयुष मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए. नई दिल्ली-110023  
Government of India  
Ministry of Ayush  
Ayush Bhawan, B-Block, GPO Complex,  
INA, New Delhi-110023  
Tel. : 011-24651950, Fax : 011-24651937  
E-mail : secy-ayush@nic.in

Dear Colleague,

D.O.No.M-16011/25/2026-YN  
08<sup>th</sup> May, 2026

In the run-up to the 12<sup>th</sup> International Day of Yoga (IDY) 2026, the Ministry of Ayush is undertaking several initiatives to promote mass participation and awareness of Yoga across the country.

Kindly refer to the Ministry's earlier D.O. letter No: M-16011/8/2026-YN dated 12<sup>th</sup> March, 2026 regarding promotion of registrations for the "100 Days Free Live Yoga Sessions" being conducted in collaboration with Habuild Health Tech Private Limited under the "Yoga 365" initiative (copy enclosed).

In order to further encourage active participation across Ministries/Departments, it has been proposed to institute a Ministry-level recognition mechanism to acknowledge contributions towards mobilizing registrations for the World Record event.

Accordingly, the following categories of recognition are proposed for the top three Ministries/Departments based on verified participation metrics:

- योग प्रसारक प्रथम (1<sup>st</sup> Position)
- योग प्रसारक द्वितीय (2<sup>nd</sup> Position)
- योग प्रसारक तृतीय (3<sup>rd</sup> Position)

The above recognition will be conferred by Ministry of Ayush in the form of a digital badge. This initiative is expected to foster healthy competition, enhance outreach, and strengthen collective efforts towards making Yoga a mass movement.

I would, therefore, request you to kindly encourage officers and staff of your Ministry/Department, including attached and subordinate offices, to actively participate in the ongoing Yoga sessions and the forthcoming World Record event by registering through the toll-free number **1800-315-7008**. Participants will receive free "Yoga Mitra" a Yoga volunteer certificate issued by the Yoga Certification Board, Ministry of Ayush, upon successful registration and completion of course.

Your support in this regard will greatly contribute to the success of this nationwide initiative and the celebrations of IDY 2026.

With regards,

Yours sincerely,

(Rajesh Kotecha)

Encl: As above

To,

All Secretaries of all Ministries/Departments, Government of India

वैद्य राजेश कोटेचा  
सचिव  
Vaidya Rajesh Kotecha  
Secretary



भारत सरकार  
आयुष मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए, नई दिल्ली-110023  
Government of India  
Ministry of Ayush  
Ayush Bhawan, B-Block, GPO Complex,  
INA, New Delhi-110023  
Tel. : 011-24651950, Fax : 011-24651937  
E-mail : [secy-ayush@nic.in](mailto:secy-ayush@nic.in)

D.O.No.M-16011/8/2026-YN  
12<sup>th</sup> March, 2026

Dear colleague,

As you are aware, International Day of Yoga (IDY) has emerged as a global movement promoting holistic health, well-being, and preventive healthcare. In the run-up to the 12<sup>th</sup> International Day of Yoga (IDY) 2026, Ministry of Ayush is undertaking several initiatives to promote mass participation and awareness of Yoga across the country.

In this regard, Morarji Desai National Institute of Yoga (MDNIY), an autonomous organization under Ministry of Ayush, is entering into a Memorandum of Understanding (MoU) with Habuild Health Tech Private Limited to conduct "100 Days Free Live Yoga Sessions" for the public. This initiative is a part of the Ministry's *Yoga 365 campaign*, to promote Yoga as a national movement and integrate it into the daily lives of individuals, 365 days a year.

As part of this initiative, participants will be able to enroll in 14-day structured Yoga practice challenges, conducted through live sessions led by experts from MDNIY and Habuild Health Tech Private Limited. Multiple such 14-day slots will be organized during the 100-day period to facilitate participation of a large number of individuals. The sessions will be broadcast through the official YouTube platform of Ministry of Ayush to enable wide outreach and accessibility.

The initiative will culminate in a large-scale online Yoga event aimed at attempting a World Record, tentatively proposed to be held on 27<sup>th</sup> May 2026, in the run-up to the International Day of Yoga (IDY) 2026.

In view of the above, I would request you to encourage officers and staff members of your Ministry/Department and its attached and subordinate offices to actively participate in the live Yoga sessions under this initiative by registering at the link specifically created for each Ministry, as per enclosed excel sheet or by calling at dedicated Toll Free number: 18003157008. Their participation will not only contribute to their own health and well-being but also strengthen the nationwide celebration of International Day of Yoga, 2026.

Your support in disseminating information about this initiative widely within your Ministry/Department would be highly appreciated.

With regards, Yours sincerely,

Encl: As above

(Rajesh Kotecha)

To,

All Secretaries of all Ministries/ Departments, Government of India