



icmr | **NIOH**
INDIAN COUNCIL OF
MEDICAL RESEARCH | NATIONAL INSTITUTE OF
OCCUPATIONAL HEALTH

आई सी एम आर – राष्ट्रीय व्यावसायिक स्वास्थ्य अनुसंधान संस्थान
स्वास्थ्य अनुसंधान विभाग, स्वास्थ्य और परिवार
कल्याण मंत्रालय, भारत सरकार

ICMR - National Institute of Occupational Health Research
Department of Health Research, Ministry of Health
and Family Welfare, Government of India

संख्या 1/परिपत्र/2026-27/428

June 10, 2026

परिपत्र/CIRCULAR

विषय: अंतर्राष्ट्रीय योग दिवस (IDY)-2026 के अवसर पर गिनीज़ वर्ल्ड रिकॉर्ड बनाने के प्रयास में भागीदारी

ICMR के 08-06-2026 के पत्र के अनुसार, भारत सरकार का आयुष मंत्रालय, Habuild Healthtech Pvt. Ltd. के साथ मिलकर, इंटरनेशनल डे ऑफ़ योगा (IDY)-2026 के जश्न के हिस्से के तौर पर 14 जून 2026 (रविवार) को सुबह 06:15 बजे से 07:35 बजे तक एक ऑनलाइन योग सत्र के ज़रिए गिनीज़ वर्ल्ड रिकॉर्ड बनाने की कोशिश कर रहा है। इस पहल का मकसद आयुष मंत्रालय के प्लेटफ़ॉर्म के ज़रिए एक ही समय में योग सत्र में ज़्यादा से ज़्यादा लोगों को शामिल करना है। / ICMR vide letter dated 08-06-2026 that the Ministry of Ayush, Government of India, in association with Habuild Healthtech Pvt. Ltd., is organizing a **Guinness World Record Attempt** as part of the celebrations of **International Day of Yoga (IDY)-2026** on **14th June 2026 (Sunday)** from **06:15 AM to 07:35 AM** through an online Yoga session. The initiative aims to achieve the maximum number of participants joining a Yoga session simultaneously through the Ministry of Ayush platform.

संस्थान के सभी अधिकारियों और कर्मचारियों से अनुरोध है कि वे इस कार्यक्रम में भाग लें और इस राष्ट्रीय पहल को सफल बनाने में योगदान दें। प्रतिभागियों को टोल-फ्री नंबर 1800-315-7008 पर मिसड कॉल करके रजिस्ट्रेशन करना होगा। / All officers and staff members of the Institute are encouraged to participate in this event and contribute towards the success of this national initiative. Participants are required to register by giving a missed call on the toll-free number: **1800-315-7008**.

पंजीकरण के बाद, सत्र लिंक वाला एक व्हाट्सएप संदेश पंजीकृत मोबाइल नंबर पर भेजा जाएगा। प्रत्येक प्रतिभागी को अपने डिवाइस के माध्यम से व्यक्तिगत रूप से सत्र में शामिल होना होगा, क्योंकि सत्र में शामिल होने वाले प्रत्येक पंजीकृत डिवाइस को आधिकारिक गिनीज़ वर्ल्ड रिकॉर्ड प्रयास में गिना जाएगा। / After registration, a WhatsApp message containing the session link will be sent to the registered mobile number. Each participant must join the session individually through his/her own device, as every registered device joining the session will be counted towards the official Guinness World Record attempt.

सभी कर्मचारियों से अनुरोध है कि वे बड़ी संख्या में पंजीकरण करें और भाग लें, तथा इस कार्यक्रम का व्यापक प्रचार-प्रसार करें। / All employees are requested to register and participate in large numbers and give wide publicity to this programme.

(राहुल वाधवानी)/(Rahul Wadhvani)

वरिष्ठ प्रशासनिक अधिकारी /Sr. Administrative Officer

प्रति/To:

सूचनापट्ट/Notice Board

Copy to:

1. OIC, ROHC(S), Bangalore- for circulation pls.
2. Dr. L K Sharma – with a request to upload the said circular on the website pls.



icmr
INDIAN COUNCIL OF
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Serving the nation since 1911

भारतीय आयुर्विज्ञान अनुसंधान परिषद
स्वास्थ्य अनुसंधान विभाग, स्वास्थ्य एवं परिवार
कल्याण मंत्रालय, भारत सरकार

Indian Council of Medical Research
Department of Health Research, Ministry of Health
and Family Welfare, Government of India

संख्या. 16/59/2024-Admn./E.211776

दिनांक 08.06.2026

सेवा में,

निदेशक/प्रभारी निदेशक

परिषद के सभी संस्थान/केन्द्र

विषय: अंतर्राष्ट्रीय योग दिवस (IDY)-2026 के अंतर्गत गिनीज वर्ल्ड रिकॉर्ड प्रयास में सहभागिता के संबंध में।

महोदय/महोदया,

आयुष मंत्रालय, भारत सरकार के डी.ओ. पत्र संख्या M-16011/47/2026-YN दिनांक 01.06.2026 के संदर्भ में अवगत कराना है कि अंतर्राष्ट्रीय योग दिवस (IDY)-2026 के अवसर पर आयुष मंत्रालय द्वारा Habuild Healthtech Pvt. Ltd. के सहयोग से 14 जून 2026 को प्रातः 6:15 बजे से 7:35 बजे तक एक ऑनलाइन योग सत्र आयोजित किया जा रहा है। उक्त कार्यक्रम के माध्यम से एक साथ सर्वाधिक लोगों की सहभागिता सुनिश्चित कर गिनीज वर्ल्ड रिकॉर्ड स्थापित करने का प्रयास किया जाएगा।

सभी अधिकारियों/कर्मचारियों से अनुरोध है कि उक्त कार्यक्रम में अधिकाधिक संख्या में सहभागिता सुनिश्चित करें। पंजीकरण हेतु 1800-315-7008 पर मिस्ड कॉल देकर सत्र लिंक प्राप्त किया जा सकता है।

अतः सभी अनुभागाध्यक्षों/प्रभागाध्यक्षों से अनुरोध है कि इस कार्यक्रम का व्यापक प्रचार-प्रसार करते हुए अपने अधीनस्थ अधिकारियों एवं कर्मचारियों को उक्त कार्यक्रम में भाग लेने हेतु प्रोत्साहित करें।

भवदीय,

Digitally signed by
Jaibir Singh

Date: 09-06-2026

(जयबीर सिंह)
13:48:57

सहायक महानिदेशक (प्रशासन)

अनुलग्नक:यथोक्त

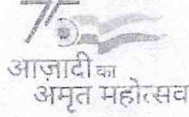
प्रतिलिपि:

1. महानिदेशक/अपर महानिदेशक/वरि.उपमहानिदेशक (प्रशा.)/वरि.वित्त सलाहकार के निजी सचिव
2. परिषद के सभी प्रभाग प्रमुख
3. उपमहानिदेशक (प्रशा.)/सहा. महानिदेशक (प्रशा.)/सहायक महानिदेशक (वित्त)
4. डॉ. मनजीत सिंह चालगा, आई.सी.एम.आर. की वेबसाइट पर अपलोड करने के अनुरोध के साथ।

वैद्य राजेश कोटेचा
सचिव
Vaidya Rajesh Kotecha
Secretary



सत्यमेव जयते



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

D.O.No.M-16011/47/2026-YN

01st June, 2026

Dear Colleague,

As you are aware, the International Day of Yoga (IDY) has emerged as a global movement promoting holistic health, wellness, and harmony. In continuation of this collective endeavour, Ministry of Ayush is organising several nationwide activities as part of IDY 2026 celebrations.

In this regard, I would like to invite and encourage your active participation in the Guinness World Record attempt being organised by the Ministry of Ayush in association with Habuild Healthtech Pvt Ltd. on 14th June 2026 from 6.15 AM to 7.35AM. This historic initiative aims to achieve the maximum number of people participating simultaneously in an online Yoga session through Ministry of Ayush YouTube platform.

To participate in this event, individuals are required to register by giving a missed call on the toll-free number **1800-315-7008**. Upon registration, participants will receive a WhatsApp message containing the session link.

On the day of the Guinness World Record attempt, every participant must individually log in through their own device, as each registered device joining the session will be counted towards the official record. Therefore, I request you to ensure maximum participation by encouraging all officials, employees, affiliated institutions, organisations, Yoga practitioners, and members of the public under your jurisdiction to join separately through their personal devices.

I shall be grateful for your personal intervention and support in ensuring wide publicity, mass mobilisation, and enthusiastic participation in the Guinness World Record attempt as part of IDY 2026 celebrations.

With regards,

Yours sincerely,

(Rajesh Kotecha)

To,

All Secretaries of all Ministries/Departments, Government of India

[Secy-goi] DO Letter from Secretary, Ministry of Ayush.

secy-dg < secy-dg@icmr.gov.in >

DG, ICMR OFFICE

Diary No.

1296902
12/5/2026

Rajesh Kotecha < secy-ayush@nic.in >

Fri, 08 May 2026 5:24:50 PM +0530

JS(RW) | Sr. Mngt (A)

To "secy-goi" < secy-goi@ismgr.nic.in >

RB.

Kind attention office of Secretary:

Madam/ Sir,

I am directed to forward a DO Letter from Secretary, Ministry of Ayush.
PFA.

With regards.

O/o Secretary
Ministry of Ayush,
Ayush Bhawan, Block 'B',
GPO Complex, INA,
New Delhi.
Ph. 011-24651950, 24651951(F)

Urgent
Pl. Circulate it
widely
Sh. U. Hansol
46
DDG(A)

Secy-goi mailing list -- secy-goi@ismgr.nic.in

To unsubscribe send an email to secy-goi-leave@ismgr.nic.in

2 Attachment(s)

DO to all Secretaries for Yog M...
395.3 KB

Encl to DO.pdf
404.3 KB

J.

S.No. 20453
04/06/2026

वैद्य राजेश कोटेचा
सांचिव
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
08th May, 2026

In the run-up to the 12th 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 12th 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 (1st Position)
- योग प्रसारक द्वितीय (2nd Position)
- योग प्रसारक तृतीय (3rd 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



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

D.O.No.M-16011/8/2026-YN
12th 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 12th 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 27th 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

[Secy-go] DO Letter from Secretary, Ministry of Ayush.

secy-dg < secy-dg@icmr.gov.in >

Rajesh Kotecha < secy-ayush@nic.in >

Mon, 01 Jun 2026 1:33:07 PM +0530

To "secy-go"<secy-go@ismgr.nic.in>

JS(RW) | Sr. DDG (A)
RB

Kind attention office of Secretary:

Madam/ Sir,

I am directed to forward a DO Letter from Secretary, Ministry of Ayush.
PFA.

DG. ICMR OFFICE

Diary No. 1311395

Date: 2/6/26

With regards.

O/o Secretary
Ministry of Ayush,
Ayush Bhawan, Block 'B',
GPO Complex, INA,
New Delhi.
Ph. 011-24651950, 24651951(F)

Pl. disapp
wdr actx plan
AO - Admn. 131

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1 Attachment(s)

DO All Secretaries for 14th Jun...

357.8 KB

S. Satender

Sr. VILCAR

8/6/26