

वैद्य राजेश कोटेचा
सचिव
Vaidya Rajesh Kotecha
Secretary



भारत सरकार
आयुष मंत्रालय
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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