



ज्ञान-विज्ञान विमुक्तये

प्रो. श्यामा रथ  
सचिव

**Prof. Shyama Rath**  
Secretary



सत्यमेव जयते



आज़ादी का  
अमृत महोत्सव  
विश्वविद्यालय अनुदान आयोग  
**University Grants Commission**  
(शिक्षा मंत्रालय, भारत सरकार)  
(Ministry of Education, Govt. of India)

D.O.No.F.1-1/2025(YOGA)

3<sup>rd</sup> June, 2026

**Subject :Signature events as count-down activities to IDY 2026- International Day of Yoga (IDY) 2026-reg.**

**Dear Madam/Sir,**

As you may be aware, inspired by the vision of Hon'ble Prime Minister, the United Nations declared observance of June 21<sup>st</sup> as the International Day of Yoga (IDY) and since 2015, the same has been observed on June 21<sup>st</sup> of every year. The 12<sup>th</sup> edition of IDY falls on 21.06.2026 and over the past eleven years, IDY has witnessed remarkable success in promoting health and wellness worldwide.

The signature activities earmarked for Department of Higher Education and its autonomous bodies as count-down to IDY 2026 are as under:-

- (I) Promoting Yoga awareness and IDY participation :-
  - i. Through Yoga clubs in HEIs.
  - ii. Organising Yoga competition, quizzes, video campaigns, workshops/seminars for students /employee on Yoga and encourage participation in similar IDY activities organized on MyGov platform.
  - iii. Encouraging student volunteering in IDY activities, including CYP training, NCC and NSS
  - iv. To identify a brand Ambassador to promote Yoga in HEIs.
  - v. Participation and sharing Yoga activities on social media, building a vibrant online community.
- (II) Publishing Yoga and IDY-specific articles in official e-newsletter, bulletin, magazine etc. to scientifically assess the impact of Yoga practices.
- (III) Making use of the Digital Assets developed by Ministry of Ayush :
  - a) **Namaste Yoga App** - This App is a one stop health solution that enables people to access yoga related information, yoga events and Yoga classes at their fingertips. The app also provides information on one's physical activity in terms step count and calories burnt.

**The link for the app is: -**

[https://play.google.com/store/apps/details?id=vogatracker.np.com.vogatracker&hl=en\\_IN](https://play.google.com/store/apps/details?id=vogatracker.np.com.vogatracker&hl=en_IN)

Contd.../-

- b) **Y Break App** - Y break is a 5-minute recharge for office goers to promote Yoga practice amongst working population to de-stress, refresh and re-focus at their workplace to increase their productivity, and it consists of Asanas, Pranayama and Dhyana.

The link for the app is:-

<https://play.google.com/store/apps/details?id=ybreak.ayush.gov.in&hl=en> IN

- c) **Common Yoga Protocol (CYP)** is a structured 45 minutes yoga routine that consists of carefully chosen asanas making it an ideal introduction for beginners while ensuring accessibility for people of all ages and background. Beyond promoting physical health, CYP also raises awareness about the benefits of Yoga amongst the general public. The handbook of CYP and its video may be accessed at <https://yoga.ayush.gov.in/api/api/stream?key=uploads/assets/cyp/Common%20Yoga%20Protocol%20Book-English.pdf> and <https://yoga.ayush.gov.in/CYP/indian-languages> respectively.

- d) **14 days structured Yoga practice** through live session on official YouTube channel of Ministry of Ayush is conducted on daily basis by experts from Morarji Desai National Institute of Yoga and Habuild Health Tech Private Ltd. The session will culminate on 27th May, 2026 and is expected to create a world record. The registration for the same can be done through the toll-free number 1800-315-7008 and the link for the live yoga session is <https://moa.habit.yoga?ref=moMoE>. 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.

All the HEIs are requested to maximize outreach activities involving their students, faculties and staff around the above signature events as count-down activities to IDY 2026. The status may be updated regularly in the google form <https://docs.google.com/spreadsheets/d/1RHM-zXal29rXtZGYPQ-DIWGUiViI-zqWTqhVRi-gk7c/edit?usp=sharing> and by mail at [syed.rizwi@gov.in](mailto:syed.rizwi@gov.in) and [asim.khan1796@nic.in](mailto:asim.khan1796@nic.in).

This issues with the approval of the competent authority.

With regards,

Yours' sincerely,

  
(Shyama Rath)

To,

All the HEIs.