

No. AYUR-(B)015/2/2023-(E-1026959)
Government of Himachal Pradesh,
AYUSH VIBHAG.

From

Secretary (Ayush) to the
Government of Himachal Pradesh.

To

1. All the Administrative Secretaries to the Government of Himachal Pradesh.
2. All Heads of Departments in Himachal Pradesh.
3. All Divisional Commissioners in Himachal Pradesh.
4. All Deputy Commissioners in Himachal Pradesh.

Dated: Shimla-2,

24th April, 2026

Subject:-

Regarding promotion of "100 Days Free Live Yoga Sessions" under Yoga 365 Campaign in the run-up to IDY.

Sir,

I am directed to enclose herewith photocopy of D.O. No. M-16011/8/2026-YN dated: 19.03.2026, received from Sh. Vaidya Rajesh Kotecha, Secretary, Govt. of India, Ministry of Ayush, New Delhi, addressed to Chief Secretaries of all State/UTs, on the subject cited above and to say that the Ministry of Ayush is organizing nationwide activities for the 12th International Day of Yoga 2026 to promote health and daily Yoga practice. The Morarji Desai National Institute of Yoga has signed a MoU with Habuild Health Tech Private Limited to conduct "100 Days Free Live Yoga Sessions" as part of the "Yoga 365" Campaign.

Further, the participants can enroll in multiple 14-days structured Yoga Programmes. The sessions are being broadcast through YouTube platform of Ministry of Ayush for easy access. The Initiative will culminate in a large-scale online Yoga event aimed at attempting a World Record, tentatively proposed to be held on 27.05.2026, in the run-up to International Day of Yoga 2026.

MO at
EDCP
PRO
28/04/26

MO AYUSH VIBHAG SHIMLA
Dt. 22/7
Dt. 28/4/26

Dy. No. 9
4/5/2026
PR-2
4/23/26
2/5/26

53
2-5-26

In view of the above, you are requested to encourage all employees of your Department, their family members and also general public to actively participate in the live Yoga sessions under this initiative by registering or by calling the toll-free number: 18003157008. This will greatly contribute to the successful nationwide celebration of the International Day of Yoga (IDY) 2026.

Yours faithfully,

Manmohan
(Man Mohan Chopra)

Under Secretary (Ayush) to the
Government of Himachal Pradesh

Endst: No. As above Dated Shimla-2, the Dated: April, 2026

Copy is forwarded to Director, Ayush, with the request to circulate this communication to all the field functionary offices of Ayush Vibhag for necessary action immediately.

Under Secretary (Ayush) to the
Government of Himachal Pradesh

HIMACHAL PRADESH STATE ELECTRICITY BOARD LTD.

No. HPSEBL(Sect.)/PRC-1/2026- 95-149 Dated:- 11-05-2026

Copy forwarded with the request to circulate this communication to all the field offices for wide publicity, information, and necessary action regarding the "100 Days Free Live Yoga Sessions for International Day of Yoga 2026." Interested participants may register online through moa.habit.yoga or may contact the Toll-Free Number: 1800-315-7008 for further assistance.

1. All the CE/SEs in HPSEBL.
2. The CAO, HPSEBL, F&A Wing, Shimla.
3. The Deputy/Under Secretaries in HQ.
4. The Under Secretary (Law), Legal Cell, HPSEBL, Shimla.
5. HPSEBL website.

DA- As above.

Paritosh Belgo
(Paritosh Belgo)
Public Relations Officer,
HPSEBL, Shimla-171004.

Enclosures forwarded

E-Block 5515/2026
24/03/2026
भारत सरकार
आयुष मंत्रालय

वैद्य राजेश कोटेचा
Secretary

5845 TOS
23/3/26
आयुष मंत्रालय
भारत सरकार

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
19th March, 2026

01/3/2026
Secy. (Ayush)

15 (Ayush)
23/3/26

23/3/26

Dear Chief Secretary,

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, has signed a Memorandum of Understanding (MoU) with Habuild Health Tech Private Limited on 13th March, 2026 during the Yoga Mahotsav event marking the 100-days countdown to IDY 2026. This collaboration aims to conduct "100 Days Free Live Yoga Sessions" for the public as part of the Ministry's Yoga 365 campaign, to promote Yoga as a national movement and integrate it into the daily lives of individuals throughout the 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 are being organized during the 100-day period to facilitate the participation of a large number of individuals. The sessions are being broadcast through the official YouTube platform of Ministry of Ayush to ensure 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 IDY 2026.

In view of the above, I would request you to kindly encourage all Departments, District Administrations, and affiliated institutions (Government employees, their family members, and the general public) within your State/UT to actively participate in the live Yoga sessions under this initiative by registering through the State/UT-specific link provided in the Excel sheet enclosed herewith or by calling the dedicated Toll-Free number: 18003157008. Their participation will not only contribute to individual health and well-being but also strengthen the nationwide celebration of International Day of Yoga, 2026.

Your support in disseminating this information widely across all levels, including districts, educational institutions, and local bodies, would be highly appreciated.

With regards,

Yours sincerely,

(Signature)

(Rajesh Kotecha)

Encl: As above

To,

All Chief Secretaries of all States/UTs

M
24/3/2026
Secy (Ayush)

24/3/26
Sh. Dinesh
immediate