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भारत सरकार
स्वास्थ्य एवं परिवार कल्याण मंत्रालय
कर्तव्य भवन-1, नई दिल्ली-110001
Government of India
Ministry of Health & Family Welfare
Kartavya Bhawan-1, New Delhi-110001

D.O. No. Z-28015/32/2019-NRHM -1

Dated: 9th March, 2026

Dear Sir / Madam,

The celebration of International Day of Yoga (IDY) held annually on 21st June aims to generate awareness about Yoga's vast potential in improving overall health and wellbeing and to inculcate the practice of Yoga among the citizens of our country. Yoga is a vital part of comprehensive primary healthcare at Ayushman Arogya Mandir (AAM), and group sessions are regularly being conducted at AAMs to promote holistic health. Moreover, mass demonstrations are organized on IDY every year for wide dissemination of the benefits of practicing Yoga. The 11th IDY 2025 marked a significant milestone wherein 13 lakh yoga events were organized nationwide and Indian Missions facilitated celebrations in over 190 countries.

2. To sustain the momentum generated by IDY 2025, **12th International Day of Yoga (IDY 2026)** is planned to be celebrated this year. I urge all States/UTs to observe IDY 2026 at all operational AAMs. Trainings may be given by AAMs for imparting Common Yoga Protocol (CYP) skills to aspiring participants at local level. The CYP is a defined sequence of Yoga Asanas lasting 45 minutes, accessible to all age groups.

3. States/UTs are requested to issue instructions to display and communicate messages on IDY 2026 through various physical and digital modes towards celebration of the 12th IDY.

4. The planning of IDY 2026 at AAM should involve coordination with Block/district administration, with active participation from ASHA/ANM, voluntary organizations, schools, colleges and youth groups. Branding of IDY 2026 to be done at all AAM, CHC, SDH, DH and State/District offices. The pre-event publicity via print, digital and social media to be encouraged for maximum participation. On the event day, mass demonstration to be organized at all AAM and prominent public figures may be invited as Yoga ambassadors to motivate the participants.

5. In the lead-up to the International Day of Yoga 2026, States are requested to cluster the activities around key milestone dates to maximize cumulative communication impact: 13 March 2026 (100-day countdown), 7 April 2026 (75 days), 2 May 2026 (50 days), and 27 May 2026 (25 days) prior to IDY. The training of the CYP by Ayush trainers can be held on this day. The Ayushman Shivirs have to be organized on each AAM and CHC on these dates so that wide publicity can be given for this.

6. Emphasis should be laid on adopting a Whole-of-the-Government approach to ensure interdepartmental coordination and maximize outreach. Additionally, reports of the organized IDY events should be compiled and submitted to the Ministry for documentation and evaluation on nrhmane-mohfw@gov.in.

7. I am confident that under your guidance, AAM teams will observe IDY to promote Yoga as a holistic approach to health and wellness among the rural and urban populations of our country.

Warm Regards,

Yours Sincerely,

(Sibin C.)

To,

Additional Chief Secretary/Principal Secretary/Secretary Health- All State/UTs

Copy to: PPS to Secretary, Ministry of Ayush

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