



CDN-20011/273/2026-COORDINATION-NMC  
Government of India  
National Medical Commission  
(Policy & Coordination Division)  
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Pocket - 14, Sector - 8,  
Dwarka Phase - 1, New Delhi - 110 077.  
**18-06-2026**

## **PUBLIC NOTICE**

Subject : Observance of International Day of Yoga 2026 on 21<sup>st</sup> June, 2026.

The International Day of Yoga (IDY) has evolved into a globally recognised celebration of India's timeless wisdom and its contribution towards holistic health and well-being. Ministry of Ayush is coordinating the observance of the 12<sup>th</sup> International Day of Yoga (IDY) on 21<sup>st</sup> June 2026.

2. The theme for IDY 2026 is "**Yoga for Healthy Ageing**", reflecting the growing relevance of Yoga in supporting healthy longevity, active lifestyles and improved quality of life across all age groups.

3. The main national event will be led by Hon'ble Prime Minister from **Kolkata, West Bengal**, on 21<sup>st</sup> June, 2026. In addition, Yoga programmes are proposed to be organised throughout the country with active participation from Ministries, Departments, State Governments, educational institutions, public sector organisation and civil society.

4. In view of above, all Medical Colleges / Institutions are hereby requested to actively participate in the observance of IDY 2026 and to organize suitable Yoga-related activities, Common Yoga Protocol sessions and encourage maximum participation of all stakeholders.

5. In case of any query / clarification, Dr. Pradyumna Singh Shekhawat, Dy Advisor (Yoga), Nodal Officer may be contacted at Mobile No.9828672211 and email Id [psingh.yoga@gov.in](mailto:psingh.yoga@gov.in).

6. It is enjoined upon all Medical Colleges/Institutions under the purview of NMC to make IDY 2026 a grand success and a people's movement promoting health and wellness.

**Dr. Raghav Langer**  
**SECRETARY**  
[r.langer@ias.nic.in](mailto:r.langer@ias.nic.in)

To,

Dean/Principal of all the Medical Colleges/Institutions

Digitally signed by  
Dr.Raghav Langer  
Date: 18-06-2026  
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वैद्य राजेश कोटेचा  
सचिव

**Vaidya Rajesh Kotecha**  
Secretary



सत्यमेव जयते



भारत सरकार  
आयुष मंत्रालय  
आयुष भवन 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए. नई दिल्ली-110023

Government of India  
Ministry of Ayush  
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D.O.No.M-16011/55/2026-YN  
11<sup>th</sup> June, 2026

Dear Colleague,

The International Day of Yoga (IDY) has evolved into a globally recognised celebration of India's timeless wisdom and its contribution towards holistic health and well-being. Ministry of Ayush is coordinating the observance of the 12<sup>th</sup> International Day of Yoga (IDY) on 21<sup>st</sup> June 2026.

The theme for IDY 2026 is "**Yoga for Healthy Ageing**", reflecting the growing relevance of Yoga in supporting healthy longevity, active lifestyles and improved quality of life across all age groups.

The main national event will be led by Hon'ble Prime Minister from **Kolkata, West Bengal**, on 21<sup>st</sup> June 2026. In addition, Yoga programmes are proposed to be organised throughout the country with active participation from Ministries, Departments, State Governments, educational institutions, public sector organisations and civil society.

I would be grateful if your Ministry/Department could actively participate in the observance of IDY 2026 and encourage all attached offices, subordinate offices, autonomous bodies, statutory organisations, field units and affiliated institutions under your administrative control to organise suitable Yoga-related activities and Common Yoga Protocol sessions.

You may also consider disseminating information regarding the theme "Yoga for Healthy Ageing" through your communication channels and encourage maximum participation of officials and stakeholders.

In case of any query/ clarification, Dr. Pradyumna Singh Shekhawat, Dy. Advisor (Yoga), Nodal Officer may be contacted at Mobile No 9828672211 and Email Id [psingh.yoga@gov.in](mailto:psingh.yoga@gov.in).

I look forward to your support in making IDY 2026 a grand success and a people's movement promoting health and wellness.

With regards,

Yours sincerely,

(Rajesh Kotecha)

JS(P)  
JS(E&S)

To,

All Secretaries of all Ministries/Departments, Government of India