

भारत सरकार
वाणिज्य और उद्योग मंत्रालय
विकास आयुक्त का कार्यालय
सीपज़ विशेष आर्थिक क्षेत्र
अंधेरी (पूर्व), मुंबई - 400096



Government of India
Ministry of Commerce & Industry
Office of the Development Commissioner
SEEPZ Special Economic Zone
Andheri (E), Mumbai - 400096

वेबसाइट: www.seepz.gov.in | ई-मेल: dcseepz-mah@nic.in | टेलीफोन: 022-28290856/28294700

परिपत्र सं. 13 / 2026
Circular No. 13 / 2026

Subject: Participation in "100 Days Free Live Yoga Sessions" under International Day of Yoga (IDY) 2026 - reg

आयुष मंत्रालय, अंतर्राष्ट्रीय योग दिवस (IDY) 2026 के उपलक्ष्य में, योग के प्रति जागरूकता एवं सहभागिता बढ़ाने हेतु विभिन्न पहलें कर रहा है।

इस क्रम में, मोरारजी देसाई राष्ट्रीय योग संस्थान (MDNIY) द्वारा Habuild Health Tech Private Limited के सहयोग से योग 365 अभियान के अंतर्गत "100 Days Free Live Yoga Sessions" आयोजित किए जा रहे हैं। इस कार्यक्रम के तहत 14 दिनों के संरचित लाइव योग सत्र आयोजित किए जाएंगे, जो मंत्रालय के आधिकारिक YouTube प्लेटफॉर्म के माध्यम से आमजन हेतु उपलब्ध रहेंगे।

सभी अधिकारियों और कर्मचारियों से अनुरोध है कि वे इन सत्रों में भाग लेने के लिए नीचे दिए गए लिंक के माध्यम से पंजीकरण करें या टोल-फ्री नंबर **18003157008** पर कॉल करें।

लिंक : - <https://moa.habit.yoga/?ref=moMoCI>

यह पहल 27 मई 2026 को आयोजित होने वाले एक बड़े ऑनलाइन योग कार्यक्रम के साथ सम्पन्न होगी। इसमें सहभागिता से न केवल स्वास्थ्य एवं कल्याण को बढ़ावा मिलेगा, बल्कि IDY 2026 के राष्ट्रीय स्तर पर आयोजन को भी सुदृढ़ किया जा सकेगा।

यह सक्षम प्राधिकारी, सीपज़-सेज़ के

The Ministry of Ayush, in the run-up to the International Day of Yoga (IDY) 2026, is organizing various initiatives to promote awareness and participation in Yoga.

In this regard, the Morarji Desai National Institute of Yoga (MDNIY), in collaboration with Habuild Health Tech Private Limited, is launching "100 Days Free Live Yoga Sessions" under the Yoga 365 campaign. The programme includes 14-day structured live Yoga sessions, accessible to the public through the Ministry's official YouTube platform.

All officers and staff members are requested to participate in these sessions by registering through the below mentioned link or by calling the toll-free number: **18003157008**.

Link : - <https://moa.habit.yoga/?ref=moMoCI>

This initiative will culminate in a large-scale online Yoga event on 27 May 2026. Participation is encouraged for promoting health, well-being, and contributing to the nationwide celebration of IDY 2026.

This issues with the approval of the

अनुमोदन से जारी किया जाता है।

Competent Authority, SEEPZ-SEZ.

भवदीय,

Digitally signed by
SANDIP DINKAR BHOSALE
Date: 26-03-2026
10:52:39

(डॉ. संदीप दिनकर भोसले)
उप विकास आयुक्त,
सीपज़-सेज़

F. No. SEEPZ-SEZ/ADMN/YOGA/458/2015-16/ Date:- 26-03-2026

03444

प्रति / To,

1. सभी अधिकारी तथा कर्मचारी, आउटसोर्स स्टाफ सहित, सीपज़-सेज़ / All Officer and Official including outsourced staff, SEEPZ-SEZ

2. विआका/संविआका/उविआका/विअ/DCO/JDCO/DDCO/SO

3. कार्यालय आदेश फाइल/रजिस्टर Office Order file / Register

4. सीपज़ वेबसाइट / SEEPZ Website

वैद्य राजेश कोटेचा
सचिव
Vaidya Rajesh Kotecha
Secretary



भारत सरकार
आयुष मंत्रालय
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

Dear Colleague,

D.O.No.M-16011/8/2026-YN
12th March, 2026

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

Ministry	REF Source Link	Links
Ministry of Education	moMoE	https://moa.habit.yoga?ref=moMoE
Ministry of Agriculture and Farmers Welfare	moMoAFW	https://moa.habit.yoga?ref=moMoAFW
Ministry of Defence	moMoD	https://moa.habit.yoga?ref=moMoD
Ministry of Home Affairs	moMHA	https://moa.habit.yoga?ref=moMHA
Ministry of Finance	moMoF	https://moa.habit.yoga?ref=moMoF
Ministry of Commerce and Industry	moMoCI	https://moa.habit.yoga?ref=moMoCI
Ministry of Civil Aviation	moMoCA	https://moa.habit.yoga?ref=moMoCA
Ministry of Coal	moMoC	https://moa.habit.yoga?ref=moMoC
Department of Telecommunications	moDoT	https://moa.habit.yoga?ref=moDoT
Ministry of Electronics and Information Technology	moMeitY	https://moa.habit.yoga?ref=moMeitY
Ministry of Environment, Forest and Climate Change	moMoEFCC	https://moa.habit.yoga?ref=moMoEFCC
Ministry of Health and Family Welfare	moMoHFW	https://moa.habit.yoga?ref=moMoHFW
Ministry of Labour and Employment	moMoLE	https://moa.habit.yoga?ref=moMoLE
Ministry of Power	moMoP	https://moa.habit.yoga?ref=moMoP
Ministry of Petroleum and Natural Gas	moMoPNG	https://moa.habit.yoga?ref=moMoPNG
Ministry of Railways	moMoR	https://moa.habit.yoga?ref=moMoR
Ministry of Rural Development	moMoRD	https://moa.habit.yoga?ref=moMoRD
Ministry of Women and Child Development	moMWCD	https://moa.habit.yoga?ref=moMWCD
Ministry of Youth Affairs and Sports	moMYAS	https://moa.habit.yoga?ref=moMYAS
Ministry of AYUSH	moMoA	https://moa.habit.yoga?ref=moMoA
Ministry of Chemicals and Fertilizers	moMoCF	https://moa.habit.yoga?ref=moMoCF
Ministry of Communications	moMoCom	https://moa.habit.yoga?ref=moMoCom
Ministry of Consumer Affairs, Food and Public Distribution	moMoCAFPD	https://moa.habit.yoga?ref=moMoCAFPD
Ministry of Corporate Affairs	moMCA	https://moa.habit.yoga?ref=moMCA
Ministry of Culture	moMoCul	https://moa.habit.yoga?ref=moMoCul
Ministry of Development of North Eastern Region	moDoNER	https://moa.habit.yoga?ref=moDoNER
Ministry of Earth Sciences	moMoES	https://moa.habit.yoga?ref=moMoES
Ministry of External Affairs	moMEA	https://moa.habit.yoga?ref=moMEA
Ministry of Fisheries, Animal Husbandry and Dairying	moMoFAHD	https://moa.habit.yoga?ref=moMoFAHD
Ministry of Food Processing Industries	moMoFPI	https://moa.habit.yoga?ref=moMoFPI
Ministry of Heavy Industries	moMHI	https://moa.habit.yoga?ref=moMHI
Ministry of Housing and Urban Affairs	moMoHUA	https://moa.habit.yoga?ref=moMoHUA
Ministry of Information and Broadcasting	moMIB	https://moa.habit.yoga?ref=moMIB
Ministry of Jal Shakti	moMoJS	https://moa.habit.yoga?ref=moMoJS
Ministry of Law and Justice	moMoLJ	https://moa.habit.yoga?ref=moMoLJ
Ministry of Micro, Small and Medium Enterprises	moMSME	https://moa.habit.yoga?ref=moMSME
Ministry of Mines	moMoM	https://moa.habit.yoga?ref=moMoM
Ministry of Minority Affairs	moMoMA	https://moa.habit.yoga?ref=moMoMA
Ministry of New and Renewable Energy	moMNRE	https://moa.habit.yoga?ref=moMNRE
Ministry of Panchayati Raj	moMoPR	https://moa.habit.yoga?ref=moMoPR
Ministry of Parliamentary Affairs	moMoPA	https://moa.habit.yoga?ref=moMoPA
Ministry of Personnel, Public Grievances and Pensions	moMoPPG&P	https://moa.habit.yoga?ref=moMoPPG&P
Ministry of Ports, Shipping and Waterways	moMoPSW	https://moa.habit.yoga?ref=moMoPSW
Ministry of Road Transport and Highways	moMoRTH	https://moa.habit.yoga?ref=moMoRTH
Ministry of Science and Technology	moMoST	https://moa.habit.yoga?ref=moMoST
Ministry of Skill Development and Entrepreneurship	moMSDE	https://moa.habit.yoga?ref=moMSDE
Ministry of Social Justice and Empowerment	moMSJE	https://moa.habit.yoga?ref=moMSJE
Ministry of Statistics and Programme Implementation	moMoSPI	https://moa.habit.yoga?ref=moMoSPI
Ministry of Steel	moMoS	https://moa.habit.yoga?ref=moMoS
Ministry of Textiles	moMoT	https://moa.habit.yoga?ref=moMoT
Ministry of Tourism	moMoTour	https://moa.habit.yoga?ref=moMoTour
Ministry of Tribal Affairs	moMoTA	https://moa.habit.yoga?ref=moMoTA
Ministry of Cooperation	moMoCoop	https://moa.habit.yoga?ref=moMoCoop