



ज्ञान-विज्ञान विमुक्तये

आचार्य मनिष र. जोशी
सचिव

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Secretary



सत्यमेव जयते



आज़ादी का
अमृत महोत्सव

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

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

18 चैत्र, 1948 / 8th April, 2026

Subject: 100 Days Free Live Yoga Sessions - International Day of Yoga (IDY) 2026-reg.

महोदया/महोदय,

The Ministry of Ayush, as the Nodal Ministry for the observation of the International Day of Yoga, has organized various events to spread awareness about the practice of Yoga for holistic well-being and sustainable living.

In this regard, the Morarji Desai National Institute of Yoga (MDNIY), an autonomous organization under the Ministry of Ayush, has signed a Memorandum of Understanding (MoU) with Habuild Healthtech Private Limited on 13 March 2026 during the Yoga Mahotsav event, marking the 100-days countdown to IDY 2026.

Under this collaboration, "100 Days Free Live Yoga Sessions" are being conducted as part of the Yoga 365 Initiative. The initiative includes structured 14-day Yoga practice challenges conducted through live sessions led by experts, with multiple participation windows to enable large-scale engagement. The sessions are also being disseminated through the Ministry of Ayush's YouTube platform to ensure wider outreach and accessibility.

In view of the above, all Higher Educational Institutions (HEIs) are requested to facilitate and encourage students, teachers, and staff members to register and participate in the "100 Days Free Live Yoga Sessions" under the Yoga 365 Initiative.

Interested participants may register through the dedicated link: <https://moa.habit.yoga/>

Alternatively, registration may also be done through the toll-free No. : **18003157008**.

All HEIs are requested to give wide publicity to this initiative and encourage active participation from students, faculty members, and staff.

This issues with the approval of the competent authority.

सादर,

भवदीय,

(मनिष जोशी)

सेवा में,

सभी विश्वविद्यालयों के कुलपति

सभी महाविद्यालयों के प्राचार्य