

GOVERNMENT OF PUDUCHERRY
DEPARTMENT OF PERSONNEL AND ADMINISTRATIVE REFORMS
(Personnel Wing)

* * * * *

No.13/666/2026/DPAR/SS-I(3) (36004)

Puducherry, dt. 05.06.2026

C I R C U L A R

Sub: Directorate of AYUSH, Puducherry – Observance of the 12th International Day of Yoga (IDY) 2026 on 21.06.2026 at Gandhi Thidal, Puducherry – Furnishing of particulars of willing participants and nomination of Single Point of Contact (SPOC) – Reg.

Ref: Lt. No.0406/AYUSH/NAM/B2/2026-27/292, dt. 04.06.2026 of the Directorate of AYUSH, Puducherry. (*copy enclosed*)

-: o0o :-

The Directorate of AYUSH, Puducherry, has informed that the **12th International Day of Yoga (IDY) 2026** will be observed on **21.06.2026**. As a part of IDY-2026, a **Mass Yoga Demonstration** based on Common Yoga Protocol (CYP) is scheduled to be conducted **from 7.00 A.M. to 8.00 A.M. at Gandhi Thidal, Puducherry.**

2. International Day of Yoga is observed globally to promote physical, mental and emotional well-being and to create awareness about the benefits of Yoga in fostering a healthy lifestyle. The event provides an opportunity for Government employees to actively participate in a collective wellness initiative and contribute towards the promotion of health and fitness.

3. In this regard, all Heads of Departments/Heads of Offices are requested to give wide publicity to the programme among their officers / staff and encourage them to participate in the event in large numbers. The willing participants may be identified and their particulars be consolidated.

4. Further, each Department/Office shall nominate a **Single Point of Contact (SPOC)** for coordination with the Directorate of AYUSH and furnish the details of the nominated SPOC along with the particulars of willing participants, in the format enclosed in the annexure. The requisite information **shall be furnished directly to the Directorate of AYUSH, Puducherry, through e-mail (pmayushpdy@gmail.com), on or before 08.06.2026,** without fail.

...2/-

-: 2 :-

5. All Heads of Departments / Heads of Offices are requested to accord Top Priority to this matter and ensure that the requisite particulars are furnished to the Directorate of AYUSH within the stipulated time. It is furthermore requested to motivate and encourage officers and staff under their administrative control to participate in the International Day of Yoga programme in large numbers, thereby contributing to the promotion of health, wellness and holistic well-being among Government employees and making the observance of 12th International Day of Yoga, a grand success.

// BY ORDER //

(S. MURUGESAN)
UNDER SECRETARY TO GOVT. (PERSONNEL)

Encl.: as stated.

To
All Heads of Departments / Heads of Offices,
Government of Puducherry.

Copy to:
The Director, Directorate of AYUSH, Puducherry – *for information.*

GOVERNMENT OF PUDUCHERRY
DIRECTORATE OF AYUSH

3rd Floor, Ayush Hospital, Odiampet Road, Villianur, 605 110.

Phone: 0413-2229594 email : pmayushpdv@gmail.com

No. 0406/AYUSH/NAM/B2/2026-27/ 20/2 Puducherry, dated: 04.06.2026

To

The Under Secretary to Government,
Department of Personnel & Administrative Reforms (Personnel Wing),
Chief Secretariat,
Puducherry.

Sub: Directorate of AYUSH – Observance of 12th International
Day of Yoga (IDY) on 21st June 2026 – Collection of
Department-wise Trained Participant Details and SPoC
Information for Main Event Arrangements – Reg.

Ref: Circular No.13/666/2026/DPAR/SS-I(3) (36004), dated
13.05.2026 of the Department of Personnel & Administrative
Reforms (Personnel wing), Puducherry.

Sir,

Your kind attention is invited to the reference cited regarding the Observance of the 12th International Day of Yoga (IDY) on 21st June 2026. As part of IDY2026, a Mass Yoga Demonstration based on the Common Yoga Protocol (CYP) is scheduled to be conducted from 7.00 A.M. to 8.00 A.M. at Gandhi Thidal, Puducherry on June 21st 2026

2. In this connection, it is informed that only those Government officials and staff members who have undergone prior Common Yoga Protocol (CYP) training will be permitted to participate in the Mass Yoga Demonstration on 21st June 2026. Prior training is mandatory to ensure uniformity, safety and coordinated participation during the main event.

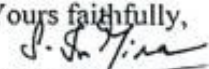
-2-

3. Further, T-shirts will be provided only to the trained participants attending the Main Event. Therefore, for planning the preparatory training schedules, participant registration and timely procurement of event T-shirts, a consolidated department-wise list of trained willing participants along with the details of the Single Point of Contact (SPoC) nominated by each Department is urgently required.
4. For accurate T-shirt procurement, Departments may be instructed to strictly follow the standard vendor size matrix detailed below:

| Size | XXS | XSS | M | L | XL | XXL |
|------------------------|-----|-----|-----|----|-----|-------|
| Chest (inches) | 17 | 18 | 19 | 20 | 21 | 22 23 |
| Body Length (inches) | 24 | 25 | 26 | 27 | 28 | 29 30 |
| Sleeve Length (inches) | 6.5 | 7 | 7.5 | 8 | 8.5 | 9 9.5 |

5. It is therefore requested that the Department of Personnel & Administrative Reforms may kindly coordinate and collect the department-wise consolidated particulars in the format annexed herewith and forward the same to this Directorate on or before 08.06.2026, enabling this Directorate to submit the final administrative report to the Secretary (Health), Government of Puducherry, for further necessary action which will be discussed in the Inter – Departmental Meeting chaired by the Secretary(Health).

6. I shall be grateful for your cooperation in ensuring the successful and widespread observance of IDY 2026.

Yours faithfully,

 (Dr.S.INDHIRA)
 Director-AYUSH

Copy Submitted to:

1. The Secretary (Health), Chief Secretariat, Puducherry – *for kind information.*

ANNEXURE

| Department/Office Name | Name of the SPOC PDF | SPOC Contact No. / Email PDF | Total No. of Willing Participants | T-Shirt Sizes Required (S / M / L / XL / XXL) |
|---|-----------------------------|---|--|--|
| <i>Example: DPAR (Personnel Wing)</i> | <i>John Doe</i> | <i>98765XXXXX / email@pd.gov.in</i> | <i>25</i> | <i>S-5, M-10, L-7, XL-3</i> |