

**GOVERNMENT OF PUDUCHERRY**  
**DEPARTMENT OF PERSONNEL & ADMINISTRATIVE REFORMS**  
**(Personnel Wing)**  
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No.13/666/2026/DPAR/SS-I(3) (36004)

Puducherry, dated: 13/05/2026

**C I R C U L A R**

Sub: Observance of 12th International Day of Yoga (IDY)  
on 21<sup>st</sup> June, 2026 – Reg.

Ref: Letter No.2305/AYUSH/NAM/B2/2026-27/226,  
dated 23.04.2026 of the Director of AYUSH, Puducherry.

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The Government of India has started an initiative to conduct of the “**100 Days Yoga Mahotsav**” in the run-up to the **International Day of Yoga (IDY), 2026**”. In line to this, the Directorate of AYUSH, Puducherry has commenced the “**75 Days Yoga Mahotsav**” in Puducherry from 10.04.2026, with daily sessions from 6.30 AM to 7.30 AM. Further, for the welfare of the Government Staff, a dedicated Common Yoga Protocol (CYP) session is being conducted from **4.30 PM to 5.30 PM** at Yoga & Naturopathy Unit, Puducherry with an objective of motivating Government employees to learn and practice Yoga and to promote Health and Wellbeing with the working environment.

2. Further, the 12<sup>th</sup> International Day of Yoga (IDY) will be observed on 21<sup>st</sup> June 2026. In this connection, the Directorate of AYUSH, Puducherry is organizing Common Yoga Protocol (CYP) training sessions, various awareness programmes and mass Yoga Demonstrations as part of the celebrations in all the four regions of the U.T. of Puducherry.

3. Accordingly, as part of observance of 12<sup>th</sup> International Day of Yoga (IDY), all the Heads of Department / Office are hereby requested to:

- Permit employees to attend CYP training sessions, *wherever required*, during office hours
- Enable participation in the Mass Yoga Demonstration on 21<sup>st</sup> June 2026 from 6.00 A.M. to 9.00 A.M.
- Encourage maximum participation of employees under your administrative control
- Nominate a Single Point of Contact (SPOC), from each Department, wherever feasible, to coordinate participation and dissemination of information

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- Disseminate information regarding IDY activities through internal communication channels for wider outreach
- Facilitate necessary administrative support for smooth conduct of the programmes
- If suitable infrastructure such as a seminar hall is available in the Directorate / Department to accommodate around 50 persons, Common Yoga Protocol (CYP) training sessions may also be conducted within the premises for ease of access to staff. A qualified Yoga Instructor will be deputed by the Directorate of AYUSH, Puducherry for the purpose.

4. The Director of AYUSH, Puducherry may be contacted for further coordination and clarifications, *if any*, in the said initiative.

5. It is therefore requested to extend cooperation in ensuring the successful and widespread observance of IDY 2026.

/ BY ORDER /

(S. MURUGESAN)  
UNDER SECRETARY TO GOVERNMENT

To

1. The Commissioner-cum-Secretaries / Secretaries to Government / Puducherry.
2. All Heads of Department / Office.
3. The District Collector, Puducherry / Karaikal.
4. The Regional Administrator, Mahe / Yanam.
5. The Joint Secretary to Govt. (Estt.), Chief Secretariat, Puducherry.
6. All Public Sector Undertakings / Corporations / Boards / Autonomous Bodies.

Copy to:

The Director of AYUSH, Puducherry.