

सं.16/59/2024-Admn./E.211776

दिनांक:16/06/2026

सेवा में,

निदेशक/प्रभारी निदेशक  
परिषद के सभी संस्थान/केन्द्र

विषय: 12वें अंतर्राष्ट्रीय योग दिवस (21 जून 2026) के आयोजन एवं सहभागिता सुनिश्चित किए जाने के संबंध में।

महोदय/महोदया,

अधोहस्ताक्षरी को उपर्युक्त विषय पर आयुष मंत्रालय, भारत सरकार के दिनांक 11.06.2026 के अर्धसरकारी पत्र सं. M-16011/55/2026-YN की प्रति सूचना एवं आवश्यक कार्यवाही हेतु अग्रेषित करने का निदेश हुआ है।

भवदीय,  
Digitally signed by  
Jaibir Singh  
Date: 17-06-2026  
12:00:03

सहायक महानिदेशक (प्रशासन)

अनुलग्नक:यथोक्त

प्रतिलिपि:

1. महानिदेशक/वरि.उपमहानिदेशक (प्रशा.)/वरि.वित्त सलाहकार के निजी सचिव
2. परिषद के सभी प्रभाग प्रमुख
3. उपमहानिदेशक (प्रशा.)/सहा. महानिदेशक (प्रशा.)
4. डॉ. मनजीत सिंह चालगा, आई.सी.एम.आर. की वेबसाइट पर अपलोड करने के अनुरोध के साथ।

वी. रामलिंगस्वामी भवन, पोस्ट बॉक्स नं. 4911,  
अंसारी नगर, नई दिल्ली - 110 029, भारत  
V. Ramalingaswami Bhawan, P.O. Box No. 4911,  
Ansari Nagar, New Delhi - 110 029, India

Tel: +91-11-26588895 / 26588980 / 26589794  
+91-11-26589336 / 26588707  
Fax: +91-11-26588662 | icmr.nic.in

**M. S. Rawat** < rawatms.hq@icmr.gov.in >

Fri, 12 Jun 2026 3:28:11 PM +0530

To "Administration ICMR"<admnhq@icmr.gov.in>

==== Forwarded message =====

From: Jagdish Rajesh <rajeshj.hq@icmr.gov.in>

To: "M. S. Rawat" <rawatms.hq@icmr.gov.in>, "Ujjawal ." <ujjawal1997.hq@icmr.gov.in>

Cc: "RICHA KHODA" <richa.khoda@gov.in>, "Manisha Saxena" <jsms-dhr@gov.in>, "Vivek Kumar Daksh" <srddga.hq@icmr.gov.in>, "Office DHR" <secy-dhr@gov.in>, "DG ICMR" <secy-dg@icmr.gov.in>, "Jaibir Singh" <jaibirs.hq@icmr.gov.in>

Date: Fri, 12 Jun 2026 15:07:59 +0530

Subject: Re:[Secy-goi] DO Letter from Secretary, Ministry of Ayush.

==== Forwarded message =====

Dear Rawat / Ujjawal,

For necessary action please.

सादर/ Regards

जगदीश राजेश/ JAGDISH RAJESH

उपमहानिदेशक (प्रशासन)/ Deputy Director General (Admin)

भारतीय आयुर्विज्ञान अनुसंधान परिषद/ Indian Council of Medical Research

अंसारी नगर, नई दिल्ली/ Ansari Nagar, New Delhi.

From: DG ICMR <secy-dg@icmr.gov.in>

To: "RICHA KHODA" <richa.khoda@gov.in>, "Manisha Saxena" <jsms-dhr@gov.in>, "Vivek Kumar Daksh" <srddga.hq@icmr.gov.in>

Cc: "Jagdish Rajesh" <rajeshj.hq@icmr.gov.in>, "Office DHR" <secy-dhr@gov.in>

Date: Fri, 12 Jun 2026 11:55:55 +0530

Subject: [Secy-goi] DO Letter from Secretary, Ministry of Ayush.

==== Forwarded message =====

From: Rajesh Kotecha <secy-ayush@nic.in>

To: "secy-goi" <secy-goi@ismgr.nic.in>

Date: Fri, 12 Jun 2026 11:38:25 +0530

Subject: [Secy-goi] DO Letter from Secretary, Ministry of Ayush.

==== Forwarded message =====

**Kind attention office of Secretary:**

Madam/ Sir,

I am directed to forward a DO Letter from Secretary, Ministry of Ayush.

PFA

With regards.

O/o Secretary  
Ministry of Ayush,

Ayush Bhawan, Block 'B',  
GPO Complex, INA,  
New Delhi.  
Ph. 011-24651950, 24651951(F)

---

Secy-goi mailing list -- [secy-goi@ismgr.nic.in](mailto:secy-goi@ismgr.nic.in)  
To unsubscribe send an email to [secy-goi-leave@ismgr.nic.in](mailto:secy-goi-leave@ismgr.nic.in)

### 1 Attachment(s)

DO Letter to all Secretaries for ...

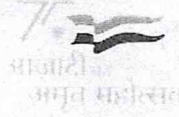
368.1 KB

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

Ayush Bhawan, B-Block, GPO Complex,  
INA, New Delhi-110023

Tel.: 011-24651950, Fax : 011-24651937

E-mail : [secy-ayush@nic.in](mailto:secy-ayush@nic.in)

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)

To,

All Secretaries of all Ministries/Departments, Government of India