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भारतीय आयुर्विज्ञान अनुसंधान परिषद
स्वास्थ्य अनुसंधान विभाग, स्वास्थ्य एवं परिवार
कल्याण मंत्रालय, भारत सरकार

Indian Council of Medical Research
Department of Health Research, Ministry of Health
and Family Welfare, Government of India

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Dated 18/06/2026

Office Memorandum

Subject: Celebration of 12th International Day of Yoga – 2026 – Reg.

The **12th International Day of Yoga (IDY-2026)** will be observed on **21st June, 2026 (Sunday)** at **ICMR Headquarters**.

This year's theme, **“Yoga for Healthy Ageing,”** aims to promote physical, mental and emotional well-being, encouraging its adoption as a way of life. It focuses on enabling individuals to remain independent, active and energetic throughout their lives, while emphasizing not only longevity but also the enhancement of quality of life through regular practice of Yoga.

To mark the occasion, a Yoga Session based on the Common Yoga Protocol (CYP), comprising Yoga Asanas, Pranayama and meditation practices, will be organized **from 6:30 AM onwards** in the front lawn of ICMR Headquarters.

The session will be conducted by **Ms. Savita Jaiswal, Yoga Consultant & Counsellor**, who will guide the participants through the prescribed Yoga practices. Healthy refreshments will be provided to all participants following the Yoga session.

All officers and staff members are requested to participate in the programme with full enthusiasm and to extend their cooperation in making the celebration a successful, meaningful event.

This issues with the approval of the Competent Authority.

(Jaibir Singh)
Assistant Director General (Admin)

To,

All officials (Permanent/ Project / Contractual) of the ICMR Hqrs. /DHR.

Copy to:

1. PS to DG/Addl. DGs/Sr. DDG(A)/Sr. FA, ICMR Hqrs., New Delhi.
2. All Head of Division
3. DDG(A)/ADGs/ AO (Admn.), ICMR Hqrs., New Delhi.
4. P & C Division :- For deputing photographer and necessary action.
5. Engg Section:- For arrangement of Mike/ standing fan, audio visual systems.
6. Dr. Manjeet Singh Chalga, Sci-D – with request to upload the same on ICMR website.

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