



Vivek College of Ayurvedic Sciences & Hospital, Bijnor

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अंतर्राष्ट्रीय योग दिवस हेतु सूचना

एतद्वारा समस्त शिक्षकों एवं छात्रों को सूचित किया जाता है कि इस वर्ष भी दिनांक 8 जून 2026 से योग कार्यक्रम का आयोजन किया जा रहा है, इसी क्रम में एन0सी0आई0एस0एम0 नई दिल्ली के पत्रांक संख्या BOA/1-D/YOGA Day/2023 दिनांक 11.06.2026 के दिशा निर्देशानुसार महाविद्यालय में अंतर्राष्ट्रीय योग दिवस के अवसर पर दिनांक 11 जून 2026 से 21 जून 2026 तक योगा प्रोटोकॉल के अनुसार विभिन्न योग कार्यक्रमों का आयोजन किया जायेगा।

इस कार्यक्रम का उद्देश्य विद्यार्थियों में शारीरिक, मानसिक एवं आध्यात्मिक स्वास्थ्य के प्रति जागरूकता उत्पन्न करना तथा योग को दैनिक जीवन का हिस्सा बनाने के लिए प्रेरित करना है।

अतः सभी शिक्षकों एवं छात्रों से अनुरोध है कि निर्धारित समय पर योग वेशभूषा में उपस्थित होकर कार्यक्रम में अनिवार्य रूप से सहभागिता करें।

डॉ० देबाशीष पाणिग्रही

PRINCIPAL

VIVEK COLLEGE OF AYURVEDIC
SCIENCES & HOSPITAL

Celebration of 12th International Day of Yoga 2026 by Autonomous Bodies:

As per the mandate entrusted to Ministry of Ayush, International Day of Yoga (IDY), 2026 activities are to be undertaken throughout the country as well as abroad to spread Yoga and achieve well being of the human beings by following, practicing and spreading activities connected with Yoga. The IDY is always celebrated with a Whole of Government approach with participation of all relevant stakeholders.

This year the theme of IDY 2026 is “Yoga for Healthy Aging”. In this regard, the Autonomous bodies under the Ministry of Ayush are requested to

- i) Mobilise their peripheral units for conducting Research based sessions and public outreach programs on the identified theme before the international Day of Yoga.
- ii) Training of beneficiaries on Common Yoga Protocol (CYP) starting from 11th of June 2026.
- iii) Organization of Yoga camps.
- iv) Mobilization of Institutional networks for wider participation in the IDY 2026.
- v) Registration on Yoga sangam portal and upload the data of the activities as same as last year.
- vi) On 19th June,2026 run for Yoga namely “*Doud se Dhyaan*” may be suitably organized at identified places for facilitating more public participation.
- vii) The proposed schedule for observing IDY 2026 on 21st June is as follows-

05:00-06:00 a.m.- Arrival of participants and dignitaries.

06:00-06:15 a.m.- Brief introduction and announcements

06:15-06:30 a.m.- Screening /Telecast of previous IDY speeches of Hon'ble Prime Minister.

06:30-06:45a.m.- Live Speech of Hon'ble MoS Ayush and other dignitaries.

06:45-07:00 a.m.- Live address by Hon'ble PM.

07:00 -07:45 a.m.- Practice of Common Yoga Protocol (CYP).

07:45 a.m. onwards-Vande Yog- Singing of National Song (Vande Mataram)

Accordingly, the Research councils, National Institutes and Regulatory commissions (NCISM & NCH) are requested to disseminate these guidelines widely among all stakeholders.