



भारतीय अन्तर्देशीय जलमार्ग प्राधिकरण (पत्तन, पोत परिवहन और जलमार्ग मंत्रालय, भारत सरकार)

मुख्यालय: जलमार्ग भवन, ए-13, सेक्टर-1, नोएडा-201 301 (उ०प्र०)

INLAND WATERWAYS AUTHORITY OF INDIA

(Ministry of Ports, Shipping and Waterways, Govt. of India)

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IWAI/HQ/Admin/Office Order/2023

Dated:- 17.04.2026

CIRCULAR

Sub: Promotion and participation in "Yoga 365" initiative under International Day of Yoga (IDY) 2026 – reg.

In continuation to the Circular dated 20.03.2026, it is reiterated that the Ministry of AYUSH has initiated the "Yoga 365" campaign as part of the celebrations of the 12th International Day of Yoga (IDY) 2026, with the objective of promoting yoga as a mass movement for health and well-being across the country. Under this initiative, the Morarji Desai National Institute of Yoga (MDNIY) is organizing "100 Days Free Live Yoga Sessions" for public participation.

2. In this regard, please find attached the links specifically created for registration for each Ministry. All officers and staff of Head Office, Regional Offices and sub offices be encouraged to actively participate in the online yoga sessions under the "Yoga 365" initiative.

This issues with the approval of the Competent Authority.

(Signature) 17.04.26
(Neeraj Singh)

Assistant Secretary (A&E)

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Encl. As stated

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