



टेलीफोन / फ़ैक्स सं  
Phone / Fax No.  
044-29819704

ई-मेल / Email  
nssrdchennai@gmail.com  
chennai-nss@nic.in

भारत सरकार  
**Government of India**  
युवा कार्यक्रम एवं खेल मंत्रालय  
**Ministry of Youth Affairs & Sports**  
एन.एस.एस.क्षेत्रीय निदेशालय  
**N.S.S. Regional Directorate**

शास्त्री भवन, बी विंग,  
Shastri Bhawan, B Wing,  
IV ब्लॉक, IV फ्लोर,  
IV Block, IV Floor  
हाडोस रोड, नुंगम्बाक्कम,  
चेन्नै - 600 006.  
Haddows Road,  
Nungambakkam,  
Chennai - 600 006.

F. No. 2-89/IDY/2025-26/NSS RD/567-629

Date: 9<sup>th</sup> June 2026.

To  
The NSS Programme Coordinators,  
Tamil Nadu, Puducherry, and Andaman & Nicobar Islands.

**Subject: International Day of Yoga (IDY) 2026 – Participation in Guinness World Record Attempt and Yoga Sangam 2026 – Reg.**

Sir/Madam,

I am to refer to the subject cited above and to inform you that the Ministry of Ayush, Government of India, is organizing various nationwide activities as part of the celebrations of the **International Day of Yoga (IDY) 2026** under the theme "**Yoga for Healthy Ageing.**"

2. In this regard, a **Guinness World Record Attempt** is proposed to be conducted on **14th June 2026 from 6:15 A.M. to 7:35 A.M.** through an online Yoga session. The initiative aims to achieve the maximum number of participants joining simultaneously through the Ministry of Ayush YouTube platform. Participants may register by giving a missed call to **1800-315-7008**, following which the session link will be shared through WhatsApp.

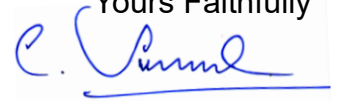
3. Further, the Ministry of Ayush has launched the **Yoga Sangam Portal 2026** to facilitate the registration of institutions and organizations intending to organize Yoga Sangam events on **21st June 2026** as part of the International Day of Yoga celebrations.

4. In this connection, I request you to kindly disseminate the above information to all affiliated NSS Units and educational institutions under your jurisdiction and encourage maximum participation of NSS Volunteers, Programme Officers, students and Teachers in the above initiatives. You are also requested to ensure that institutions organizing Yoga Sangam events register their details through the Yoga Sangam Portal.

The event details shall be updated on the portal post completion of event.

5. The Yoga Sangam Portal Link: <https://yoga.ayush.gov.in/yoga-sangam>

Yours Faithfully



Dr. C. Samuel Chelliah  
Regional Director.

**Copy to:**

The State NSS Officer, Tamil Nadu, Puducherry and Andaman & Nicobar Islands –  
for kind information.