

**NORTH EASTERN REGIONAL INSTITUTE OF SCIENCE AND TECHNOLOGY
(DEEMED TO BE UNIVERSITY)
NIRJULI::ITANAGAR::ARUNACHAL PRADESH::INDIA**

No. Yoga Activity/2026/01

Date:11.06.2026

CIRCULAR

Subject: Participation in Online Yoga Session on 14 June 2026 and Yoga Sangam Event on 21 June 2026 in connection with International Day of Yoga (IDY) 2026

In connection with the observance of the International Day of Yoga (IDY) 2026 on 21 June 2026, the Government of India has initiated a nationwide Online Yoga Session on 14 June 2026 as part of an attempt to achieve a Guinness World Record.

The Ministry of Education, Government of India, has requested participation from students, faculty members, and staff in the online session. The details are as follows:

Online Yoga Session (Guinness World Record Attempt)

- **Date:** 14 June 2026 (Sunday)
- **Time:** 6:15 AM to 7:35 AM
- **Registration/Toll-Free Number:** 1800-315-7008

All participants are encouraged to register for the session through the above toll-free number and join the online yoga session individually using their respective devices. It may be noted that each device login will be counted separately towards the official Guinness World Record attempt.

Further, a Yoga Sangam event will be organized on the morning of 21 June 2026 as part of the International Day of Yoga celebrations.

All students, faculty members, officers and staff are kindly requested to actively participate in both events and contribute to the successful observance of IDY 2026.

Sd/-

Dr. Meera Yadav
Nodal Officer for Yoga Activity

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