

FREE LIVE YOGA SESSIONS

Panaji: May 20, 2026

In the run – up to the 12th International Day of Yoga (IDY) 2026, Ministry of Ayush is undertaking several initiatives to promote mass participation and awareness of Yoga across the country.

In this regard, Moraji Desai National Institute of Yoga (MDNIY) an autonomous organisation under Ministry of Ayush has signed a Memorandum of understanding (MoU) with Habuild Health Tech Private Limited on March 13, 2026 during the Yoga Mahotsav event marking the 100 days countdown to IDY 2026. This collaboration aims to conduct “100 Days Free Live Yoga Sessions” for the public as part of the Ministry’s Yoga 365 campaigns to promote Yoga as a national movement and integrate it into the daily lives of individuals throughout the year.

Participants will be able to enrol in 14 day structured Yoga practice challenges, conducted through live sessions led by experts. Multiple such 14 days slots are being organized during the 100 day period to facilitate the participation of a large number of individuals. The sessions are being broadcast through the official YouTube platform of Ministry of Ayush to ensure wide outreach and accessibility.

The initiative will culminate in a large scale online Yoga event aimed at attempting a World Record, tentatively proposed to be held on May 27, 2026 in the run-up to IDY 2026.

Every one has been requested to participate in live yoga sessions by calling dedicated Toll –free number 18003157008.

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