

Prof. O.P. Singh
Dean Student Welfare
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Dr. A.P.J. Abdul Kalam Technical University
Uttar Pradesh, Lucknow
Sector-11, Jankipuram Vistar, Lucknow, Uttar Pradesh-226031

Ref: AKTU/DSW/2026/917

Date: 18 April, 2026

To,
The Director/Principal
All Institutions affiliated to Dr. A.P.J. Abdul Kalam
Technical University Uttar Pradesh, Lucknow

Subject: Regarding 100 Days Free Live Yoga Sessions - International Day of Yoga (IDY) 2026.

Dear Sir/Madam,

In reference to the above subject matter kindly refer the letter: D.No.F. I-1/2025(YOGA) received from University Grants Commission (UGC), New Delhi dated April 08, 2026 (copy annexed).

In the above letter it has been mentioned that "100 Days Free Live Yoga Sessions" are being conducted as part of the Yoga 365 Initiative. The initiative includes structured 14-day Yoga practice challenges conducted through live sessions led by experts, with multiple participation windows to enable large-scale engagement. The sessions are also being disseminated through the Ministry of Ayush's You Tube platform to ensure wider outreach and accessibility.

In view of the above, UGC has requested to all Higher Educational Institutions (HEIs) to facilitate and encourage students, teachers, and staff members to register and participate in the "100 Days Free Live Yoga Sessions" under the Yoga 365 Initiative. Interested participants may register through the dedicated link: <https://moa.habit.yoga/>. Alternatively, registration may also be done through the toll-free No.: 18003157008. UGC has also requested to all HEIs to give wide publicity to this initiative and encourage active participation from students, faculty members, and staff.

In view of the above, you are requested to kindly take necessary action for participation of students, faculty members, and staff of your institutions in "100 Days Free Live Yoga Sessions".

Encl: As above

Sincerely Yours

(O.P. Singh)

CC to the following for kind information:

1. Registrar/Finance Officer, AKTU, Lucknow
2. Public Relations Officer, AKTU, Lucknow
3. Staff Officer, AKTU, Lucknow for kind perusal to Hon'ble VC Sir

(O.P. Singh)



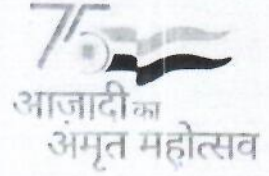
ज्ञान-विज्ञान विस्तारणे

आचार्य मनिष र. जोशी
सचिव

Prof. Manish R. Joshi
Secretary



सत्यमेव जयते



विश्वविद्यालय अनुदान आयोग
University Grants Commission
(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

D.No.F.1-1/2025(YOGA)

18 चैत्र, 1948 / 8th April, 2026

Subject: 100 Days Free Live Yoga Sessions - International Day of Yoga (IDY) 2026-reg.

महोदया/महोदय,

The Ministry of Ayush, as the Nodal Ministry for the observation of the International Day of Yoga, has organized various events to spread awareness about the practice of Yoga for holistic well-being and sustainable living.

In this regard, the Morarji Desai National Institute of Yoga (MDNIY), an autonomous organization under the Ministry of Ayush, has signed a Memorandum of Understanding (MoU) with Habuild Healthtech Private Limited on 13 March 2026 during the Yoga Mahotsav event, marking the 100-days countdown to IDY 2026.

Under this collaboration, "100 Days Free Live Yoga Sessions" are being conducted as part of the Yoga 365 Initiative. The initiative includes structured 14-day Yoga practice challenges conducted through live sessions led by experts, with multiple participation windows to enable large-scale engagement. The sessions are also being disseminated through the Ministry of Ayush's YouTube platform to ensure wider outreach and accessibility.

In view of the above, all Higher Educational Institutions (HEIs) are requested to facilitate and encourage students, teachers, and staff members to register and participate in the "100 Days Free Live Yoga Sessions" under the Yoga 365 Initiative.

Interested participants may register through the dedicated link: <https://moa.habit.yoga/>

Alternatively, registration may also be done through the toll-free No. : 18003157008.

All HEIs are requested to give wide publicity to this initiative and encourage active participation from students, faculty members, and staff.

This issues with the approval of the competent authority.

सादर,

DSW
[Signature]
Roo
मिप/26

5576
18/4/26

Registrar/DSW
[Signature]
15/4

भवदीय,
[Signature]
(मनिष जोशी)

सेवा में,

सभी विश्वविद्यालयों के कुलपति
सभी महाविद्यालयों के प्राचार्य