



THE ADMINISTRATION OF UNION TERRITORY OF LADAKH

OFFICE OF THE DIRECTORATE OF AYUSH UT LADAKH

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Subject: Participation in Free Online 14-Day Yoga Practice Programme in connection with International Day of Yoga (IDY) 2026

CIRCULAR

The Ministry of AYUSH, Government of India, has launched a free online 14-day Yoga Practice Challenge w.e.f. 19.03.2026 as a prelude to a large-scale online Yoga event tentatively scheduled for **27 May 2026**, with the objective of attempting a world record in the run-up to IDY 2026.

In view of the above, and to implement the Government of India programme in letter and spirit throughout the Union Territory of Ladakh, all Administrative Secretaries/Heads of Departments/Heads of Offices are hereby requested to accord due priority to this initiative and take necessary steps to ensure wide participation. They are further requested to suitably disseminate this information and motivate all officers/officials under their administrative control, as well as their family members, to participate in the aforesaid programme.

Interested participants are required to register for the **free online 14-day Yoga Practice Programme through the link provided below, on or before 10 May 2026.**

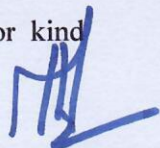
Link: <https://moa.habit.yoga?ref=Ladakh>

Sd/-
Dr. Laltinkhuma Franklin, IAS
Commissioner Secretary Health & Medical Education
UT-Ladakh

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Copy to:

1. All Administrative Secretaries, UT Ladakh
2. Directors/Chief Engineers/ HODs, UT Ladakh
3. Joint Director, Information, UT-Ladakh, for widespread publicity
4. Assistant Director, DIPR, Leh & Kargil, for widespread publicity
5. OSD to Chief Secretary, UT Ladakh, for kind information of worthy Chief Secretary, UT Ladakh
6. PA to Commissioner Secretary, H&ME Department, UT Ladakh, for kind information of the Commissioner Secretary, H&ME, UT Ladakh


Dr. Tashi Thinlas
Director Health Service/AYUSH
UT- Ladakh