



Government of West Bengal
Office of the Principal
Durgapur Government College

J. N. Avenue, Durgapur, Paschim Bardhaman, 713214

Website: www.durgapurgovtcollege.ac.in; E-mail: dpggovtcollege@gmail.com

No. 062

Date: 13.06.2026

Notification

All the NSS and NCC students and the other interested students are urged that the Ministry of Ayush, Government of India, is organizing a Guinness World Record Attempt for the largest online Yoga participation on 14th June 2026 from 6:15 A.M. to 7:35 A.M. as part of the celebration of the International Day of Yoga (IDY) 2026.

Students willing to participate are requested to complete the registration process by following the steps given below:

Steps for Registration:

1. Give a missed call to the toll-free number 1800-315-7008.
2. After successful registration, you will receive a WhatsApp message containing the session link.
3. On 14th June 2026, join the online Yoga session individually through your own registered device using the link provided.
4. Ensure that you log in through the same registered device, as only registered participants will be counted towards the Guinness World Record attempt.
5. Students are requested to send a screenshot or selfie of their participation to the concerned NSS Programme Officer at dgcnsunits@gmail.com for record purposes, along with their details, including their Name, Department, Semester, and Roll Number.

All interested students are encouraged to participate actively in this historic initiative promoting health, wellness, and harmony.

Interested teachers and non-teaching staff are also encouraged to participate in this program.

For any clarification, students may contact the NSS Unit of the College.

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Dr. Samar Chattopadhyay
Principal
Durgapur Government College
Dr. Samar Chattopadhyay
West Bengal Senior Education Service
Principal, Durgapur Govt. College
Paschim Bardhaman-713214

Copy forwarded for information and necessary action to

1. All Departments
2. All faculty members
3. For display in College Website
4. Notice Book, Office of the Principal
5. Student notice board



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বিজ্ঞপ্তি

দুর্গাপুর গভর্নমেন্ট কলেজের সকল এন. এস. এস এবং এন.সি.সি-র ছাত্র-ছাত্রীরা এবং অন্যান্য আগ্রহী ছাত্র-ছাত্রীদের জানানো যাচ্ছে যে, আন্তর্জাতিক যোগ দিবস (International Day of Yoga - IDY) ২০২৬ উপলক্ষে আয়ুষ্ মন্ত্রক, ভারত সরকার আগামী ১৪ জুন ২০২৬, রবিবার, সকাল ৬:১৫ মিনিট থেকে ৭:৩৫ মিনিট পর্যন্ত একটি গিনেস ওয়ার্ল্ড রেকর্ড গড়ার উদ্দেশ্যে একটি বৃহত্তম অনলাইন যোগাভ্যাস কর্মসূচির আয়োজন করেছে।

উক্ত কর্মসূচিতে অংশগ্রহণে আগ্রহী ব্যক্তিদের নিম্নলিখিত পদ্ধতিতে রেজিস্ট্রেশন করার জন্য অনুরোধ করা হচ্ছে।

রেজিস্ট্রেশন ধাপ :

১. টোল-ফ্রি নম্বর ১৮০০-৩১৫-৭০০৮-এ একটি মিসড কল দিতে হবে।
২. রেজিস্ট্রেশন সম্পন্ন হলে অংশগ্রহণকারীর মোবাইলে হোয়াটসঅ্যাপের মাধ্যমে যোগ সেশনের লিঙ্ক পাঠানো হবে।
৩. ১৪ জুন ২০২৬ তারিখে প্রাপ্ত লিঙ্ক ব্যবহার করে নিজের রেজিস্ট্রার্ড ডিভাইস থেকে ব্যক্তিগতভাবে অনলাইন যোগাভ্যাসে অংশগ্রহণ করতে হবে।
৪. গিনেস ওয়ার্ল্ড রেকর্ডের জন্য অংশগ্রহণ গণনা করার উদ্দেশ্যে অবশ্যই রেজিস্ট্রার্ড ডিভাইস থেকেই লগ-ইন করতে হবে।
৫. কর্মসূচিতে অংশগ্রহণের পর ছাত্রছাত্রীদের অংশগ্রহণের প্রমাণস্বরূপ স্ক্রিনশট বা সেলফি সংশ্লিষ্ট এন.এস.এস. প্রোগ্রাম অফিসারের কাছে dgcnsunits@gmail.com এই মেল আইডির মাধ্যমে দেওয়ার জন্য অনুরোধ করা হচ্ছে। এখানে নাম, বিভাগ, সেমিস্টার ও রোল নাম্বারের উল্লেখ থাকবে।

আগ্রহী শিক্ষক ও শিক্ষাকর্মীবৃন্দকেও এই অনুষ্ঠানে অংশগ্রহণ করার জন্যে উৎসাহিত করা হচ্ছে।

প্রয়োজনে বিস্তারিত তথ্যের জন্য কলেজের এন.এস.এস. ইউনিটের সঙ্গে যোগাযোগ করা যেতে পারে।

Dr. Samar Chattopadhyay
Principal
Durgapur Government College
Dr. Samar Chattopadhyay
West Bengal Senior Education Service
Principal, Durgapur Govt. College
Paschim Bardhaman-713214

**Government of West Bengal
Department of Higher Education
West Bengal State N.S.S. Cell
Bikash Bhavan, Salt Lake
Kolkata- 700091**

No. 02/DPI-22/6/2026-JD(DPI)-DPI

Date: 11.06.2026

From : Dr. Rama Prasad Bhattacharya, State NSS Officer, Department of Higher Education

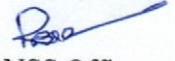
To : The Programme Co-ordinators of NSS of all Universities / Institutions/+2 Council

Sub : Celebration of International Day of Yoga (IDY) 2026 and participation in Guinness World Record attempt on 14th June 2026 from 6:15 am to 7:35 am

Madam/Sir,

With reference to the letter of Ministry of Youth Affairs and Sports, Regional Directorate of NSS, 3, Church Lane, Kolkata- 700 001 vide No. F.NO-P-46/NSS/RD/KOL/2026-2027/1281-1351 dtd. 09.06.2026, the Programme Co-ordinators of NSS of all Universities/ Institutions/ W.B. Council of H.S. Education are requested to participate in Yoga session on 14th June, 2026 from 6.15 AM to 7.35 AM by the NSS Units of their University / Institute / W.B. Council of H.S. Education.

Kindly follow the instruction as mentioned in the above-stated letter. This historic initiative aims to achieve the maximum number of people participating simultaneously in an online Yoga session through the Ministry of Ayush YouTube platform. Your cooperation in organizing this event is highly appreciated.


State NSS Officer

Enclo: As stated

No. 02(1)/DPI-22/6/2026-JD(DPI)-DPI

Date: 11.06.2026

Copy forwarded to:

The Regional Director, Regional Directorate of NSS,
Ministry of Youth Affairs and Sports, Govt. of India,
3, Church Lane, Kolkata-700001

State NSS Officer

भारत सरकार

युवा कार्यक्रम एवं खेल मंत्रालय
राष्ट्रीय सेवा योजना क्षेत्रीय निर्देशालय
३, चर्च लेन, कोलकाता-७०० ००१
दूरभाष : 033 2243 9233
ई-मेल : kolkata-nss@nic.in
rdnsskolkata@gmail.com



Government of India

Ministry of Youth Affairs & Sports
Regional Directorate of NSS
3, Church Lane, Kolkata - 700 001
Ph. : 033 2243 9233
E-mail : kolkata-nss@nic.in
rdnsskolkata@gmail.com



F.NO-P-46/NSS/RD/KOL/2026-2027/ **1281-1351**

Dated the 9th June, 2026

To

The Programme Coordinators, NSS
All Universities/Institutions/+2 Council
West Bengal.

Subject: Celebration of International Day of Yoga (IDY) 2026 and participation in Guinness World Record attempt on 14th June 2026 from 6:15 AM to 7:35 AM. -Reg.

Madam/Sir,

With reference to D.O. letter No.M-16011/47/2026-YN dated 3rd June, 2026 received from the Secretary, Ministry of Ayush, Government of India (Enclosed) you are very much aware that the International Day of Yoga (IDY) has emerged as a global movement promoting holistic health, wellness, and harmony. The theme for IDY 2026, "Yoga for Healthy Ageing", underscores the vital role of Yoga in enhancing physical, mental, and emotional well-being across all age groups and in fostering healthy and active ageing. In continuation of this collective endeavor, the Ministry of Ayush is organizing several nationwide activities as part of the IDY 2026 celebrations.

In this regard, I would like to draw your kind attention that Ministry of Ayush in association with Habuild Healthtech Pvt. Ltd. is going to organise the Guinness World Record attempt on 14th June 2026 from 6:15 AM to 7:35 AM. This historic initiative aims to achieve the maximum number of people participating simultaneously in an online Yoga session through the Ministry of Ayush YouTube platform. To participate in this event, individuals are required to register by giving a missed call on the toll-free number 1800-315-7008. Upon registration, participants will receive a WhatsApp message containing the session link. On the day of the Guinness World Record attempt, every participant must individually log in through their own device, as each registered device joining the session will be counted towards the official record. Besides that, the Ministry of Ayush launched the Yoga Sangam Portal 2026 on 27th May 2026 to facilitate the registration of organizations, institutions, Government departments, educational institutions, local bodies, autonomous bodies, PSUs, leading Yoga institutions, and community groups proposing to organize Yoga Sangam events across the country on 21st June 2026, simultaneously with the Hon'ble Prime Minister's flagship IDY event. The portal may be accessed at: <https://yoga.ayush.gov.in/yoga-sangam>

You are therefore requested to circulate this letter to all the NSS Units under your jurisdiction & instruct all NSS Programme Officers to ensure registration in the above said portal and also to organise Yoga Sangam events on 21st June 2026 involving maximum NSS Volunteers & other student Youths. Apart from that all the NSS Units have to take part in Guinness World Record attempt on 14th June 2026 from 6:15 AM to 7:35 AM involving maximum NSS volunteers and other student youths. All NSS Units are instructed to send a brief report of the events undertaken along with action photographs, newspaper clippings to this Office after completion of the Programme for onward submission to the Ministry & upload the photos of the activities in social media like Facebook, twitter, Instagram etc. by tagging this Office & concerned Ministries.

Your cooperation in organizing this event is highly appreciated.

Encl: As above

Yours faithfully,


(Agnimeel Das) 9.06.2026
Regional Director

Copy to:

1. **All The Vice Chancellor/ The Director/ The President** of all the University/Institutes/+2 Council for kind information and necessary action.
2. **The Director (NSS)**, Ministry of Youth Affairs and Sports, Govt. of India, Shivaji stadium, New Delhi-110001
3. **The Under Secretary**, NSS, Ministry of Youth Affairs & Sports, Govt. of India, GPOA-3, Netaji Nagar, Africa Avenue, New Delhi – 110023
4. **The State NSS Officer**, Dept. Of Higher Education, Government of West Bengal, Bikash Bhavan, Salt Lake-700091 With the request to issue a letter to all Programme Coordinators for organizing the programme.



Ministry of Ayush
Government of India



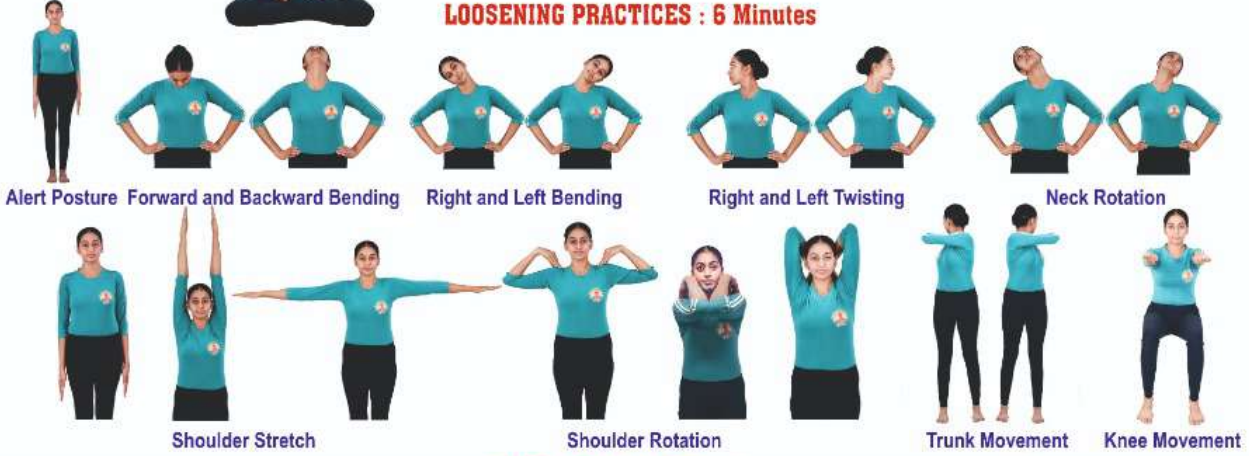
Common Yoga Protocol (CYP) 45 minutes

PRAYER : 1 Minute

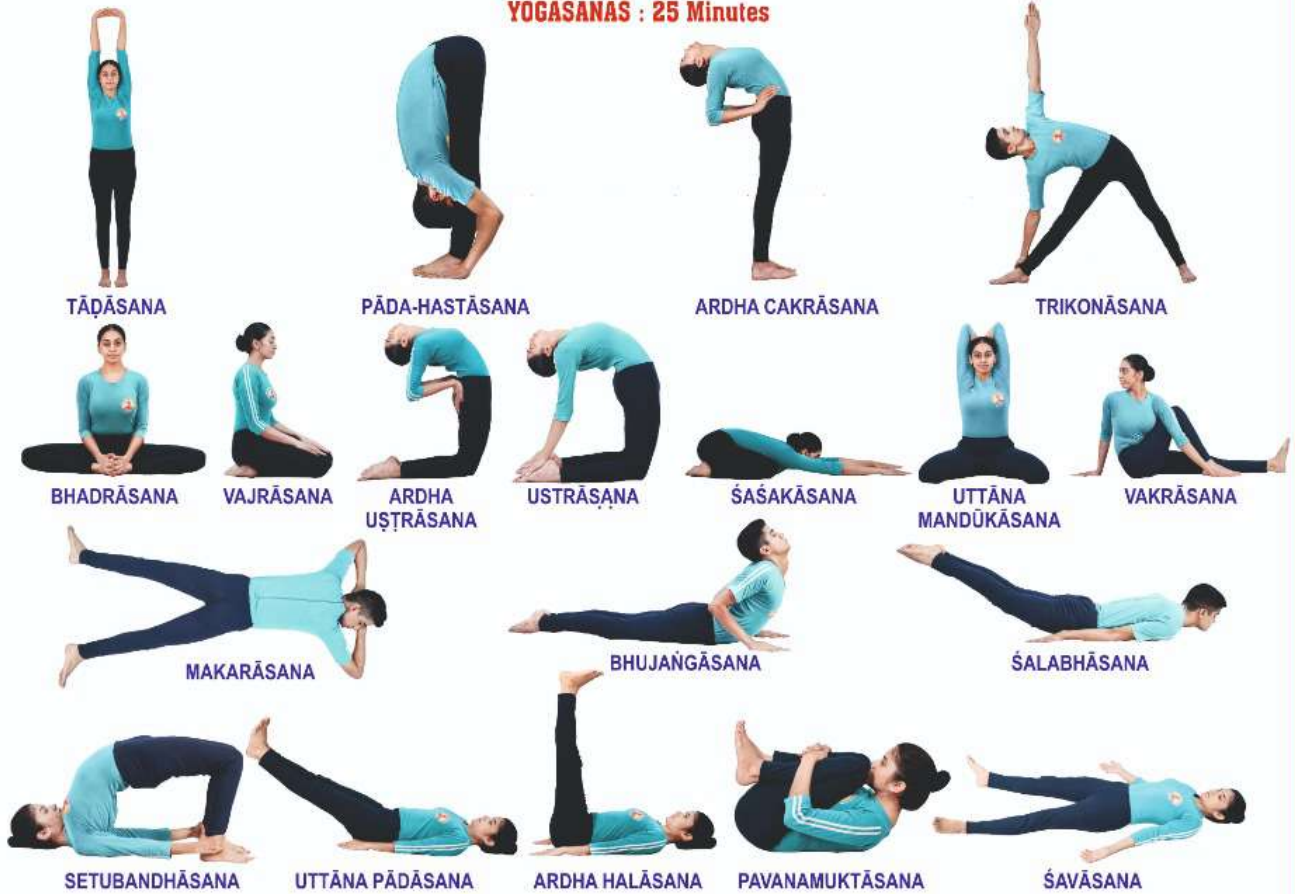


ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām
devā bhāgam yathā pūrve, sanjānānā upāsate ||

LOOSENING PRACTICES : 6 Minutes



YOGĀSANA : 25 Minutes



KRĪYA, PRĀṆĀYĀMA, DHYĀNA, SĀṆKALPA : 12 Minutes



Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhinaḥ,
Sarve Santu Nirāmayāḥ
Sarve Bhadrāni Paśyantu,
Mā kaścit Duḥkha Bhāgbhavet
ॐ Śāntiḥ Śāntiḥ Śāntiḥ



Morarji Desai National Institute of Yoga

Ministry of Ayush, Government of India

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