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विकसित भारत
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CIRCULAR No. 78

Subject: - Celebration of 12th International Day of Yoga (IDY) 2026 at CDA Guwahati Main Office.

The competent authority has directed that the following programme/activities will be organized at CDA Guwahati Main Office for celebrating 12th International Day of Yoga (IDY) 2026 on 21.06.2026.

12th International Day of Yoga (IDY) 2026
Theme: Yoga for Healthy Ageing

Date & Place	Time	Events
21.06.2026 (Community Hall), CDA Complex, Udayan Vihar, Guwahati	07:00 Hrs	Lighting of Lamp by Hon'ble CDA
	07:05 Hrs	Prayer
	07:10 Hrs	Inaugural Speech by Hon'ble CDA
	07:15 Hrs	Practices of Common Yoga Protocol.
	08:15 Hrs	Special Lecture on Y Breaks with demonstration of popular Y Breaks Exercises by the Yoga Expert, emphasis on Yoga exercises for stress management and Back Pain Relief followed by meditation sessions.
	08:45 Hrs	Shanti Mantra
	08:50 Hrs	Vote of thanks by GO (AN-IV)
	09:00 Hrs	Refreshments

Dress code: Yoga attire.

All officers and staff of CDA Guwahati Main Office, CDA (BR) Guwahati Main Office and Sub-Offices at Guwahati are requested to participate in the above mentioned event to make it a grand success.

(Abhijit Chakraborty, IDAS)
Asst. Controller