

Celebration of International Day of Yoga (IDY) – 2026
‘YOGA FOR HEALTHY AGEING’

In pursuance of the directions issued by the Ministry of Ayush and the Ministry of Ports, Shipping and Waterways for the observance of the **12th International Day of Yoga (IDY)-2026**, the **Adjudicatory Board for Major Ports (ABMP)** organized a **Special Yoga Session** on 20 June 2026 under the nationwide **‘Yoga Sangam’** initiative as a fitting prelude to the celebrations, followed by participation in the **live streamed International Day of Yoga programme on 21 June 2026**. Together, these observances reflected ABMP’s steadfast commitment to fostering a culture of holistic wellbeing, where physical vitality, mental equilibrium, and inner resilience are recognized not merely as personal pursuits but as essential attributes of a productive and harmonious workplace. Aligned with the theme **Yoga for Healthy Ageing**, the celebrations underscored the timeless relevance of yoga as an enduring Indian gift to humanity, one that nurtures health, balance, and wellbeing across every stage of life.

2. The Adjudicatory Board for Major Ports successfully registered itself as a participating organization on the **Yoga Sangam Portal** of the Ministry of Ayush for the observance of the **12th International Day of Yoga (IDY)-2026**. The **registration** was completed under Reference No. **YSI7812565290591006**. Subsequently, details of the programme, along with photographs of the event, were uploaded on the portal in accordance with the prescribed procedure. The successful submission enabled the formal recording of ABMP’s participation in the nationwide **‘Yoga Sangam’** initiative and led to the issuance of the **Yoga Sangam Patra (Participation Certificate)** by the Ministry of Ayush, recognizing ABMP’s organization of the **Yoga Sangam event** with the participation of 50 officials and staff members. Copy of the **Yoga Sangam Participation Certificate** is enclosed for reference as **Annexure-I** for reference.

3. To promote awareness and encourage participation in the observance of the 12th International Day of Yoga (IDY)-2026, ABMP undertook various initiatives, including display of thematic banners, dissemination of information on IDY-2026 and Yoga Sangam, promotion of the Common Yoga Protocol (CYP), and circulation of awareness material issued by the Ministry of Ayush. As part of the celebrations, a Yoga Session was organized at the Conference Hall of ABMP, Mumbai, under the guidance of Dr. Deepak Bagadia, an eminent Yoga Trainer and Practitioner. The participants performed various yogic practices, including asanas, pranayama, and meditation, in accordance with the Common Yoga Protocol, and were encouraged to adopt yoga as a regular practice for achieving physical fitness, mental wellbeing, and holistic health.

4. Photographs of the Yoga Session conducted as part of the International Day of Yoga (IDY)-2026 celebrations at ABMP are enclosed as **Annexure-II**.



**आयुष
मंत्रालय**
भारत सरकार



Yoga for Healthy Ageing



Yoga 365
Embrace Yoga, 365 Days a Year!



श्री नरेन्द्र मोदी
माननीय प्रधानमंत्री

योग संगम पत्र

प्रमाणित किया जाता है कि

Adjudicatory Board for Major Ports

ने 21 जून, 2026 को अंतरराष्ट्रीय योग दिवस के उपलक्ष्य में योग संगम कार्यक्रम का आयोजन किया।


यह कार्यक्रम **Mazgaon Dock** में आयोजित किया गया, जिसमें **50** लोगों ने भाग लिया।

यह भी प्रमाणित किया जाता है कि यह कार्यक्रम कोलकाता, पश्चिम बंगाल में
माननीय प्रधानमंत्री के नेतृत्व में आयोजित अंतरराष्ट्रीय योग दिवस 2026 के राष्ट्रीय कार्यक्रम के
अनुरूप और एक ही समय पर आयोजित किया गया।




प्रतापराव जाधव
केंद्रीय राज्य मंत्री (स्वतंत्र प्रभार), आयुष मंत्रालय एवं
राज्य मंत्री, स्वास्थ्य एवं परिवार कल्याण मंत्रालय


दिनांक: 21 जून, 2026
नई दिल्ली




**Ministry of
Ayush**
Government of India



Yoga for Healthy Ageing



Yoga 365
Embrace Yoga, 365 Days a Year!



Shri Narendra Modi
Hon'ble Prime Minister

YOGA SANGAM PATRA

This is to certify that


M/s **Adjudicatory Board for Major Ports**

organized Yoga Sangam event to mark the International Day of Yoga on 21st June, 2026.

The event was organized

at **Mazgaon Dock** and had the participation of **50** people.

It is also to certify that this event was held simultaneously and in harmony with the national event of
International Day of Yoga 2026, led by the Hon'ble Prime Minister at
Kolkata, West Bengal.



Prataprao Jadhav
Union Minister of State (I/C), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June, 2026
New Delhi

Photographs of the Yoga Session conducted under the theme 'Yoga for Healthy Ageing' as part of the International Day of Yoga (IDY)-2026 celebrations at ABMP.

