

# PURASH-KANPUR HARIDAS NANDI MAHA VIDYALAYA



(A Co-education Degree College of Arts, Science and Commerce affiliated to the University of Calcutta)  
Re- accredited by NAAC with B grade and one of the proud recipients of RUSA 2.0 fund  
P.O. Kanpur, P.S. Penro, Dist. Howrah, PIN 711410  
Website: [www.pkhn.ac.in](http://www.pkhn.ac.in), email: [pkhn2010@gmail.com](mailto:pkhn2010@gmail.com), Phone: 03214-250319

Ref. No. - 46 PKHNM/NOTICE/YOGA/2026/46

Date : 13. 06. 2026

## NOTICE

### Subject: Participation in International Day of Yoga – Guinness World Record Attempt

Dear Colleagues and Students,


We are pleased to inform you that the Ministry of Ayush, Government of India, is organizing a Guinness World Record attempt, "Yoga for Healthy Ageing," to commemorate the International Day of Yoga.

To ensure our institution's active participation, please note the following guidelines and key timelines:

- **Registration Deadline:** All faculty members, non-teaching staff, and students must register on or before **June 14, 2026, by 6:15 AM**. To register, give a missed call to **1800-315-7008** and follow the instructions provided in the attached PDF.
- **Live Session:** Everyone must join the live session individually using a separate device on **June 14, 2026, from 6:15 AM to 7:35 AM (IST)**.
- **Community Involvement:** You are highly encouraged to involve your family members and friends in this initiative.
- **Certificate Submission:** Once you receive your participation certificate, please submit a copy to the college office.

Your active participation and wholehearted cooperation are crucial to making this grand initiative a massive success.

Thank you.

  
**Principal**  
**Purash-Kanpur Haridas Nandi**  
**Mahavidyalaya, Howrah**

Dr. Tapas Kumar Samanta

Principal

Purash – Kanpur Haridas Nandi Mahavidyalaya

Kanpur, Howrah, 711410



Government of India  
Ministry of Ayush

सत्यमेव जयते



International Day of Yoga  
21<sup>st</sup> June

my  
GOV

मेरी सरकार



MINISTRY OF AYUSH



invites you to be part of history!

# GUINNESS WORLD RECORD™



## ATTEMPT

**MAXIMUM PEOPLE PARTICIPATING  
SIMULTANEOUSLY IN AN ONLINE YOGA SESSION**

Yoga for Healthy Ageing



**14<sup>TH</sup>** JUNE 2026  
(SUNDAY)



06:15 – 07:35 AM (IST)  
8:45 – 10:05 PM (EDT)  
on 13th June 2026 (Saturday)



LIVE ON MINISTRY OF AYUSH **YOUTUBE** CHANNEL

### HOW TO PARTICIPATE

1

#### REGISTER

Give a missed call on the toll-free number



**1800-315-7008**

2

#### RECEIVE LINK

You will receive a WhatsApp message with the session link.



3

#### JOIN & BE COUNTED

On 14th June 2026, log in through your own device at 6:15 AM (IST). Each device counts!



### LET'S MAKE HISTORY TOGETHER!

Join millions across India and the world in this grand celebration of Yoga and Wellness.

Yoga for  
*Vasudhaiva Kutumbakam*



One World  
One Health



Better Health  
Better Life



Harmony for  
Humanity



Ancient Wisdom  
Modern Well-being

For more information, visit: [www.ayush.gov.in](http://www.ayush.gov.in)



/MinistryofAyush