

# **REPORT ON PARTICIPATION IN THE “HAR GHAR YOGA” INITIATIVE FOR GUINNESS WORLD RECORD ATTEMPT**

**Organized by Ministry of AYUSH, Government of India**

Submitted to:  
Education Department  
Government of Sikkim

Submitted by:  
Sikkim Alpine University  
Kamrang, Namchi, Sikkim

Date of Submission: 15 June 2026

## **1. Background**

The Education Department, Government of Sikkim, vide Ref. No. 42/P.Unv./HE/EDN/GOS dated 10 June 2026, directed all private universities in the State to encourage participation in the “Har Ghar Yoga” Initiative organized by the Ministry of AYUSH as part of the International Day of Yoga (IDY) 2026 celebrations. The initiative aimed to create a Guinness World Record through mass participation in an online yoga session scheduled on 14 June 2026.

In compliance with the directions received, Sikkim Alpine University undertook a series of activities to mobilize students, faculty members, and administrative staff for active participation in the programme.

## **2. Constitution of Action Plan**

Immediately after receipt of the Government communication, the Event and Media Committee of Sikkim Alpine University convened an online meeting on 11 June 2026 to formulate an action plan for the successful implementation of the initiative.

The Committee resolved to:

- Promote awareness regarding the event among students and staff.
- Facilitate registration through the Habuild Online Yoga Registration platform.
- Coordinate participation through Heads of Departments and administrative units.
- Collect participation records, certificates, and photographic evidence for documentation and reporting purposes.

## **3. Awareness and Registration Drive**

To ensure maximum outreach and participation, the University launched a publicity and awareness campaign through digital media and official communication channels. Posters

containing event details, QR codes for registration, and participation guidelines were circulated among students, faculty members, and staff.

Departments were instructed to encourage students to register individually and participate through their personal devices as per the guidelines issued by the organizing authorities.

#### **4. Participation in the Guinness World Record Attempt**

The online yoga session was conducted on 14 June 2026 from 6:15 A.M. to 7:35 A.M.

Members of the University community enthusiastically participated in the programme from their respective locations. Participants joined the live online session and actively performed yoga practices as guided during the event.

The programme witnessed encouraging participation from students, faculty members, and administrative staff, demonstrating the University's commitment towards promoting physical fitness, mental well-being, and healthy lifestyle practices through yoga.

#### **5. Participation Statistics**

The participation details are as follows:

<b>Category</b>	<b>Number of Participants</b>
Students	97
Faculty Members	6
Administrative Staff	10
Total Participants	113

#### **6. Documentation and Evidence**

As part of the reporting process, the University collected and compiled documentary evidence relating to the programme, including:

- Publicity materials circulated by the University.
- Proceedings of the Event and Media Committee meeting.
- Participant lists.
- Certificates of participation issued by the organisers.
- Photographic evidence submitted by participants.

The relevant documents have been enclosed with this report for verification and record.

## **7. Outcome of the Programme**

The initiative generated significant awareness regarding the importance of yoga and healthy living among members of the University community. The programme encouraged collective participation in a national wellness movement and provided an opportunity for students and staff to contribute towards a historic Guinness World Record attempt.

The event also strengthened institutional engagement in activities promoting health, discipline, well-being, and national unity.

## **8. Conclusion**

Sikkim Alpine University successfully complied with the directions issued by the Education Department, Government of Sikkim, regarding participation in the “Har Ghar Yoga” Initiative. Through coordinated planning, awareness generation, registration drives, and active participation, the University ensured meaningful involvement of its students, faculty members, and administrative staff in the Guinness World Record Attempt conducted on 14 June 2026.

The University expresses its gratitude to the Education Department, Government of Sikkim, and the Ministry of AYUSH for organizing this important initiative and providing an opportunity to contribute to a nationwide movement promoting yoga and holistic well-being.

Enclosures:

**Annexure I** – Publicity Poster

**Annexure II** – Proceedings of Event and Media Committee Meeting dated 11 June 2026

**Annexure III** – List of Student Participants

**Annexure IV** – List of Faculty Participants

**Annexure V** – List of Administrative Staff Participants

**Annexure VI** – Certificates of Participation

**Annexure VII** – Photographic Evidence of Participation

# ANNEXURE - I



**“Yoga Today, Healthy Ageing Tomorrow”**

**SIKKIM ALPINE UNIVERSITY**

**TO JOIN THE GUINNESS  
WORLD RECORD ATTEMPT**

On

**14<sup>TH</sup> JUNE 2026**

**FROM 06:15 A.M TO 07.35 A.M**

Register now for habuild online free yoga &  
be eligible to set a Guinness World Record



**TOLL FREE NUMBER**

**1800 315 7008**

Recieve a Digital  
Certificate of Participation

## Annexure II

To  
The Registrar  
Sikkim Alpine University  
Namchi, South Sikkim

Date: 11 June 2026

**Subject: Submission of Action Plan and Proceedings of the Event and Media Committee Meeting  
Regarding Participation in the Guinness World Record Attempt under the 'Har Ghar Yoga' Initiative**

Respected Sir,

This is to respectfully inform you that, in compliance with the directives issued by the Education Department, Government of Sikkim vide Ref. No. 42/P.Unv./HE/EDN/GOS dated 10 June 2026, and the communication received from the University Grants Commission regarding participation in the Guinness World Record Attempt as part of the International Day of Yoga (IDY) 2026 celebrations, the Event and Media Committee of Sikkim Alpine University convened an online meeting on 11 June 2026 at 11:00 A.M. through Google Meet to discuss the planning and execution of the programme.

The committee deliberated upon the modalities of participation and unanimously resolved to extend full cooperation in ensuring active participation from the University community in this national initiative.

The following decisions were taken during the meeting:

**1. Participation in the Guinness World Record Attempt:**

The University shall participate in the online yoga session scheduled for 14 June 2026 under the "Har Ghar Yoga" initiative. Students, faculty members, and administrative staff shall be encouraged to register individually through the QR code and toll free numbers provided, and participate in the session from their respective residences/dwellings using their personal devices, as per the guidelines issued by the organising authorities.

**2. Awareness and Publicity Campaign:**

To ensure maximum participation, digital publicity materials and flyers shall be designed and circulated through both online and offline modes across the University's campuses. The objective is to disseminate information regarding the event and motivate members of the University community to register and participate actively.

**3. Mobilisation of Student Participation:**

All members of the Event and Media Committee shall coordinate with their respective departments and encourage their students to complete their registration by tomorrow, i.e. 12 June, 2026. The registration drive shall be undertaken on an urgent basis to ensure optimum participation from the University.

**4. Preparation of Participant Lists:**

Heads of Departments shall compile and verify the final list of registered student participants from their respective departments and forward the same to the Event and Media Coordinator. Further instructions and updates regarding registration and participation shall be communicated through the official WhatsApp groups of the University.

**5. Documentation and Submission of Evidence**

During the online yoga session, participants shall capture photographs of their participation. Students shall submit these photographs to their respective Heads of Departments, who will subsequently forward the compiled documentation to the Event and Media Coordinator for record maintenance and reporting purposes. Student participants shall be encouraged to wear the University's orange T-shirt uniform during the online session in order to visibly represent Sikkim Alpine University during the event.

#### **7. Preparation of Final Report**

Finally, upon successful completion of the programme, the Event and Media Committee shall prepare a comprehensive report containing:

- Details of the event,
- List of registered and participating members,
- Photographic evidence of participation,
- Supporting documentation as required by the organizing authorities.

The completed report shall be submitted to the Office of the Registrar for onward transmission to the Education Department, Government of Sikkim, in compliance with the reporting requirements associated with the Guinness World Record attempt.

The Event and Media Committee seek the kind approval and support of the Office of the Registrar in facilitating the successful implementation of the above plan and ensuring maximum participation from the University community.

This is submitted for your information and necessary action.

Yours sincerely,

**Coordinator,**

**Event and Media Committee  
Sikkim Alpine University.**

### ANNEXURE III

#### List of Students Participated in the Guinness World Record Attempt

SL.NO	STUDENTS NAME
1	Sandika Rai
2	Samjana Rai
3	Preeza Tamang
4	Komal Rai
5	Deogit Rai
6	Sanju Rai
7	Karina Rai
8	Meera Gurung
9	Rejina Subba
10	Bijoy Manger
11	Sahil Rai
12	Tanchok Limboo
13	Nawraj Subba
14	Aditya Limboo
15	Sriijana Bhujel
16	Geeta Chettri
17	Priya Rai
18	Premika Rai
19	Kalpana Chettri
20	Ashwin Gurung
21	Rupesh Gurung
22	Siri Hang Limboo
23	Manlom Lepcha
24	Anusha Subba
25	Ashika Chettri
26	Rebika Kami
27	Loday Palmu Bhutia
28	Susmita Rai
29	Smyrna Lepcha
30	Pranita Gurung
31	Moni Hang Subba
32	Sushmita Chettri
33	Inu Hangma limbo
34	Khem Hang Subba
35	Pema Tashi Lepcha
36	Riwas Gurung
37	Manila Rai
38	Ashna Subba
39	Binod Adhikari

40	Prayash Gurung
41	Bhusan Chettri
42	Sanja Lepcha
43	Ajit Lepcha
44	Sushma Tamang
45	Adip Chettri
46	Dibeya Gurung
47	Sabina Limboo
48	Chuden Lepcha
49	Goma Guurng
50	Ram sing Lepcha
51	Pema Namgyal Bhutia
52	Sancha maya Subba
53	Jeeya Gurung
54	Tanushree Modak
55	Alisha Gurung
56	Aroti Kami
57	Nishant Agarwal
58	Nikita Gurung
59	Anupama Sharma
60	Manisha Gurung
61	Pincho Ongmu Bhutia
62	Bivek Chettri
63	Youngmit Lepcha
64	Shristy Tamang
65	Rekesh Rai
66	Wangchen Tamang
67	Kalvin Lepcha
68	Roshni Rai
69	Rohit Rai
70	Utsaw Giri
71	Ongtshen Bhutia
72	Diya Subba
73	Priya Rai
74	Salina Baniya
75	Sanjana Sharma
76	Sneha Sharma
77	Preetam Gurung
78	Visika Bhujel
79	Pritika Gurung
80	Chiten Gyalsen Bhutia
81	Lam Hang Subba
82	Binita Limboo

83	Saurav Rai
84	Pemkey Lepcha
85	Kshitiz Limboo
86	Sunil Subba
87	Tapasya Chettri
88	Cleopas Lohar
89	Chirag Limboo
90	Kusum Rai
91	Roman Tamang
92	Sameeran Subba
93	Geetal Hangma Limboo
94	Rohan Thapa Manger
95	Silpa Rai
96	Diki Doma Gurung
97	Soniya Limboo

## **Annexure IV**

**List of Faculty Staff Participated in the Guinness World Record Attempt:**

<b>Sl. No</b>	<b>Names</b>
1	Dr. Subhankar Gurung
2	Ms. Shristi Sharma (P.R.O)
3	Ms. Ashmita Giri
4	Ms. Yunchok Hangma Limboo
5	Mr. Bibek Subba
6	Mr. Yogesh Tamang

## Annexure V

### List of Admin Staff Participated in the Guinness World Record Attempt

Sl.No	NAMES
1	Mr. Satyam Dixit ( Registrar)
2	Dr. Sareena Subba (Deputy Registrar)
3	Ms. Deepika Limboo
4	Ms. Diviya Sashankar
5	Ms. Meenu Thapa
6	Ms. Pedan Bhutia
7	Ms. Anita Rai
8	Ms. Binita NEPAL
9	Mr. Vipin Kumar
10	Mr. Abhishek Kumar

# Annexure VI

## Certificates of Participation









## PROMISE OF YOGA365

This certificate is awarded to



**Abhishek kumar**

in recognition of their participation in the event,  
"Most viewers for a yoga live stream on YouTube,"  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
International Day of Yog .

By joining **4,35,831** participants in this historic event,  
you have helped strengthen a global movement towards  
health, habits, and holistic well-being.

Date: 14-06-2026

#HarGharYoga

Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**Ashmita Giri.**

in recognition of their participation in the event,  
"Most viewers for a yoga live stream on YouTube,"  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
International Day of Yog .

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Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



# PROMISE OF YOGA365

This certificate is awarded to



**Yamuna poudyal**

in recognition of their participation in the event,  
**"Most viewers for a yoga live stream on YouTube,"**  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
International Day of Yog .

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#HarGharYoga

Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



# PROMISE OF YOGA365

This certificate is awarded to



**Meera Gurung**

in recognition of their participation in the event,  
**"Most viewers for a yoga live stream on YouTube,"**  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
International Day of 2026.

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#HarGharYoga

Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**samjanalungoon23**

in recognition of their participation in the event,  
"Most viewers for a yoga live stream on YouTube,"  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
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Date: 14-06-2026

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Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**Rejina subba**

in recognition of their participation in the event,  
"Most viewers for a yoga live stream on YouTube,"  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
International Day of Yog .

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Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**Sancha Maya Rai**

in recognition of their participation in the event,  
**"Most viewers for a yoga live stream on YouTube,"**  
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Prof. (Dr.) Kashinath Sarvagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**Karina rai**

in recognition of their participation in the event,  
**"Most viewers for a yoga live stream on YouTube,"**  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
International Day of Yog .

By joining **4,35,831** participants in this historic event,  
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Date: 14-06-2026

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Prof. (Dr.) Kashinath Sarvagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**sanju rai**

in recognition of their participation in the event,  
"Most viewers for a yoga live stream on YouTube,"  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
International Day of Yog .

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#HarGharYoga

Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**Preeza Tamang**

in recognition of their participation in the event,  
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organized by the MDNIY, Ministry of Ayush, & Habuild for  
International Day of 2026.

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Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**Shristi sharma..**

in recognition of their participation in the event,  
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organized by the MDNIY, Ministry of Ayush, & Habuild for  
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Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**Deogit rai**

in recognition of their participation in the event,  
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Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



# PROMISE OF YOGA365

This certificate is awarded to



**SALINA BANIYA**

In recognition of their participation in the event,  
**"Most viewers for a yoga live stream on YouTube,"**  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
International Day of Yog.

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Date: 14-06-2026

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Prof. (Dr.) Kushinath Samagundi  
Director, MDNIY

Saurabh Bothra  
Yoga Instructor, Habuild



# PROMISE OF YOGA365

This certificate is awarded to



**Binita Limboo**

In recognition of their participation in the event,  
**"Most viewers for a yoga live stream on YouTube,"**  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
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Prof. (Dr.) Kushinath Samagundi  
Director, MDNIY

Saurabh Bothra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**Utsaw Giri**

in recognition of their participation in the event,  
**"Most viewers for a yoga live stream on YouTube,"**  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
**International Day of Yog.**

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Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



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**Jeeya Gurung**

in recognition of their participation in the event,  
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Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**Pritika Limboo**

in recognition of their participation in the event,  
**"Most viewers for a yoga live stream on YouTube,"**  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
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Director, MDNIY



Saurabh Bodra  
Yoga Instructor, Habuild



## PROMISE OF YOGA365

This certificate is awarded to



**Visika Bhujel**

in recognition of their participation in the event,  
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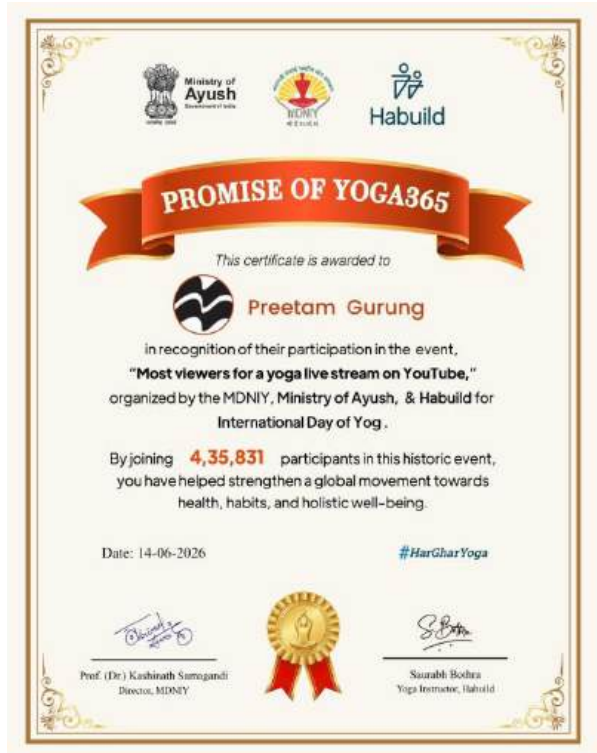
Date: 14-06-2026

#HarGharYoga

Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bodra  
Yoga Instructor, Habuild





# PROMISE OF YOGA365

This certificate is awarded to



**Sneha Sharma**

in recognition of their participation in the event,  
**"Most viewers for a yoga live stream on YouTube,"**  
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Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild



# PROMISE OF YOGA365

This certificate is awarded to



**Sanjana Sharma**

in recognition of their participation in the event,  
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organized by the MDNIY, Ministry of Ayush, & Habuild for  
International Day of 2026.

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#HarGharYoga

Prof. (Dr.) Kashinath Samagandi  
Director, MDNIY



Saurabh Bothra  
Yoga Instructor, Habuild









## PROMISE OF YOGA365

This certificate is awarded to



**Rohit Rai**

in recognition of their participation in the event,  
"Most viewers for a yoga live stream on YouTube,"  
organized by the MDNIY, Ministry of Ayush, & Habuild for  
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Saurabh Bothra  
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This certificate is awarded to



**Bijoy Manger**

in recognition of their participation in the event,  
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## Annexure VII











