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सचिव
Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

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F.No. 2-5/2022(CPP-II)

13th January, 2022

Subject: 75 Crore Surya Namaskar Project.

Respected Madam/Sir,

The Ministry of AYUSH has been organizing AROGYA fair since 2001 and the Fair has been a great success in generating awareness and benefitting stakeholders through display of the latest trends in the Ayush sector. These fairs have been organized at many places in different States in the past.

Encouraged by the response of these fairs, Ministry of AYUSH is supporting National Yogasana Sport Federation (NYSF) with AYUSH Logo to conduct 75 crore Suryanamaskar project on Amrit Mahotsava celebrations on the occasion of 75th anniversary of Independence Day in 30 states involving 30000 institutes and 3 Lakh students and performing musical Suryanamaskar in front of Tricolouron 26th January, 2022.

All the universities and their constituent/affiliated colleges are requested to participate in the event and give wide publicity and disseminate the information about the event among the students, faculty and staff. The details of the process to be followed for participation in the event are given in the **Annexure**.

With kind regards,

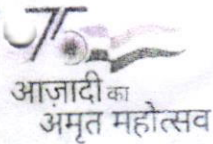
Yours sincerely,


(Rajnish Jain)

Encl : As above

The Vice-Chancellors of all Universities
The Principals of all the Colleges

67/2022/U1A Section



A Tribute on 75th Anniversary of Independence

750 Million Suryanamaskar

www.75suryanamaskar.com

750 Million
Suryanamaskar

Date: 21.12.2021

To,
Hon'ble Secretary
Dept of Higher Education
Ministry of Education
Govt of India.
127-C, Shastri Bhawan,
New Delhi.

Subject: 75 Crore Surya Namaskar Project – Participation of organization under your department.

Respected Sir,

This is with reference to the attached letter issued by the hon. Secretary - Ministry of AYUSH, Govt. Of India, to your office regarding participation of concerned organization under your ambit in the 75 crore Surya Namaskar event. Following is the procedure that needs to be followed in order to participate in the event, by individuals and collectively as an organization, respectively.

1. Log-in to the Surya Namaskar event website: <https://www.75suryanamaskar.com/>
 2. (a) Through self-explanatory steps, register your organization as a participating institute.
(b) An individual can similarly register individually.
 3. Through an excel sheet, all the participants of your institute can be collectively registered for the event.
 4. By each participant – individual or part of an organization, 12 poses of Surya Namaskar Yogasana must be performed - 13 times every day - for 21 days (any days) within the duration of 51 days, starting from 01-Jan-22 to 20-Feb-22.
 5. (a) For an organization, a 1-minute video of collectively performing Surya Namaskar must be recorded daily by the organization. These videos can be shot offline or performed in a Facebook live session to create a digital footprint.
(b) For an individual, a 30-second video of performing Surya Namaskar must be recorded by participant from their phones.
 6. (a) On a daily basis, a group photograph of the practicing group must be taken at any stage of the Asana by the organization, and kept in their records, for uploading on the website at a later designated stage, which will be instructed to them.
(b) On a daily basis, a photograph of self must be taken at any stage of the Asana, and kept in their records by individuals, for uploading on the website at a later designated stage, which will be instructed to them.
- I request you to please issue these instructions to all the organizations under your ambit which intent to participate in this event.

Thank you in anticipation of a positive response.

Thanks, and regards,

Dr. Jaideep Arya
Secretary General
NYSF

Organisator



एन.यू.एस.एफ.



श्री.ई.ए.सी.



मह.स्वा.सं. विभाग



क्रीडा विभाग



सांस्कृतिक विभाग

heartfulness

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