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सचिव

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Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

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Subject: 75 Crore Surya Namaskar Project on Amritmahotsav Celebration, 75th Anniversary of Independence Day

Respected Madam/Sir,

National Yogasana Sports Federation (NYSF) is a federation recognized by Ministry of Youth Affairs & Sports, Govt. of India, to spread Yogasana as Sports and create awareness of health amongst youngsters of our country.

To commemorate the Amrit Mahotsav Celebration, 75th anniversary of Independence Day, the federation has decided to run a project of 750 million Surya Namaskar in 30 states, involving 30,000 institutes and 3 lakh students from 1st January 2022 to 7th February 2022 and performing musical Surya Namaskar in front of tricolour on 26th January 2022. The procedure to be followed to participate in the event is given at **Annexure-I**.

All the Higher Education Institutions and its affiliated Colleges/Institutions are requested to participate in the event from 1st January, 2022 to 7th February, 2022. The event may also be promoted by giving wide publicity, dissemination of the information about event through website, notice boards of universities/colleges and distribution of pamphlets in the campuses of the Higher Education Institutions.

With kind regards,

Yours sincerely,

(Rajnish Jain)

The Vice-Chancellors of all Universities
The Principals of all Colleges / Institutes

Annexure-I

The following procedure 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 records.

(b) On a daily basis, a photograph of self must be taken at any stage of the Asana, and kept in records.