E(G) 2021/CL-4/1

General Managers/DGs/CAOs
All Zonal Railways & Production Units,
All Centralised Training Institute,
Core, Metro & RDSO.

CMDs/MDs
Public Sector Undertakings
(Indian Railways)

New Delhi-110001, dated 13.01.2022

Sub: Virtual Surya Namaskar programme to mark the holy occasion of Makar Sankranti on 14th January, 2022 under Azadi Ka Amrit Mahotsav celebrations.

Ref: DO No. M-16030/1/2022-YN dt. 10.01.2022 of Secretary, Ministry of Ayush.

Please find enclosed herewith a copy of DO No. M-16030/1/2022-YN dated 10.01.2022 received from Shri Rajesh Kotegaonkar, Secretary, Ministry of Ayush on the above cited subject, for information & compliance.

As mentioned in the DO letter, on the occasion of Makar Sankranti the Government of India has desired that a large scale virtual Surya Namaskar Programme be organized to mark the holy occasion of Makar Sankranti on 14th January, 2022 under Azadi Ka Amrit Mahotsav celebrations. It is planned that 75 lakh people (participants) will practice Surya Namaskar on 14.01.2022 observing COVID appropriate behavior. Surya Namaskar is a set of asanas in combination of 12 steps. These steps comprise 8 asanas in which 4 asanas are repeated. All the 12 steps are to be done in a chronological manner in order to complete the process of one round of Surya Namaskar.

In order to reach out to 75 lakh people, Ministry of Ayush along with the leading Yoga institutes/organizations have come together to make it a people centric successful programme with a tagline “SuryaNamaskarForVitality” and सूर्यनामस्कार जीवनी शक्ति का आधार. All the participants may be requested to register on any of the portals namely, https://yoga.ayush.gov.in/suryanamaskar, https://yogacertificationboard.nic.in/suryanamaskar/ or https://www.75suryanamaskar.com before practicing Surya Namaskar on 14th January, 2022. A wide range of digital resources are already available in public domain to learn and teach Surya Namaskar. Same may be seen on the websites/Social Media of MDNIY, MoAyush and various major Yoga organizations and Institutions.

All the Zonal Railways/Production units/Public Sector Undertakings are requested to take all necessary steps to encourage all Railway officials/staff under your organization to participate in the programme wholeheartedly in order to make this event a grand success.

DA: As above

(Anita Gautam)
Executive Director Estt.(Genl.)
Railway Board
Dear Secretary,

You may be aware that holy Makar Sankranti is the festival of thanksgiving to Mother Nature for spreading health, wealth and happiness around. On this occasion the Government of India has desired that a large scale virtual Surya Namaskar programme be organized to mark the holy occasion on 14th January, 2022 under Azadi Ka Amrit Mahotsav celebrations. It is planned that 75 lakh people (participants) will practice Surya Namaskar on 14-01-2022 observing COVID appropriate behavior.

It is important to mention here that Surya Namaskar is a set of asanas in combination of 12 steps. These steps comprise 8 asanas in which 4 asanas are repeated. All the 12 steps are to be done in a chronological manner in order to complete the process of one round of Surya Namaskar.

In order to reach out to 75 lakh people, this Ministry along with the leading Yoga Institutes/organizations have come together to make it a people centric successful programme with a tagline “SuryaNamaskarForVitality” and सूर्यनमस्कार जीवनी शक्ति का आधार. All the participants may be requested to register on any of the portals namely, https://yoga.ayush.gov.in/suryanamaskar, https://yogacertificationboard.nic.in/suryanamaskar/, or https://www.75suryanamaskar.com before practicing Surya Namaskar on 14th January, 2022. A wide range of digital resources are already available in public domain to learn and teach Surya Namaskar. Same may be seen on the websites/ Social Media of MDNIY, MoAyush and various major Yoga organizations and Institutions.

I will be grateful for active support of your Ministry/Department in this initiative of Ministry of Ayush as a part of ‘Azadi ka Amrit Mahotsav’ celebrations. Further, you may consider to issue directions to all officials under your organization to participate in the programme wholeheartedly and make this event a success.

With regards,

Yours sincerely,

(Rajesh Kotecha)

To

All Secretaries to the Government of India