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Celebrating Azadi ka Amrit Mahotsav
with
'SURYA NAMASKAR'

Date: 12-1-2022

NOTICE

This is to bring to your kind notice that on the occasion of Makar Sakranti, Ministry of Ayush, Government of India, is organizing a large scale **Surya Namaskar Programme** involving around 75 lakh people as a part of **Azadi ka Amrit Mahotsav** celebrations. Ministry of Ayush is coordinating with all the ministries of Central Governments, State Governments, various leading Yoga institutions, educational institutions, NCC, NSS, NYKs, sports organizations, etc. to make this a successful event.

You are requested to participate in the event to practice Surya Namaskar on 14-01-2022 observing Covid appropriate behaviour/online mode while staying at home. Kindly join the programme through the registration on the Yoga portals of the Ministry of Ayush/Yoga Certification Board/75suryanamaskar.

Ministry of Ayush

सूर्या नमस्कार
by 75 lakh people at own place on
14.01.2022
To celebrate
Azadi ka Amrit Mahotsav

75
Azadi Ka
Amrit Mahotsav

Register at any one of the link below:
<https://yoga.ayush.gov.in/suryanamaskar>
<https://yogacertificationboard.nic.in/suryanamaskar>
<https://www.75suryanamaskar.com>

For details follow us on:
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<https://main.ayush.gov.in>

Vikas K. Verma

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Nodal Officer, Azadi Ka Amrit Mahotsav
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