

Sub: 75 Lakh participants performing Surya Namaskar on Makar Sankranti on 14th January 2022 under Azadi Ka Amrit Mahotsav

- Mass Surya Namaskar on Makar Sankranti, 14th January 2022 involving around 75 lakh participants who will perform 12 postures of Surya Namaskar staying at home by following covid protocol.
- Theme: #सूर्यनामस्कारवैशालीवृद्धि।
#SuryaNamaskarForVitality
- All leading Yoga Institutes/ organizations, Govt. Ministries/ State Governments/ NCC/ NSS/NYKs/ defence personnel / paramilitary/ Sports bodies/ various Non-Govt. organizations/ educational institutions, and Indian Missions abroad participating.
- Participation is through Registration to ensure transparency and accountability. Participants will have to register on any one of the portal before practicing Surya Namaskar on 14th Jan 2022:
 - <https://yoga.ayush.gov.in/suryanamaskar>
 - <https://yogacertificationboard.nic.in/suryanamaskar/>
 - <https://www.75suryanamaskar.com/>
- More than 75 lakh enthusiasts are expected to perform during the day.
- A meeting under the chairpersonship of Hon'ble Minister of Ayush Shri Sarbananda Sonowal Ji was held on 11.01.22 wherein 57 senior functionaries from major govt, organizations such as Secretary Sports, Secretary Youth Affairs, AS MHA, JS MoD, EA DoHE, MoE etc. along with yoga gurus from prominent yoga federations/associations, sports organizations, educational organizations both from India and abroad participated enthusiastically.
- More than 30 countries are expected to join on 14.01.22 whole day event.
- A press conference was also held under the chairpersonship of Hon'ble Minister of Ayush Shri Sarbananda Sonowal Ji on 12.01.22 wherein all major media were present.
- It has been informed to all to follow the websites/ Social Media handles of Ministry of Ayush, MDNIY and various major yoga organizations and Institutions for updates and make this event of vitality a success.
- MyGov Portal is being widely used for Surya namaskar pledge, quizzes and surya namaskar video contest.
 - <https://www.mygov.in/task/surya-namaskar-video-contest/>

- <https://quiz.mygov.in/quiz/surya-namaskar/>
- <https://pledge.mygov.in/integrate-yoga-lifestyle/>
- The inaugural programme has been telecast live on DD National on January 14, from 7.00 AM to 8 AM in which yoga fraternity and enthusiasts including Shri Ravishankar, Sadhguru, Brahmakumari, Swami Ramdev, Maa Hamsa ji, Daji, Antoinette from Italy, Japan yoga masters and many more prominent celebrities across the world participated through available online tools. Morarji Desai National Institute of Yoga an autonomous organization under Ministry of Ayush, Government of India is coordinating institute for the event.