



Anmol Arora &lt;tecniawebsite@tecnia.in&gt;

## Fwd: दिनांक 14 जनवरी, 2022 को सूर्य नमस्कार के आयोजन- संबंधी

Directortias <directortias@tecnia.in>

Tue, Jan 11, 2022 at 2:34 PM

To: vaishaliprasad89@gmail.com, Tecnia Student Welfare <studentswelfare@tecnia.in>

Cc: IQAC <IQAC@tecnia.in>, Anmol Arora <tecniawebsite@tecnia.in>

----- Forwarded message -----

From: **NSSRC\_DELHI** <nssrcdelhi@gmail.com>

Date: Tue, Jan 11, 2022 at 2:16 PM

Subject: Fwd: दिनांक 14 जनवरी, 2022 को सूर्य नमस्कार के आयोजन- संबंधी

महोदया/महोदय,

कृप्या उपरोक्त संदर्भ में उचित कार्यवाही हेतु संलग्नक देखें।

--

With best regards---

(जैंगजिलांग / Jangjilong)

क्षेत्रीय निदेशक / Regional Director,

रासेयो, क्षेत्रीय निदेशालय / Regional Directorate of NSS,

युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार / Ministry of Youth Affairs & Sports, Government of India

भू-तल, एनेक्सी भवन, शिवाजी स्टेडियम / Ground Floor, Annexe Building, Shivaji Stadium

नई दिल्ली / New Delhi- 110001,

दूरभाष / Phone No. 011-23362991

--



Ph: 27555121-22-23-24 Fax: 27555120; Email: [directortias@tecnia.in](mailto:directortias@tecnia.in); [director.tecniaindia@gmail.com](mailto:director.tecniaindia@gmail.com); Website: <http://tiaspg.tecnia.in>



2/7/22, 4:21 PM

Tecnia Institute of Advanced Studies Mail - Fwd: दिनांक 14 जनवरी, 2022 को सूर्य नमस्कार के आयोजन- संबंधी

**DISCLAIMER:** This message is intended solely for the individual or entity to which it is addressed. This communication may contain information that is proprietary, privileged or confidential and otherwise legally exempt from disclosure. If you are not the named addressee, or have been inadvertently referenced in the address line, you are not authorized to read, print, retain copy or disseminate this message or any part of it. If you have received this message in error, please notify the sender immediately by e-mail and delete all copies of the message.

The authenticity of this message cannot be vouched for. It may be spoofed. Please treat hyperlinks and attachments in this email with caution.

---

 **surya namskar.pdf**  
1794K

अ.शा.पी.24 -1/रासेयो/निदेशा/2021/10-25

भारत सरकार  
युवा कार्यक्रम और खेल मंत्रालय  
राष्ट्रीय सेवा योजना निदेशालय  
शिवाजी स्टेडियम , नई दिल्ली

दिनांक: 10 जनवरी , 2022

सेवा में,

समस्त क्षेत्रीय निदेशक  
राष्ट्रीय सेवा योजना

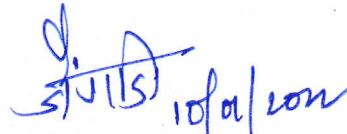
विषय -दिनांक 14 जनवरी,2022 को सूर्य नमस्कार के आयोजन -संबंधी

महोदया/महोदय,

उपरोक्त सन्दर्भ में मंत्रालय के मेल दिनांक 10 जनवरी 2022 एवं आयुष मंत्रालय के डी.ओ. पत्र स. एम-16030/1/2022 दिनांक 10 जनवरी 2022 (संलग्न ) में दिए गए दिशा निर्देशों के अनुसार दिनांक 14 जनवरी,2022 को मकर सक्रांति के पावन अवसर पर अपने अधिकार क्षेत्र में आने वाली समस्त राष्ट्रीय सेवा योजना इकाइयों में कोविड दिशा निर्देशों की अनुपालना करते हुए सूर्य नमस्कार के आयोजन का कष्ट करें व शामिल होने वाले सभी प्रतिभागियों को संलग्न पत्र में दी गयी वेबसाइट पर ऑनलाइन पंजीकरण कराना भी सुनिश्चित करें।

आयोजित कार्यक्रमों को राष्ट्रीय सेवा योजना के सभी सोशल मीडिया माध्यमों पर अधिक से अधिक अपलोड करना भी सुनिश्चित करें।

भवदीय

  
कृते (सहायक कार्यक्रम सलाहकार)

संलग्नक: यथोक्त  
प्रतिलिपि-

निदेशक, राष्ट्रीय सेवा योजना, युवा कार्यक्रम और खेल मंत्रालय , नई दिल्ली



कविता गर्ग  
Kavita Garg  
संयुक्त सचिव  
Joint Secretary

Tel. : 011-24651938  
Fax : 011-24651952  
E-mail : kavitag@nic.in



भारत सरकार  
आयुष मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स  
आई.एन.ए., नई दिल्ली-110023  
Government of India  
Ministry of Ayush  
Ayush Bhawan, B-Block, GPO Complex  
INA, New Delhi-110023  
M-16030/1/2022-YN  
January 10<sup>th</sup>, 2022

Dear Sir,

The govt. of India has desired that a large scale virtual Surya Namaskar programme may be organized to mark the holy occasion of Makar Sankranti on 14<sup>th</sup> 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.

2. This festival comes as a thanksgiving to Mother Nature for spreading health, wealth and happiness around. 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.

3. In order to reach out to 75 lakh people, this Ministry along with the leading Yoga Institutes/ organizations of the country 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 14<sup>th</sup> Jan 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.

4. This Ministry considers NCC/NSS/NYKS as key stake-holders for such a programme, as they play crucial role in observation of International Day of Yoga (IDY) every year. Your reach among the people can be best utilized for this programme. Therefore, your active support is very much required for smooth organization of this programme.

5. Dr. I V Basavaraddi, Director, MDNIY, is nominated to coordinate with you to facilitate the participation from your esteemed organization.

Contd....



6. You are therefore, requested to issue necessary directions/instructions to all the concerned in order to mobilize your units/youths/volunteers along with the resources in order to achieve the ambitious target.

*Regards*

Yours sincerely,

*कविता*

(Kavita Garg)

Shri Jeetendar Chadha,  
Director, NSS,  
Ministry of Youth Affairs and Sports,  
Ground Floor, Annexe Buiding Shivaji Stadium,  
Shaheed Bhagat Singh Marg,  
Connaught Place, New Delhi-110001