

Surya Namaskar Project for Yoga enthusiasts, an initiative by ICCR as part of celebrations under Azadi Ka Amrit Mahotsav(AKAM)

ICCR is collaborating with National Yogasana Sports Federation in the organization of ‘750 million Surya Namaskar’ Project. The project will invite yoga enthusiasts from all across the world to perform a total of over 750 million Surya Namaskars, for a period of consecutive 21 days within the window of January 12 to February 07, 2022. This initiative is a part of the celebrations under Azadi Ka Amrit Mahotsav (AKAM) and aims to highlight our heritage of yoga.

2. Ministry of Ayush as well as various yoga organizations and communities across the globe, Patanjali Yogpeeth, Shri Ram Chandra Mission and Heartfulness Institute will be supporting this project. The Heartfulness Institute will give certificates to participants who complete the entire 21 days.

3. A website link to record the registrations for the project has been created:
<https://www.75suryanamaskar.com>.

4. The following are the nodal points:

For queries related to Program Dissemination / Event Promotion / Enlisting Community Participation in Respective Countries	Ms. Ekta Boudelique Secretary, 750 million Surya Namaskar Event Organizing Committee Secretary, National Yogasana sports Federation (NYSF) E-Mail : ekta.boudelique@volunteer.heartfulness.org
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For Technical /IT queries relating to Website/Videos/Registration etc	Ms. Shalini Mohanty E-Mail: mail2salinim@gmail.com Shri Rachit Kaushik E-Mail : rachitvi@gmail.com
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For any other queries or co ordination support	V.Srinivasan Member- National Organizing Committee - 750 Million Surya Namaskar Project Convenor- Global Heartfulness Programs Heartfulness Institute +91-8939081000 email: v.srinivasan@volunteer.heartfulness.org
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