

वैज्ञानिक तथा औद्योगिक अनुसंधान परिषद्  
COUNCIL OF SCIENTIFIC & INDUSTRIAL RESEARCH  
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Anusandhan Bhawan, 2, Rafi Marg, New Delhi-110001



सां/No. : 5-1(17)/2008-PD

दिनांक/Dated: 13.01.2022

प्रेषक / From : संयुक्त सचिव (प्रशासन)  
Joint Secretary (Admn.)

सेवा में / To : सी.एस.आई.आर. की सभी राष्ट्रीय प्रयोगशालाओं/संस्थानों/मुख्यालय/एककों के निदेशक/प्रधान  
The Directors/Heads of all CSIR National Labs./Instts./Hqrs./Units

महोदय/Sir / महोदया/Madam,

मुझे भारत सरकार द्वारा जारी किए गए निम्नलिखित अर्धशासकीय पत्र को आपकी जानकारी, मार्गदर्शन और अनुपालन के लिए अग्रेषित करने का निदेश हुआ है:

I am directed to forward herewith the following D.O letter issued by the Government of India for your information, guidance and compliance:

क्रम सं. Sl. No.	अर्धशासकीय पत्र सं./ D.O. Letter No.	विषय/ Subject
1.	सचिव, आयुष मंत्रालय, भारत सरकार का अर्धशासकीय पत्र सं० M-16030/1/2022-YN दिनांक 10.01.2022  Secretary, Ministry of Ayush, Government of India D.O. Letter No. M- 16030/1/2022-YN dated 10.01.2022	Surya Namaskar programme on the holy occasion of Makar Sankranti (14.01.2022) under Azadi ka Amrit Mahotsav celebrations.

भवदीय/Yours faithfully,

*M. Arun Manikanda Bharathi* 13 Jan 2022

(एम. अरुण मणिकण्ड भारति/ M. Arun Manikanda Bharathi)

अवर सचिव (नीति प्रभाग)/US (PD)

संलग्न/Encl. : यथोपरि/As above

प्रतिलिपि/Copy to:

- आई.टी. प्रभाग प्रमुख वेबसाइट और पॉलिसी रिपॉजिटरी पर इस परिपत्र को उपलब्ध कराने के अनुरोध के साथ/  
Head, IT Division - with the request to make this circular letter available on the website & Policy Repository.
- कार्यालय प्रति/Office copy.



वैद्य राजेश कोटेचा  
Vaidya Rajesh Kotecha

सचिव  
भारत सरकार  
आयुष मंत्रालय  
आयुष भवन, 'बी' ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए. नई दिल्ली-110023  
Secretary  
Government of India  
Ministry of Ayush  
Ayush Bhawan, B-Block, GPO Complex,  
INA, New Delhi-110023  
Tel. : 011-24651950, Fax : 011-24651937  
E-mail : secy-ayush@nic.in

Dear Secretary,

D.O. No. M-16030/1/2022-YN  
10<sup>th</sup> January, 2022

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 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.

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 14<sup>th</sup> 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,

कार्यालय संयुक्त सचिव सी.एन.आई.आर.  
जे.एस.आई.आर. 26  
पत्र आयरी सं० -  
फाईल आयरी सं० -  
दिनांक 13-01-2022

Yours sincerely,

(Rajesh Kotecha)

To

All Secretaries to the Government of India

