

GOVERNMENT OF JAMMU & KASHMIR
DIRECTORATE OF SCHOOL EDUCATION JAMMU
MUTHI CAMP, JAMMU – 181205

Chief Education Officers (ALL)
Jammu Division.

Sub: Participation in Surya Namaskar Project to Commemorate 75th Anniversary of Independence Day- regarding.

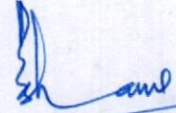
Find enclosed herewith a copy of communication received from administrative department of School Education J&K, Jammu Vide No: Edu/NC-SE/e-105546/372/2021, Dated: 27/12/2021 along with enclosures from Ministries of School Education and Literacy GOI Vide F. No. 12-5/2021-IS.4), Dated: 16.12.2021 and National Yogasana Sports Federation Vide F.No: NYSF/09/2021-22, Dated: 09.12.2021 regarding the subject cited above. It is to inform that National Yogasana Sports Federation is running a Project of 750 million Surya Namaskar in 30 States involving 30000 institutes and 3 Lakh Students to commemorate 75th Anniversary of Independence Day. The Programme will be starting from 1st January, 2022 to 7th February, 2022 and a musical performance on Surya Namaskar is also planned on 26th January, 2022.

In view of the above context, you are hereby directed to disseminate the information in the respective districts, give wide publicity to the scheduled event and issue immediate necessary instructions to all the Head of Govt and Private Schools for mass registrations and participation of schools/ students/teachers/staff ensuring all guidelines and advisories for Covid-19 Protocols issued by Govt of JKUT. Ministry of AYUSH GOI has created a link for registration purpose along with detailed procedure/steps which will be available on official website of AYUSH GOI (www.ayush.gov.in).

Concerned District Nodal Officers for Fit India are directed to furnish the compiled status report from the districts for the action taken in the matter by schools and submit to this Directorate via Email Id: fitindia.dsej@jk.gov.in with good quality photographs and videos specifying name of activity, School, Zone and District. All the activity videos and photographs must also be uploaded on official Portals of Ministry of AYUSH GOI and National Yogasana Sports Federation.

For any query & technical support, you may contact Mr. Govind Sharma, Nodal Officer of this Directorate for Fit India Movement Jammu Division at Mob No: 94192-80527.

Encls = 10 (ten) Lvs


(Dr. Ravi Shankar Sharma) JKAS
Director School Education
Jammu

NO: DSEJ/FIT INDIA/2021/ 42394-424

Dated: 30 / 12 /2021

Copy to the:

1. Joint Secretary (SS-I), School Education & Literacy, Ministry of Education GOI for kind information.
2. Mission Director, Fit India Movement, Sports Authority of India, New Delhi for kind information.
3. Principal Secretary to Govt, School Education Department, JK UT, Civil Secretariat Jammu for kind information.
4. Deputy Commissioners (All) Jammu Division for information.
5. SPD Samagra Shiksha J&K Jammu for information.
6. Joint Directors Schools (All) Jammu Division for information and necessary action.
7. Nodal Officer Fit India Movement at DSEJ for information and necessary action.
8. PA to Director AYUSH J&K for information of Director.
9. I/C Website for uploading it on official website of DSEJ.

Government of Jammu & Kashmir
School Education Department
Civil Secretariat, Jammu

Young Ji
No Fit India

MOST URGENT

27/12

Director,
School Education,
Jammu/ Kashmir.

No:Edu/NC-SE/e-105546/372/2021

Dated: 27.12.2021

Subject: Surya Namaskar Project on 75th Anniversary of
Independence day - reg.

Sir/ Ma'am,

Kindly refer D.O. No. 12-5/2021-IS-4 dated 27.12.2021 received from MoE, GoI regarding Surya Namaskar Project on 75th Anniversary of Independence day copy enclosed. Ministry of Ayush, GoI, have intimated that National Yogasanasports Federation is running a project of 750 million Surya Namaskar in 30 states involving 30000 institutes and 3 lakh students starting from 1st January, 2022 to 7th February, 2022 and musical performance on Surya Namaskar is also planned on 26th of January, 2022.

In this connection, I am directed to request you to kindly disseminate the information and give wide publicity to the scheduled event and encourage students/ teachers for participation. AYUSH has created a link for registration purpose along with detailed procedure/ steps are annexed with this communication. The action taken report on the matter be submitted to this Department early.

Yours faithfully,

Encl: (A.A)

(Umesh Sharma) JKAS
Deputy Secretary to Government
School Education Department

Copy to:

1. Private Secretary to Principal Secretary to Government School Education Department.

F. NO.12-5/2021-IS.4
Government of India
Ministry of Education
(Department of School Education & Literacy)
(IS.4 Section)

Shastri Bhawan, New Delhi
Date: 16th December, 2021

To,

The Additional Chief Secretary/Principal Secretary/Secretary (Education), of all
States / UTs

**Subject: - Surya Namaskar Project on 75th Anniversary of Independence
Day-reg**

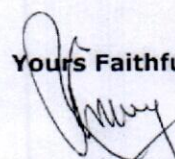
Sir/Ma'am,

I am directed to refer to National Yogasanasports Federation's letter dated 09.12.2021 regarding the Surya namaskar Project on 75th Anniversary of Independence Day.

2. National Yogasanasports Federation has decided to run a project of 750 million Surya Namaskar in 30 States, involving 30,000 institutes and 3 lakh students. For this a programme starting from 1st January, 2022 to 7th Feb, 2022 is planned. A musical performance on Surya Namaskar is also planned on 26th January, 2022. Details of the programme are attached herewith.

3. In this regard, it is requested to give direction to the schools under your jurisdiction to take part in this programme and make the programme a grand success by encouraging maximum participation.

Yours Faithfully

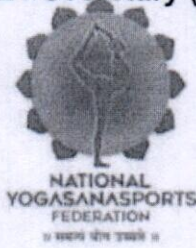


(Rajesh Kumar Maurya)

Under Secretary to the Government of India
Tel.011-23384501
rajmaurya2003@rediffmail.com

Copy for similar action to:

1. The Chairperson, Central Board of Secondary Education,
2. The Commissioner, Kendriya Vidyalaya Sangathan,
3. The Director, Central Tibetan Schools Administration (CTSA)
4. The Commissioner, Navodaya Vidyalaya Samiti (NVS)
5. The Chairman, Council for the Indian School Certificate Examination (CISCE)



NATIONAL YOGASANASPORTS FEDERATION

Registration No. S/ND/1042/2020

Recognized by Ministry of Youth Affairs and Sports, Government of India

Affiliated to World Yogasana

Associate Member : Indian Olympic Association

Udit Sheth
President

Dr. Jaideep Arya
Secretary General

Rachit Kaushik
Treasurer

File No. NYSF/09/2021-22

Date: 09.12.2021

To,

Smt. Anita Karwal,
Worthy Secretary,
Department of School Education & Literacy,
Ministry of Education,
Government of India

Subject: Support 750 million Surya namaskar Project on 75th Anniversary of Independence Day.

Respected sir,

Namaste,

National Yogasana Sports Federation (NYSF) is the recognised federation by Ministry of Youth Affairs & Sports, Govt of India, to spread Yogasana as Sports and create awareness of health within youngsters of our country.

On the occasion of 75th anniversary of Independence Day we have decided to run a project of 750 million Surya Namaskar in 30 states, involving 30,000 institutes and 3 lakh students.

Surya Namaskar is series of 10 Yogasana. It's a miraculous exercise to full human body in short span of time with minimal resources. It's a great heritage of Indian Yogic Science which is in existence from thousands of years. It's a proven fact that a person who performs 13 Surya Namaskar everyday lives long and healthy life.

We wish to pay the tribute to our mother India with performing musical Surya Namaskar in front of tricolour on 26th January 2022. For this a program starting from 1st January 22 to 7th February 22 is planned. Data of each Surya Namaskar performed will be recorded on the website dedicated to this project. Wide spread publicity will be done to invite maximum youngsters in this project. Awareness drive will be done throughout the country.

Yogrishi Swami Ramdev ji (Patanjali), Guruji Dr H.R. Nagendra ji (Founder of S-VYASA), Swami Govind Dev Giri ji (President of Geeta Pariwar), Pujya Daji Shri Kamlesh Patel ji (Founder, Heartfulness) are the patrons of this project.

महसियव / Secretary General

राष्ट्रीय योगसना खेल महासंघ

National Yogasana Sports Federation

पंजीकरण संख्या एस/एन डी/1042/2020

पंजीकरण संख्या एस/एन डी/1042/2020

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National Yogasana Sports Federation:

In campus of Guru Gorakhnath Mandir Nirman Samiti Haf, Pocket-3, Phase-1, Sector-7, Dwarka, New Delhi

T: +91 (11) 42636206 | E: sg@yogasanasport.in

President's Office: C/O. SE TransStadia Pvt. Ltd., The Arena, Nr. Kankaria Lake Gate No. 3, Kankaria, Ahmedabad-380022, Gujarat, India

T: +91 (79) 25370000 Extn. 2054 | F: +91 (79) 25370030 | E: president@yogasanasport.in

E: secretariat@yogasanasport.in | W: www.yogasanasport.in | @yogasanaindia

978705/2021/Secretary (SE and L)



NATIONAL YOGASANASPORTS FEDERATION

Registration No. S/ND/1042/2020

Recognized by Ministry of Youth Affairs and Sports, Government of India

Affiliated to World Yogasana

Associate Member - Indian Olympic Association

Udit Sheth
PresidentDr. Jaideep Arya
Secretary GeneralRachit Kaushik
Treasurer

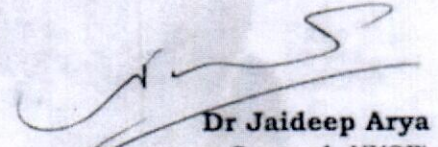
We are submitting details of this project with estimated budget. We wish following support from the ministry -

- To be the project partner with NYSF
- To spread this project through ministry.
- A video message to youngsters from Hon'ble Minister and Hon'ble Secretary to participate in the program.
- To sponsor the project and extend monetary help to NYSF.
- To instruct Govt aided schools and their physical instructors to actively participate in the project.
- To make school & college grounds / School & college infrastructure / Stadiums and Govt resources available for this event.
- To participate actively in this project, guide and support.

We expect your positive response to this appeal.

With warm Regards,

Your faithfully,



Dr Jaideep Arya
(Secretary General, NYSF)

महासचिव / Secretary General
राष्ट्रीय योगसना खेल संघ
National Yogasana Sports Federation
पंजीकरण संख्या एस/एनडी/1042/2020
Registration No. S/ND/1042/2020
परिसर: गुरु गोरखनाथ मंदिर निर्माण समिति हाफ, पॉकेट-3,
द्वारका, नई दिल्ली - 110075
Campus: Gurur Ghoraknath Mandir, Pocket-3
Dwarka, New Delhi - 110075

Encls:

- Annexure A-** Presentation and budget of Surya Namaskar Project.

National Yogasana Sports Federation:

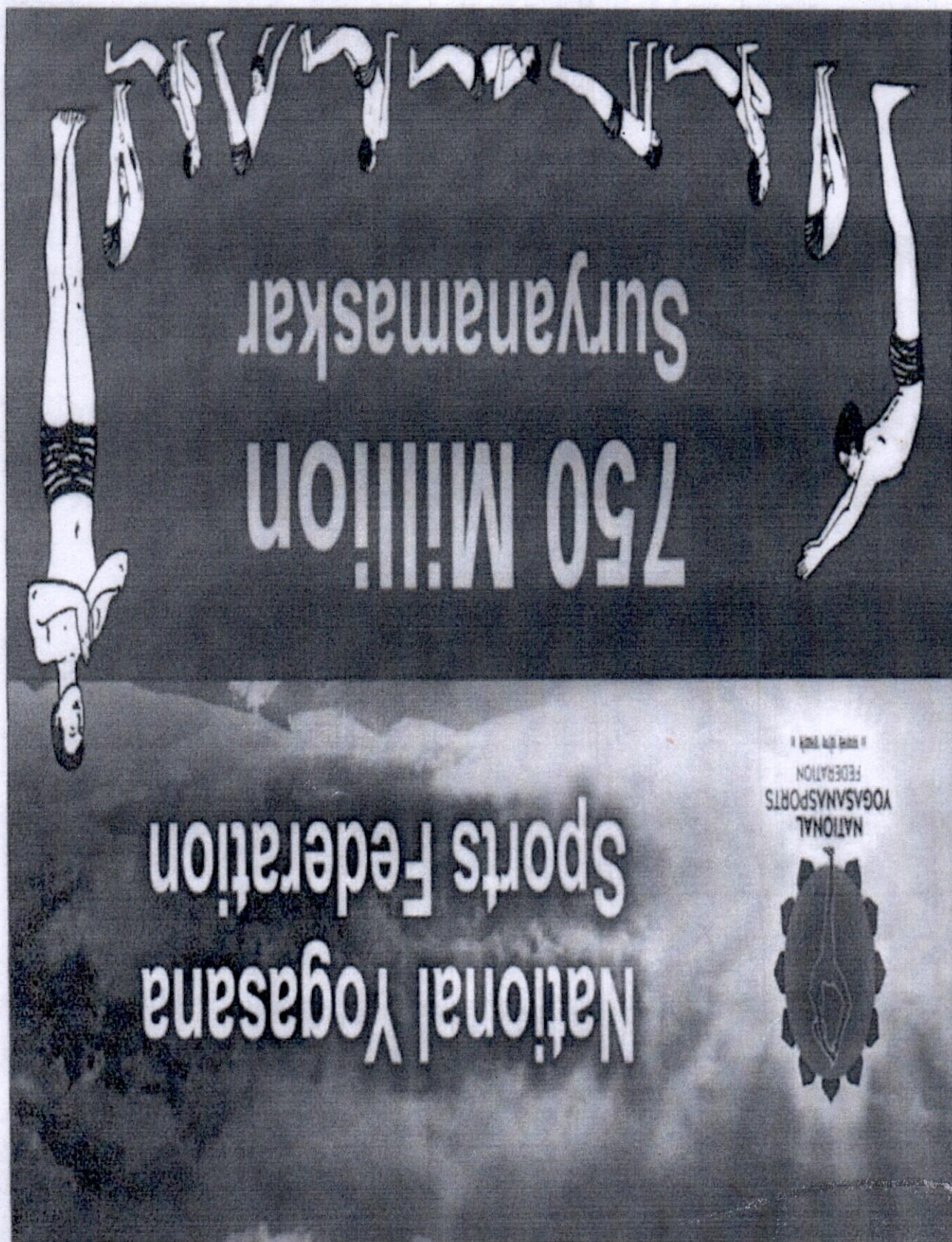
In campus of Guru Gorakhnath Mandir Nirman Samiti Haf, Pocket-3, Phase-1, Sector-7, Dwarka, New Delhi - 110075, India.


T: +91 (11) 42636206 | E: sg@yogasanasport.in

President's Office: C/O. SE TransStadia Pvt. Ltd., The Arena, Nr. Kankaria Lake Gate No. 3, Kankaria, Ahmedabad - 380022, Gujarat, India.

T: +91 (79) 25370000 Extn. 2054 | F: +91 (79) 25370030 | E: president@yogasanasport.in



E: secretariat@yogasanasport.in | W: www.yogasanasport.in | @yogasanaindia | @yogasanaindia | @yogasanaindia





॥२२-२८२॥ 750 Million Suryanamaskar


• Total States Participation	-	30
• Total District Participation (30x20)	-	600
• Total Schools Participation (600 x 50)	-	30,000
• Total Students' Participation (30,000 x 100)	-	30,00,000
• Suryanamaskar by each Student (13 Suryanamaskar x 21 Day)	-	273
• Total Suryanamaskar Performed in the Project	-	81,90,00,000
• Project Duration (1st January to 7th Feb 2022)	-	38 Days
• Registration Link Open	-	15th Nov. 2021





॥२२-२८२॥ 750 Million Suryanamaskar

METHODOLOGY OF THE PROJECT

- 1) All State units of NYSF will actively Participate in the Program
- 2) Registration of educational Institutes will be done by District Associations
- 3) Wbsite to register Institutes and Individuals will be developed.
- 4) From 1st Jan to 7th Feb. 2022 in 38 days Students will perform Suryanamaskars in Assembly for 21 days.
- 5) Each Student will Fill-up the Number of Suryanamaskars on website whenever they performs it.
- 6) On Website number of Suryanamaskar will go on increasing.
- 7) On completion of 273 Suryanamaskar the performer will get e-certificate automatically.






॥२२-२८२॥ 750 Million Suryanamaskar

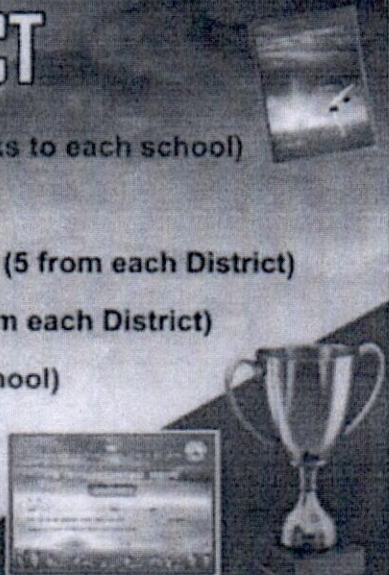
SPECIAL EVENTS

1. 1st January 2022 - Training programs in Schools (New Year Resolution)
2. 12th January 2022 - Special Program with musical Drill of
(Yuva Divas) Suryanamaskar and lecture on benefits of
Yogasana for Personality development.
3. 26th January 2022 - Musical Drill of Suryanamaskar at flag hausting
(Republic Day) ceremony.
4. Olympic Winner Sportsmen and celebrities will perform Suryanamaskar in
Mass gathering.
5. 7th February 2022 - • Mass Suryanamaskar at all the centres at a time with
(Rathsaptami) Video sharing on social media.
• Special Program at Delhi.

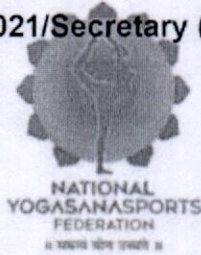



॥२२-२८२॥ GRAND PROJECT

- 60,000 Books of Suryanamaskars will be distributed (2 books to each school)
- 30,00,000 students will get e-certificates
- 3000 schools will get the Trophy for maximum participation (5 from each District)
- 3000 Volunteers will get the Trophy as Best Volunteer (5 from each District)
- 60,000 Teachers will get e-certificates (2 each from each school)
- 30,000 Principals will get the e-certificate
- 30,00,000 E-Books of Suryanamaskar will be distributed



978705/2021/Secretary (SE and L)



NATIONAL YOGASANA SPORTS FEDERATION

Registration No. S/ND/1042/2020

Recognized by Ministry of Youth Affairs and Sports, Government of India

Affiliated to World Yogasana

Associate Member : Indian Olympic Association

Udit Sheth
PresidentDr. Jaideep Arya
Secretary GeneralRachit Kaushik
Treasurer

- ANNEXURE-A

75 crores Surya Namaskar Project at 75th Independence Day Azadi ka Amrit Mahotsav,	
Project Implementing 5 Organisations	Amount
Total Expenses of Surya Namaskar Yogasana in 600 Districts in with 50 Educational Institutes in each district Total 30000 Institutions for two months $\text{₹}10000 \times 2 = 20000 \times 30000 = \text{₹}60,00,00,000$	₹ 60,00,00,000
Contribution of "Heartfulness" Human Resources training and sponsorship to organise the programme.	12,00,00,000.00
Contribution of ". Patanjali Yog Peeth "Human Resources training and sponsorship to organise the programme.	12,00,00,000.00
Contribution of "Kreeda Bharti "Human Resources training and sponsorship to organise the programme.	12,00,00,000.00
Contribution of "Geeta Parivar "Human Resources training and sponsorship to organise the programme.	12,00,00,000.00
National Yogasana Sports Federation: Human Resources Contribution	₹ 3,00,00,000
	51,00,00,000.00
NATIONAL YOGASANA SPORTS FEDERATION	
Through Human Resources and sponsorship contributions	Amount
Event organisation in 30000 Schools / Institutions at the cost ₹2000/- per institute	₹ 6,00,00,000
Training of Surya Namaskar Yogasana in 600 Districts in 30000 Institutes have average 100 students having $30000 \times 100 = \text{Total } 3,00,000 \times ₹50$ on each student.	₹ 1,50,00,000
Registration/ execution etc of Guinness Book of World Records	₹ 1,50,00,000
Total	₹ 9,00,00,000

Dr. Jaideep Arya

Secretary General

NYSE

महासचिव / Secretary General

राष्ट्रीय योगासन खेल महासंघ

National Yogasana Sports Federation

पंजीकरण संख्या एस/एन डी/1042/2020

Registration No.S/ND/1042/2020

परिसर- गुरु गोरखनाथ मंदिर, पॉकेट-3,

सैक्टर-7, द्वारका नई दिल्ली-110075

Campus of Guru Gorakhnath Mandir, Pocket-3

Dwarka New Delhi - 110075

National Yogasana Sports Federation:

In campus of Guru Gorakhnath Mandir Nirman Samiti Hal, Pocket-3, Phase-1, Sector-7, Dwarka, New Delhi - 110075, India.

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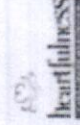
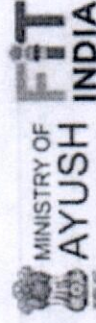


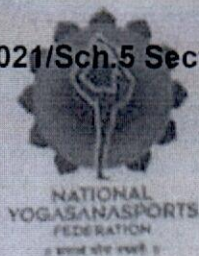
आज़ादी का
अमृत महोत्सव

A Tribute on 75th Anniversary of Independence

750 Million Suryanamaskar

PATANJALI





Registration No. S/ND/1042/2020
 Recognized by Ministry of Youth Affairs and Sports, Government of India
 Affiliated to World Yogasana
 Associate Member Indian Olympic Association

Udit Sheth
 President

Dr. Jaideep Arya
 Secretary General

Rachit Kaushik
 Treasurer

File No. NYSF/14/2021-22

To,

The Worthy Secretary,
 Department of School Education & Literacy,
 Ministry of Education,
 Government of India,
 New Delhi.

Date: 11.12.2021



Subject: REQUEST FOR USING EDUCATION MINISTRY LOGO AND TO SUPPORT AND PROMOTE 75 CRORE SURYA NAMASKAR PROJECT ON AMRITMAHOTSAV CELEBRATION, 75TH ANNIVERSARY OF INDEPENDENCE DAY.

Respected sir,
 Namaste,

National Yogasana Sports Federation (NYSF) is the recognised federation by Ministry of Youth Affairs & Sports, Govt of India, to spread Yogasana as Sports and create awareness of health within youngsters of our country.

On the occasion of Amrit Mahotsav Celebration, 75th anniversary of Independence Day under the patronage of Yogrishi Swami Ramdev ji (Patanjali), Gururji Dr H.R. Nagendra ji (Founder of S-VYASA), Swami Govind Dev Giri ji (President of Geeta Pariwar), Pujya Daji Shri Kamlesh Patel ji (Founder, Heartfulness) we have decided to run a project of 750 million Surya Namaskar in 30 states, involving 30,000 institutes and 3 lakh students from 1st January 22 to 7th February 22 and performing musical Surya Namaskar in front of tricolour on 26th January 2022.

We hereby request:-

- To Join this program as a supportive and promotive partner.
- To allow to use logo of Education Ministry for this event.
- Request to promote this project by asking Students and Staff, which comes under your Ministry to participate in Surya Namaskar project.
- A video message from Hon'ble Minister and Hon'ble Secretary to participate in the program.

We expect your positive response to our request.

With warm Regards,
 Your faithfully,

Dr Jaideep Arya
 (Secretary General, NYSF)
 jaideep1973@gmail.com
 Mobile: 9760095100

महाराष्ट्र / Secretary General

राष्ट्रीय योगासन खेल महासंघ

Ministry of Youth Affairs & Sports, Government of India, Room No. 3, C- Wing, Shastri Bhawan, New Delhi-110001
 Registration No. S/ND/1042/2020
 Campus of Guna Gorakhnath Mandir, Pocket-3, Dwarka, New Delhi-110075

Copy to:

- The Worthy Secretary, Department of Sports, Ministry of Youth Affairs & Sports, Government of India, Room No. 3, C- Wing, Shastri Bhawan, New Delhi-110001
- The Worthy Secretary, Ministry of AYUSH, Ayush Bhawan, B Block, GPO Complex, INA, New Delhi-110023.

National Yogasana Sports Federation:

In campus of Guru Gorakhnath Mandir Nirman Samiti Haf, Pocket-3, Phase-1, Sector-7, Dwarka, New Delhi - 110075, India.
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