



**CIRCULAR**

Dt:13.01.2022


**Sub: Surya Namaskar Programme to be organised by the Ministry of Ayush on the occasion of Makar Sakranti as a part of 'Azadi ka Amrit Mahotsav' celebrations – Reg.**

It is to inform you that that on the occasion of Makar Sakranti, Ministry of Ayush is organising a large scale Surya Namaskar programme on 14.01.2022, involving around 75 lakh people as a part of 'Azadi ka Amrit Mahotsav celebrations observing Covid appropriate behavior/online mode.

Further, it is also to inform you that the University is going to organize Surya Namaskar Programme on 14.01.2022 at 11:00 am in the Indoor Stadium, MANUU Campus.

You are requested to participate in Surya Namaskar programme on 14.01.2022 at Indoor stadium / by registering on the Yoga portals of Ministry of Ayush/Yoga Certification/75suryanamaskar <https://yoga.ayush.gov.in/suryanamaskar>

  
Deputy Director  
DPE&Sports

  
Chairperson  
Azadi Ka Amrut Mahatsav organising Comt