



SAI

भारतीय खेल प्राधिकरण
SPORTS AUTHORITY OF INDIA

No.SAI/Misc./Ops/2021-2022

10th January,2022

To,

All Regional/ Institutional Heads & Units of SAI.

Sub.: **Organizing 75 Lakhs Suryanamaskar on 14th January,2022.**

Please find enclosed an e-mail dated 7th January,2022 on the above subject. As per directions of Ministry of Sports and Youth Affairs & Sports, New Delhi, necessary action may be taken on points (xv, xvi & xxi in Para 3) mentioned in the Minutes of the Meeting taken by Secretary (AYUSH) on 4th January,2022 (**Copy Enclosed**). All RDs are requested to ensure that our athletes and coaches etc. participate in the said activity.

The action taken report alongwith photographs may kindly be shared with this office by 15th January,2022.

(SHIY SHARMA)
Executive Director (Ops)

Fwd: MOST URGENT: Minutes of the Meeting to organise 75 Lakh Surya Namaskar-reg.

1 message

Coordination Division SAI HQ <coord-sai@gov.in>

7 January 2022 at 09:47

To: Operations Division <opsdiv.sai@gmail.com>, "Ops Division, Executive Director" <ops-sai@gov.in>, "Khelo India - AD (SAI)" <adkheloinpsc@gmail.com>, Khelo India Division <kheloindia.div@gov.in>, Khelo India Division <kheloindiadivision@gmail.com>, Fit India Division <fitindia.sai@gmail.com>, Ekta Vishnoi <fitindia@gov.in>, Vishnu Sudhakaran <vishnu.sudhakaran@gov.in>

Sir,

Please see the attached minutes of meeting taken by Secretary (AYUSH) on 4.1.2022 to make necessary preparations for organizing 75 lakh Suryanamaskar on 14 January 2022.

The undersigned has attended the meeting on directions of Secretary (Sports).

2. Points mentioned at xv, xvi and xxi under para 3 of the minutes are relevant for the Department of Sports and Sports Authority of India.

3. It was desired in the meeting that trainees of SAI and sportspersons part of coaching camps at SAI Centres may be asked to register on 75croressuryanamaskar.com portal.

Regards,

S P S Tomar
Deputy Secretary,
Government of India,
Ministry of Youth Affairs and Sports
Department of Sports
Jawaharlal Nehru Stadium, Stairs - 7, Hall - 109,
New Delhi
Tel No. 011-24361819

[<https://amritmahotsav.nic.in/>]

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 **Minutes of the Meeting held on 04-01-2022.pdf**
79K

Minutes of the virtual meeting held on 04-01-2022 at 5PM under the Chairmanship of Secretary (Ayush) to make necessary preparations for organizing 75 Lakh Suryanamaskar on 14th January, 2022.

A virtual meeting was held on 04-01-2022 at 5 PM under the Chairmanship of Secretary (Ayush) to make necessary preparations for organizing 75 Lakh Suryanamaskar on 14th January, 2022 under Azadi ka Amrit Mahotsav in order to mark 75 years of Independence. List of the participants is placed at Annexure.

2. In the beginning, Secretary (Ayush) welcomed all the participants. He informed that during a review meeting, Hon'ble Prime Minister mentioned the importance of Sun (Surya) on the occasion of Makar Sankranti i.e. 14-01-2022 and suggested to plan a activity for 75 Lakh Suryanamaskar on Makar Sankranti.

3. The possible programme and plan of action was discussed in detail. The suggestions which came forward and action points emerging form them are as following:

- i. More emphasis on covid appropriate behavior while practicing Suryanamaskar keeping in mind present pandemic situation. This will give a message to the world that Yoga is useful not only in physical but mental health also during covid pandemic.
- ii. Division/Distribution of 75 lakh people into various States/UTs with dedicated team of trainers and practitioners.
- iii. Registration of all the participants on the existing 75croresuryanamaskar.com website.
- iv. Extensive promotion of the programme through Social Media of all possible stakeholders.
- v. Participation of people from various countries and creation promotional videos with them.
- vi. Tracking of participation.
- vii. Inter-Ministerial coordination for optimal utilization of resources.
- viii. Promotion of Suryanamaskar on Scientific evidence through **Mann Ki Baat** programme. Promotion through website banners across all the Ministries.
- ix. Linking significant participations to IDY in the form of awards or similar ways.
- x. Virtual platform to participate in the Suryanamaskar.
- xi. Possibility of AyuRythm App to measure Stress levels & pulse diagnostics of the participants before and after Suryanamaskar.
- xii. To convene a meeting of various Yoga Institutions/ Organisations for action cooperation and smooth organization of the said programme.
- xiii. Nodal Officers may be nominated from all the States/UTs for coordinating the participation in the respective State/UT.
- xiv. A dedicated committee may be constituted by Ministry of Ayush for coordination of the various programmes.
- xv. Sports Authority of India (SAI), Khelo India Scheme and Fit India Movement have already extended their support for the proposed programme.
- xvi. Directions/Instructions along with plan of action will be given to all the trainers & trainees of SAI and Olympians to actively participate in the said programme.
- xvii. On-boarding of Ministry of Information and Broadcasting (Moi&B).
- xviii. Hon'ble Prime Minister's animated video of practicing Suryanamaskar may be

extensively promoted.

- xix. Facility for participation/registration on Yoga Portal of the Ministry, Ayush Sanjivani App and Y-Break App.
- xx. Active cooperation of the Ministry of Home Affairs, Ministry of Health & Family Welfare, Ministry of Youth Affairs & Sports, DoPT, Ministry of External Affairs along with various Yoga Institutions/ Organisations, National Yogasana Sports Federation (NYSF) and Indian Yoga Association (IYA).
- xxi. 30 Sec video bites from prominent Yoga Gurus of the country for widespread popularization of the programme. Sports persons as brand ambassador for the programme.
- xxii. Active cooperation of Armed Forces, CAPF, NYKS, NSS etc. for making it a people centric programme.

The meeting ended with a vote of thanks to the chair.

Annexure

1. Shri Vaidya Rajesh Kotecha, Secretary (Ayush)
2. Shri P. K. Pathak, Special Secretary (Ayush)
3. Ms. Kavita Garg, Joint Secretary (Ayush)
4. Shri D. Senthil Pandiyan, Joint Secretary (Ayush)
5. Dr. S. R. K. Vidyarthi, Director, Ministry of Ayush
6. Shri Vikram Singh, Director, Ministry of Ayush
7. Ms. Ekta Boudelique, Heartfulness Institute
8. Dr. Jaideep Arya, Patanjali Yogpeeth
9. Dr. I. V. Basavaraddi, Director MDNIY, Ministry of Ayush
10. Dr. Raghvendra Rao, Director CCRYN, Ministry of Ayush
11. Shri S. P. S. Tomar, Deputy Secretary, D/o Sports, M/o Youth Affairs & Sports
12. Shri Yash Veer Singh, Deputy Secretary, Ministry of Ayush
13. Shri Sanjay Dev, Media Advisor, Ministry of Ayush
14. Shri Udit Sheth, TransStadia NYSF
15. Md. Taiyab Alam, Communication & Documentation Officer, MDNIY, Ministry of Ayush
16. Shri Niret K. Kurian, Deputy Director, Ministry of Ayush
