

MOST IMMEDIATE
Out Today

CEA-CH-14-30/10/2021-Coordination Division

No.21/7/2020-Adm(Coord.)/Welfare/15
Government of India
Central Electricity Authority
(Adm. Coord. Section)



5th Floor(N), Sewa Bhawan,
R.K. Puram, New Delhi-110 066

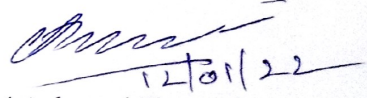
Dated the, 12th January, 2022

Sub: A large scale virtual Surya Namaskar programme be organized to mark the holy occasion Makar Sakranti on 14th January, 2022 under Azadi ka Amrit Mahotsav celebrations.

Please find enclosed herewith a copy of D.O. No. M-16030/1/2022-YN, dated 10th January, 2022 of Secretary, Ministry of Ayush on the Subject cited above.

2. Ministry of Ayush has requested that all the officers/officials of Central Government will practice Surya Namaskar on 14.01.2022 observing COVID appropriate behavior as a part of Azadi ka Amrit Mahotsav celebrations.
3. It is, therefore, requested that all the officers/officials of CEA(HQ) and its subordinate offices to take necessary compliance as per the above said D.O. letter of Ayush, dated 10.01.2022 to mark the holy occasion Makar Sakranti on 14th January, 2022 under Azadi ka Amrit Mahotsav celebrations and all sub-office are requested that a report on the activities carried out may please be sent to this section.
4. This issue with the approval of Competent Authority.

Encl. As above.


12/01/22
(Ashwani Kumar)
Section Officer(Welfare)

To:

1. All officers/officials, CEA – through CEA Website.
2. All the subordinate offices of CEA.
3. Upload the same at CEA Web portal.
4. All Notice Board, CEA.



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
10th 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 14th 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 14th 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,

Yours sincerely,

(Rajesh Kotecha)

To

All Secretaries to the Government of India

S.O. Adm Coord (welfare)

11/1/2022

87
11/1/22

69
12/1/2022