



# भारतीय अन्तर्देशीय जलमार्ग प्राधिकरण

( पत्तन, पोत परिवहन और जलमार्ग मंत्रालय, भारत सरकार )

मुख्यालय : जलमार्ग भवन, ए-13, सेक्टर-1, नौएडा-201 301, (उ० प्र०)

**INLAND WATERWAYS AUTHORITY OF INDIA**

(Ministry of Ports, Shipping and Waterways, Govt. of India)

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No. No. IWAI-11039/18/2021-Admin-Rectt

Jan 13, 2022

## **OFFICE ORDER**

In accordance with the instructions conveyed through e mail dated 13.01.2022 (copy attached), Ministry of Ayush (Govt of India) on the occasion of Makar Sankranti on 14.01.2022 under "Azadi ka Amrit Mahotsav", is organising a large scale virtual Surya Namaskar programme under which 75 lakh people (participants) will practice Surya Namaskar on 14.01.2022 (from 0700 Hrs onward) having tag line "Surya Namaskar for Vitality".

2. All participants should register on any of the following portals mentioned below before practising Surya Namaskar on 14.01.2022:-

- i. <https://yoga.ayush.gov.in/suryanamaskar>
- ii. <https://yogacertificationboard.nic.in/suryanamaskar>
- iii. <https://www.75suryanamaskar.com>

3. Taking above into consideration, it has been directed by the Competent Authority that all Officers/Staff of IWAI head office, regional offices/sub-offices to get registered on aforementioned portals.

4. Respective Wings heads at Head Office/ Regional Directors/sub office in charges are requested to forward the list of registered Officers/Staff in the prescribed format (attached) by PM 13.01.2022 and later to forward certificates of participation. This may be treated as "Most Urgent".

This issues with the approval of the Competent Authority.



(Ajay Kumar)

Asst. Secretary (L&H)

E.mail: [ajaykumar@iwai.gov.in](mailto:ajaykumar@iwai.gov.in)

Phone No. 0120-2474050

Encl. As above

### **Copy to:-**

1. Chief Engineer(Tech)/Chief Engineer & Project Manager (JMVP)/ Hydrography Chief/DS (IT)/CAO I/C, IWAI, Noida
2. Director (Traffic)/Director(M)/DS(IT), IWAI, Noida
3. Directors, IWAI, Kolkata, Kochi/Guwahati/ Director I/C, Patna
4. Sub Office Incharges Varanasi/Prayagraj/Vijaywada/Bhubaneshwar
5. IT cell for assisting in registration
6. Office Copy/Master copy

### **Copy for information to:-**

PPS/PS/PA to Chairman /Vice-Chairman/Member (Finance)/Member (Technical)/Member (Traffic)/Secretary, IWAI, Noida



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**Fwd: SuryaNamaskar on Makar Sankranti**

January 13, 2022



From: Col. Manish Pathak

To: Ajay Kumar U K Sahai mkiwai66@gmail.com Manoj Vats

Cc: Jayant Singh Ashutosh Gautam Praveen Nandwana

Suryanamaskar.docx (17.7 KB) [Download](#) | [Briefcase](#)

Please refer discussion. Take necessary action to organize.

Secretary  
IWAI

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From: "Sh. Sanjay Bandopadhyaya" <sanjay.bando@gov.in>  
To: "Jayant Singh" <vc.iwai@nic.in>  
Cc: "Col. Manish Pathak" <secy@iwai.gov.in>  
Sent: Thursday, January 13, 2022 11:55:44 AM  
Subject: SuryaNamaskar on Makar Sankranti



75  
Azadi Ka  
Amrit Mahotsav

*Sh. Manoj*  
*Ajay Kumar*  
*13.1.22*

[11:50] Dr. I.V. Basavaraddi

Namaste

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On the holy occasion of Makar Sankranti on 14 January 2022 under Azadi Ka Amrit Mahotsav, the Ministry of Ayush is organising a large scale virtual Surya Namaskar programme where 75 lakh people (participants) will practice Surya Namaskar on 14 January 2022 observing covid appropriate behaviour. This festival comes as a thanksgiving to Mother Nature for spreading health, wealth and happiness around. It is important to mention here that Surya Namaskar is a set of asanas in a combination of 12 steps. These steps comprise 8 asanas in which 4 asanas are repeated. All the 12 steps are to be done chronologically to complete the process of one round of Surya Namaskar (ref: attached). The theme of this event "Surya Namaskar For Vitality" and सूर्यनमस्कार जीवनीशक्ति का आधार.

In order to reach out to more people this Ministry along with the leading Yoga Institutes/ organizations of the country have come together to make it a people-centric successful programme with a tagline "SuryaNamaskarForVitality" and सूर्यनमस्कार जीवनीशक्ति 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 practising Surya Namaskar on 14 January 2022. A wide range of digital resources is already available in the public domain to learn and teach Surya Namaskar. The same may be seen on the websites/ Social Media of MDNIY, M/o Ayush and various major yoga organizations and Institutions.

Therefore, your active support is very much required for popularizing and maximising the reach of this programme.

Regards,

Ishwar Basavaraddi

<https://yoga.ayush.gov.in/suryanamaskar>

<https://yogacertificationboard.nic.in/suryanamaskar/>