



SPORTS CLUB JUIT &lt;sportsclub.juit@juitsolan.in&gt;

## 750 MILLION SURYA NAMASKAR ON AMRIT MAHOTSAV CELEBRATION

1 message

SPORTS CLUB JUIT &lt;sportsclub.juit@juitsolan.in&gt;

24 January 2022 at 14:51

To: "2021 M.Sc. (M.Sc. in Bio Technology & Microbiology)" <2021msc@juitsolan.in>, 2021 Phd Students <2021phd@juitsolan.in>, 2020MSc <2020msc@juitsolan.in>, 2020PhD <2020phd@juitsolan.in>, 2019PhD <2019phd@juitsolan.in>, 2018PhD <2018phd@juitsolan.in>, 2017PhD <2017phd@juitsolan.in>, 2020MTech <2020mtech@juitsolan.in>, 2016PhD <2016phd@juitsolan.in>  
Cc: "Prof. Rajendra Kumar Sharma" <vc@juitsolan.in>, Rakesh Bassi <registrar@juitsolan.in>

Dear Students  
Hope all are doing well.

### SURYA NAMASKAR : A PRECIOUS GIFT FROM ANCIENT INDIAN SAGES

National Yogasna Sports Federation (NYSF) recognized by the Ministry of Youth Affairs and Sports, GOI, to spread **Yogasana as sports and create awareness of health amongst youngsters** of our country.

For the **wellbeing of health and healthy lifestyle** all the students are requested to perform **12 poses of Surya Namaskar Yogasana, 13 times every day for 21 days** (any days) upto 20th February,2022.

You can register yourself on the website : [www.75suryanamaskar.com](http://www.75suryanamaskar.com)

You must record a 30-second video of performing Surya Namaskar and one photograph must be taken at any stage of the Asana and kept in records.

Learn Surya Namaskar through this link : <https://www.youtube.com/watch?v=1xRX1Muolmw>

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Regards  
**Raghav Kumar**  
Sports Coach  
Jaypee University of IT  
Waknaghat, Solan, HP  
Mobile- 8962198932  
Office- 01792239334