



# The Bharat Scouts and Guides

Creating Better India

## National Headquarters

Address: Lakshmi Mazumdar Bhawan, 16, M. G. Marg, I. P. Estate, New Delhi-110002

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To  
All the State Secretaries,  
State Associations of  
The Bharat Scouts and Guides,  
**INDIAN UNION**



Circular No. : **189 /2021**

Date : **29<sup>th</sup> DEC, 2021**



### **SUB: 750 MILLION SURYANAMASKAR**

Dear Sir/Madam,

This is to inform you that Patanjali Yogpeeth, Geeta Pariwar, Heartfulness, Kreedha Bharati and National Yogasana sports Federation, Co-Organizer Navyoga Suryodaya Seva Samiti supported by Ministry of AYUSH, Govt. of India is organizing "750 million Suryanamaskar" Project where yoga enthusiasts from across the world are invited to perform a total of over 750 million Suryanamaskars. This initiative is a part of the celebrations under Azadi Ka Amrit Mahotsav (AKAM) and aims to highlight our heritage of yoga on the occasion of 75<sup>th</sup> anniversary of Independence. The programme is planned from 1<sup>st</sup> January, 2022 to 20<sup>th</sup> February, 2022.

The Bharat Scouts and Guides being one of the largest youth organization in the country is requested to initiate this innovative ideas of 750 Million Suryanamaskar amongst its members and perform Suryanamaskar by all the member of the organization.

To participate in this project, please register <http://www.75suryanamaskar.com>

For Registration/Instruction:

- **Individual :**  
[https://www.75suryanamaskar.com/home/student\\_register](https://www.75suryanamaskar.com/home/student_register)
- **Volunteer:**  
[https://www.75suryanamaskar.com/home/volunteer\\_register](https://www.75suryanamaskar.com/home/volunteer_register)
- **Institution:**  
<https://www.75suryanamaskar.com/home/institutions>

All the State Associations are requested to kindly motivate members of the Bharat Scouts and Guides at all levels to perform atleast 13 rounds of Suryanamaskar every day which hardly take 8 minutes from 01st January to 20<sup>th</sup> February, 2022. Individual completing 21 days routine of performing 13 rounds of Suryanamaskar each day is entitled to receive an

appreciation e-certificate. For more details: Log in to <https://www.75suryanamaskar.com/>

It is also requested that a detailed report along with action photographs in enclosed proforma is to be submitted every Friday to respective Regional Headquarters by email with the subject BSG '750 Million Suryanamaskar Project'. Respective Regional headquarters will consolidate the report and forward the same to the National Headquarters every Monday for NHQ record and further submission to the Ministry of AYUSH, Govt. of India.

Let our actions speak louder to achieve 750 Million Suryanamaskar- A Tribute on 75<sup>th</sup> Anniversary of Independence.

Soliciting your co-operation in this regard please.

Thanking you with regards.

Yours Sincerely,



**(RAJ KUMAR KAUSHIK)**  
**DIRECTOR<sub>BS</sub>**

**Encl: Weekly Reporting format**

1. All the NHQ office Bearers of the Bharat Scouts & Guides, National Headquarters.
2. Chairman/Secretary, Railway Scout & Guide Board, Rail Bhawan, New Delhi.
3. The Commissioner, Kendriya Vidyalaya Sangathan, 18 Institutional Area, Shahid Jeet Singh Marg, New Delhi - 110016.
4. The Commissioner, Novodaya Vidyalaya Samiti, Institutional Area, B-15, Sector - 62, Noida -201309, Uttar Pradesh.
5. Dr. Navdeep Joshi Funder NAVYOGA, Organizing Committee Member
6. All Assistant Directors of BSG Regional Offices. All Ads are advised to submit consolidated weekly report on 750 Million Suryanamaskar Project every Monday to NHQ by 2.00 P.M. meticulously for submission to the Ministry of AYUSH, Govt. of India.