

UNIVERSITY OF MUMBAI

Dr. Mohan N. Amrule
Director,
Sports & Physical Education
E-mail Id : sports.mudept@gmail.com
Website : www.mu.ac.in



University Sports Pavilion,
Marine Lines,
Mumbai – 400 020
Ph. No.- 022-22826027
22817698

No. Sp./ 63 /2022

Date: 25/01/2022

CIRCULAR :-

To,
The Principals & Head
of affiliated Colleges/Institutions
to University of Mumbai.

Sub.: Regarding Students participation at 75 Crore Surya Namaskar Project on Amritmahotsav Celebration, 75th Annivesary of Independence Day.
Ref.: UGC Circular no. D.O.No.2-12/2021(CPP-II) dated 29th Dec., 2021.

Dear Sir/Madam,

With reference to above cited subjects the Principals of colleges are hereby informed that the National Yogasana Sports Federation (NYSF) is a federation recognized by Ministry of Youth Affairs & Sports, Govt. of India to spread Yogasana as sports and create awareness of health amongst youngsters of our country.

To commemorate the **Azadi ka Amrit Mahotsav, 75th Annivesary of Independence Day**, the federation has decided to run a project of 75 Crore Surya Namaskar in 30 states, involving 30,000 institute and 3 lakh students from 01st January, 2022 to 20th February, 2022. The procedure to be followed to join & participate in the event is enclosed vide **Annexure - 1**. (copy of above ref. letter is enclosed)

The principals of colleges are requested to bring the contents to this circular and to the notice of college students & office staff for participation respective.

The following procedure to join & registration link for institute/college/individual to participate as follows:

Website: <https://www.75suryanamaskar.com/>

Suryanamaskar Video link: <https://www.youtube.com/watch?v=7ygTLtyhWkk>

And the report of the activity conducted in your institution/colleges should be forwarded to the concern district co-ordinator as follow:

Sr No	Name of the District	Name of the District Co-ordinator with college name	District Co-ordinator e-mail id & contact no.
1	Mumbai City District	1) Dr. Ravindrakumar Singh K. J. Somaiya College of Sci. & Com., Vidyavihar (East), Mumbai – 400 077.	ravindraw@somaiya.edu ravindrasprinters@gmail.com Mob. No.- 99200 56429
		2) Shri Abhitsen Vartak Sathaye College, Vile Parle (East), Mumbai –400 057.	abhitsenvartak@gmail.com abhitsen.vartak@sathayecollege.edu.in Mob. No.- 98204 78759

2	Mumbai Suburban District	1) Dr. Aditya A. Kulkarni M. L. Dahanukar College of Commerce Vile Parle (East), Mumbai – 400 057.	adityak@mlde.edu.in adityaa0014@gmail.com Mob. No.- 73500 03386
		2) Dr. Vishwambhar V. Jadhav Department of Physical Education, University of Mumbai, Mumbai	dr.vishujadhavdpeum@gmail.com vishu1874@gmail.com Mob. No.- 98334 25189
3	Thane District	1) Shri Yadneshwar D. Bagrao B. K. Birla College (Autonomous), Kalyan (West), Thane – 421 304.	Yadneshwar.bagrao@bkbirlacollegekalyan.com yadneshwarbargao@gmail.com Mob. No.- 79777 43033
4	Palghar District	1) Mr. Danish Pathan S. D. S. M. College, Palghar	dpathan49@gmail.com sdsmcollege@yahoo.com Mob.No.- 82374 10114
		2) Shri Kalpesh D. Mhatre VIVA College of Arts, Sci. & Com., Virar (West), Palghar – 401 303	kalpeshmhatre@vivacollege.org Mob.No.- 98235 48312
5	Raigad District	1) Dr. Jayawant Mane K. M. C. College, Khopoli, Raigad – 410 203	drjaymane@gmail.com college_kmc@yahoo.co.in Mob.No.- 98209 58823
6	Ratnagiri District	1) Dr. Vinod A. Shinde Gogate-Jogalekar College, Ratnagiri – 415 612	Vinod9421137453@gmail.com grcrtn@gmail.com Mob.No.- 94211 37453
7	Sindhudurg District	1) Shri Chandrakant A. Naik S. P. K. College, Sawantwadi – 416 510	Chandunaik4486@gmail.com spk_college@yahoo.com Mob.No.- 75889 02866

Also requested to the above district co-ordinator to submit the report of the same to the Department of Sports & Physical Education, University of Mumbai after completion of events.

Thanking you,

Sd/- (25.01.2022)
(Dr. Mohan N. Amrule)
Director of Sports & Physical Education



प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



विश्वविद्यालय अनुदान आयोग
University Grants Commission

(शिक्षा मंत्रालय, भारत सरकार)
(Ministry of Education, Govt. of India)

बहादुरशाह जफ़र मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236288/23239337

Fax : 011-2323 8858

E-mail : secy.ugc@nic.in

D.O.No.2-12/2021 (CPP-II)

December, 2021

29 DEC 2021

Subject: 75 Crore Surya Namaskar Project on Amritmahotsav Celebration, 75th Anniversary of Independence Day

Respected Madam/Sir,

National Yogasana Sports Federation (NYSF) is a federation recognized by Ministry of Youth Affairs & Sports, Govt. of India, to spread Yogasana as Sports and create awareness of health amongst youngsters of our country.

To commemorate the Amrit Mahotsav Celebration, 75th anniversary of Independence Day, the federation has decided to run a project of 750 million Surya Namaskar in 30 states, involving 30,000 institutes and 3 lakh students from 1st January 2022 to 7th February 2022 and performing musical Surya Namaskar in front of tricolour on 26th January 2022. The procedure to be followed to participate in the event is given at **Annexure-I**.

All the Higher Education Institutions and its affiliated Colleges/Institutions are requested to participate in the event from 1st January, 2022 to 7th February, 2022. The event may also be promoted by giving wide publicity, dissemination of the information about event through website, notice boards of universities/colleges and distribution of pamphlets in the campuses of the Higher Education Institutions.

With kind regards,

Yours sincerely,

(Rajnish Jain)

The Vice-Chancellors of all Universities
The Principals of all Colleges / Institutes

Annexure-I

The following procedure followed in order to participate in the event, by individuals and collectively as an organization, respectively.

1. Log-in to the Surya Namaskar event website:
<https://www.75suryanamaskar.com/>
2. (a) Through self-explanatory steps, register your organization as a participating institute.

(b) An individual can similarly register individually.
3. Through an excel sheet, all the participants of your institute can be collectively registered for the event.
4. By each participant-individual or part of an organization, 12 poses of Surya Namaskar Yogasana must be performed – 13 times every day- for 21 days (any days) within the duration of 51 days, starting from 01-Jan-22 to 20-Feb-22.
5. (a) For an organization, a 1-minute video of collectively performing Surya Namaskar must be recorded daily by the organization. These videos can be shot offline or performed in a Facebook live session to create a digital footprint.

(b) For an individual, a 30-second video of performing Surya Namaskar must be recorded by participant from their phones.
6. (a) On a daily basis, a group photograph of the practicing group must be taken at any stage of the Asana by the organization, and kept in records.

(b) On a daily basis, a photograph of self must be taken at any stage of the Asana, and kept in records.

To,

Project Chairman

750 million Suryanamaskar Project

NYSF

**Subject - Participation of our institute in this 75 crore
suryanamaskar project**

Dear sir,

Namaste,

We wish to participate in the project of 750 million suryanamskar,
our information is as follow -

Name of the institute -

Address -

No. of participating students/ teachers -

Name of the person incharge for this project -

Whatsapp no -

Email id -

Kindly enroll us to this project.

**Seal of the
Institution**

**Sign & Name of the
Head of the Institution**



Instructions for institutes

- 1 Upload your participants list in .CSV format. Please download the sample .CSV file provided on the "Participant List" link on your profile page and copy- paste / type the names of participants in single column, without any serial number.
- 2 To make the process more convenient you can just download and print the sample letter and put the stamp / seal and sign of your institution head on the same piece of paper. Click the photo and convert it into PDF and then upload it. No need of printing same on the letterhead.
- 3 Above documents to be uploaded with e-form provided on website.
- 4 Information of institute to be filled up.
- 5 A Project incharge of institute preferably Physical Education teacher for this project to be appointed by institute head. Her/his contact details to be provided while filling up the e-form.
- 6 All the participants of institute shall perform 13 rotations of Suryanamaskar for 21 days within 51 days starting from 1st Jan to 20th Feb 2022.
- 7 Project head of the program should login to the website www.75suryanamaskar.com, go to calendar and click on the appropriate day to submit your performance record. It takes just 30 seconds to enter.
- 8 Users who have logged in with their Google account or Facebook need not to verify their phone number.
- 9 Institute can arrange following 4 events in the institute premises -
 - ▶ Sankalp Diwas (Any day between 1st to 8th Jan 2022) - All the participants will take training of Suryanamaskar and take oath to participate in the program.
 - ▶ Yuwa Diwas (12th Jan 2022) - A lecture on benefits of Suryanamaskar to be arranged. You can also plan for a e-lecture provided for this project.



- 9 Institute can arrange following 4 events in the institute premises -
 - Sankalp Diwas (Any day between 1st to 8th Jan 2022) - All the participants will take training of Suryanamaskar and take oath to participate in the program.
 - Yuwa Diwas (12th Jan 2022) - A lecture on benefits of Suryanamaskar to be arranged. You can also plan for a e-lecture provided for this project.
 - Republic Day (26th Jan 2022) - After flag hoisting musical drill of Suryanamaskar to be arranged.
 - Sankal Puri Divas (Any day between 20th to 27th Feb 2022) - On completion of this project institutes to organise a program in which musical suryanamaskar will be performed and people involved in the project will get felicitated. This program can be organised jointly with other neighbouring institutes.
- 10 Certificates of all the participants will be available to download on submitting the day-wise data for 21 days.
- 11 If your institution has appointed additional people to help the project incharge, their names can be added in the list of "volunteers" on the profile page. Head of institute, project incharge and volunteers will also get certificate.
- 12 Institutes with maximum participation in the district will be eligible for a trophy.
- 13 We would like you to share your photo of Suryanamaskar with others and to become an inspiration for all. Please post your photo on Facebook/ Twitter/ Koo and HashTag it with
 - #750millionsuryanamaskar
 - #75करोडसूर्यनमस्कार
 - #75करोडसूर्यनमस्कार

[Letter for institute PDF](#)[सूर्यनमस्कार परिचय](#)[Suryanamaskar Introduction](#)

Student Name	Group/Standard
Rohan Shah	7-B
Ritika Arora	VII-C
Dhruv Parekh	
Nimit Joshi	



75
Azadi Ka
Amrit Mahotsav



heartfulness
advancing in love



Supported by



Supported by



**A Tribute on
75th Anniversary
of Independence**



**75 Crore
Suryanamaskar**