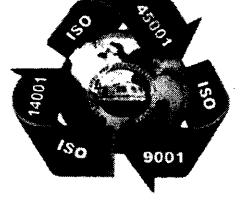




भारतीय रेल (रेल मंत्रालय)  
बनारस रेल इंजन कारखाना, वाराणसी (उ०प्र०)-221004  
INDIAN RAILWAY (MINISTRY OF RAILWAY)  
BANARAS LOCOMOTIVE WORKS  
VARANASI (UP)-221004



Office : General Manager/(P)  
Tele : 0542-2642700  
Fax : 0542-2270102  
E mail : [cpo@dlw.railnet.gov.in](mailto:cpo@dlw.railnet.gov.in)

**Misc-57**

NO- GM(P)/ER/Miscellaneous-Pt-I

Dated – 13.01.2022

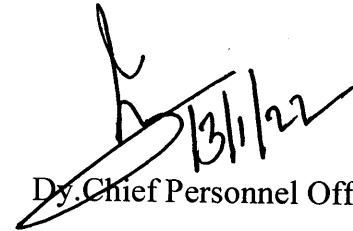
**All Concerned**

BLW/Varanasi & Sealdah/BLW Camp office  
New Delhi.

**Sub :- Virtual Surya Namaskar programme to mark the holy occasion of Makar Sankranti on 14<sup>th</sup> January, 2022 under Azadi ka Amrit Mahotsav celebrations.**


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A Copy of Railway Board's Letter No. E(G)2021/CL-4/1, dated- 13.01.2022,  
is forwarded herewith for information and necessary action please.

DA- 02 Page.

  
Dy. Chief Personnel Officer/HQ

**Copy for information and necessary action:-**

1. Joint Secretary and staff council members.
2. Secretary SC/ST and OBC Association.
3. RREA/BLW, Varanasi.

  
For General Manager/P

E(G) 2021/CL-4/1

New Delhi 110001, dated 13.01.2022

General Managers/DGs/CAOs  
All Zonal Railways & Production Units,  
All Centralised Training Institute,  
Core Metro & RDSO

CMDs/MDs  
Public Sector Undertakings  
(Indian Railways)

Sub: Virtual Surya Namaskar programme to mark the holy occasion of Makar Sankranti on 14<sup>th</sup> January, 2022 under Azadi Ka Amrit Mahotsav celebrations

Ref: DO No. M-16030/1/2022-YN dt. 10.01.2022 of Secretary, Ministry of Ayush.

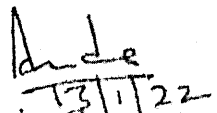
Please find enclosed herewith a copy of DO No. M-16030/1/2022-YN dated 10.01.2022 received from Shri Rajesh kotecha, Secretary, Ministry of Ayush on the above cited subject, for information & compliance.

As mentioned in the DO letter, on the occasion of Makar Sankranti the Government of India has desired that a large scale virtual Surya Namaskar Programme be organized to mark the holy occasion of Makar Sankranti on 14<sup>th</sup> 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. 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, Ministry of Ayush 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 14<sup>th</sup> 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.

All the Zonal Railways/Production units/Public Sector Undertakings are requested to take all necessary steps to encourage all Railway officials/staff under <sup>their</sup> your organization to participate in the programme wholeheartedly in order to make this event a grand success.

DA: As above

  
(Anita Gautam)  
Executive Director Estt.(Genl.)  
Railway Board



*Recd forwarded*

वैद्य राजेश कोटेचा  
Vaidya Rajesh Kotecha

सचिव  
आयुष मंत्रालय  
आयुष भवन बी ब्लॉक, जी पी.ओ. कॉम्प्लेक्स  
आई.ए.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

*Secy*  
*11/01*  
*Dir (GA)*  
*14/1*  
*14/01/2022*

D.O. No. M-16030/1/2022-YN  
10<sup>th</sup> January, 2022

Dear Secretary,

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 14<sup>th</sup> 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 14<sup>th</sup> 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,

*(Signature)*

(Rajesh Kotecha)

To  
All Secretaries to the Government of India