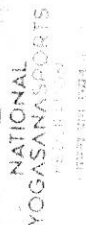


NATIONAL
YOGASANA SPORTS
FEDERATION
INDONESIA

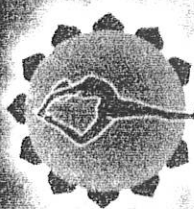
National Yogasana Sports Federation

750 Million Suryanamaskar





- | | | |
|--|---|----------------|
| • Total States Participation | - | 30 |
| • Total District Participation (30x20) | - | 600 |
| • Total Schools Participation (600 x 50) | - | 30,000 |
| • Total Students' Participation (30,000 x 100) | - | 30,00,000 |
| • Suryanamaskar by each Student
(13 Suryanamaskar x 21 Day) | - | 273 |
| • Total Suryanamaskar Performed in the Project | - | 81,90,00,000 |
| • Project Duration (1st January to 7th Feb 2022) | - | 38 Days |
| • Registration Link Open | - | 15th Nov. 2021 |

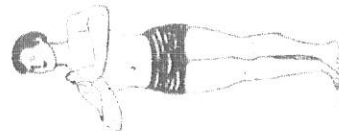


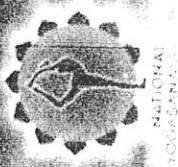
NATIONAL
YOGASANA SPORTS
FEDERATION
॥ योगा स्थापना ॥

॥ योगा स्थापना ॥ 750 Million Suryanamaskar

METHODOLOGY OF THE PROJECT

- 1) All State units of NYSF will actively Participate in the Program
- 2) Registration of educational Institutes will be done by District Associations
- 3) Website to register Institutes and Individuals will be developed.
- 4) From 1st Jan to 7th Feb. 2022 in 38 days Students will perform Suryanamaskars in Assembly for 21 days.
- 5) Each Student will Fill-up the Number of Suryanamaskars on website whenever they performs it.
- 6) On Website number of Suryanamaskar will go on increasing.
- 7) On completion of 273 Suryanamaskar the performer will get e-certificate automatically.



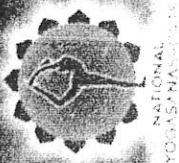


750 Million Suryanamaskar

SPECIAL EVENTS

1. 1st January 2022 - Training programs in Schools (New Year Resolution)
2. 12th January 2022 - Special Program with musical Drill of (Yuva Divas) Suryanamaskar and lecture on benefits of Yogasana for Personality development.
3. 26th January 2022 - Musical Drill of Suryanamaskar at flag hoisting (Republic Day) ceremony.
4. Olympic Winner Sportsmen and celebrities will perform Suryanamaskar in Mass gathering.
5. 7th February 2022 - • Mass Suryanamaskar at all the centres at a time with (Rathsaptami) Video sharing on social media.
 - Special Program at Delhi.

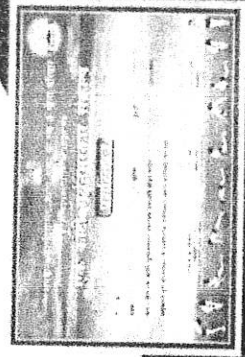
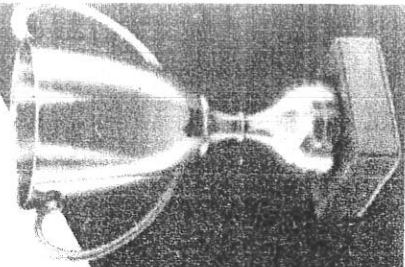
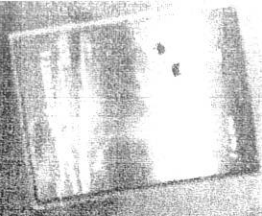


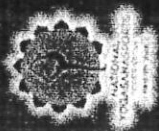
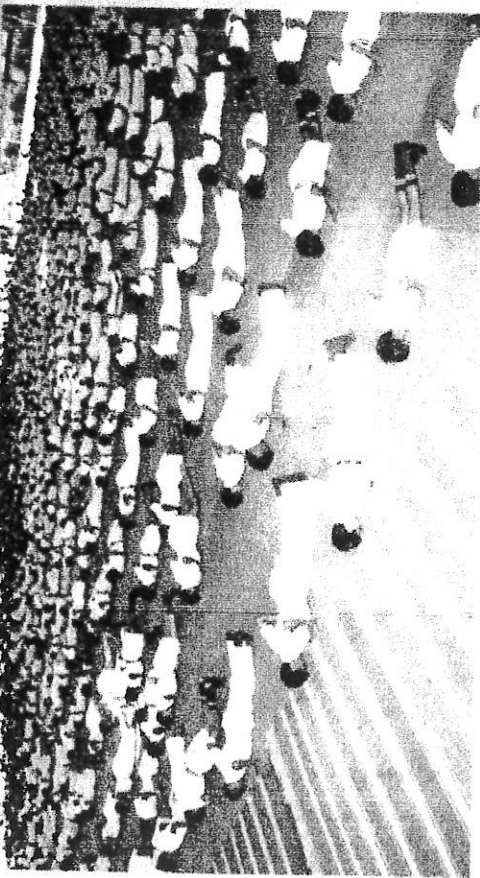
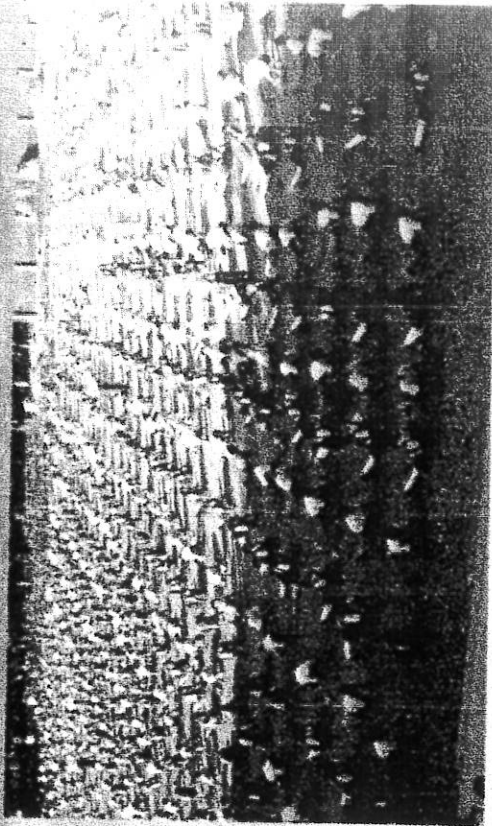
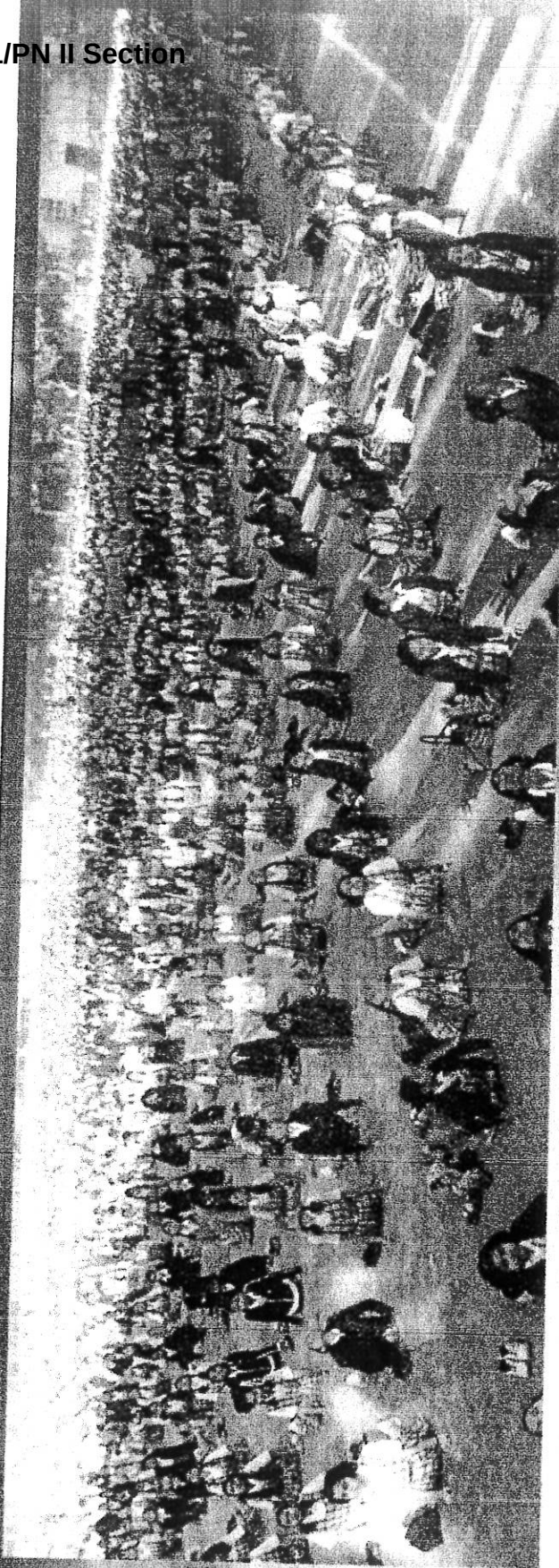


सूर्यनामस्कृत

GRAND PROJECT

- 60,000 Books of Suryanamaskars will be distributed (2 books to each school)
- 30,00,000 students will get e-certificates
- 3000 schools will get the Trophy for maximum participation (5 from each District)
- 3000 Volunteers will get the Trophy as Best Volunteer (5 from each District)
- 60,000 Teachers will get e-certificates (2 each from each school)
- 30,000 Principals will get the e-certificate
- 30,00,000 E-Books of Suryanamaskar will be distributed





20-5-21