



Ram Lal Anand College  
(University of Delhi)

# MASS SURYA NAMASKAR DEMO (VIRTUAL) WITH 75 LAKHS PEOPLE

ON

14th JANUARY, 2022



आयुष मंत्रालय  
MINISTRY OF  
**AYUSH**

Connect on Zoom



Meeting ID: 281 814 1414

Passcode: RLAYOGA

**Click here to see the notice from the Ministry of Ayush. The Govt is proposing surya namaskar to be performed on 14.01.22**

For the registration follow the steps

1. Click on the link given:-  
<https://yogacertificationboard.nic.in/suryanamaskar/>
2. Click on the individual registration .
3. Fill your details and select : Morarji Desai National Institute of Yoga in institute name column.
4. Press the submit button.



**8:00am to 8:40am**

Ms. Shikha Verma

Co-Convenor, Yoga and Meditation Committee

Dr. Seema Gupta

Convenor, Yoga and Meditation Committee

Prof. Rakesh Kumar Gupta

Principal