



**YOGASTHA**  
**IIT Bombay**  
<https://iitbyogastha.in/>  
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Dear Sir/Madam,

With reference to Office Memorandum vide No. F.No. 5-18/2021-PN-II dated December 23, 2021, please find attached the report from IIT Bombay with regard to the participation of IIT Bombay in the project **“75 crore Surya Namaskar: A Tribute on 75<sup>th</sup> anniversary of Independence”**

### About Yogastha:

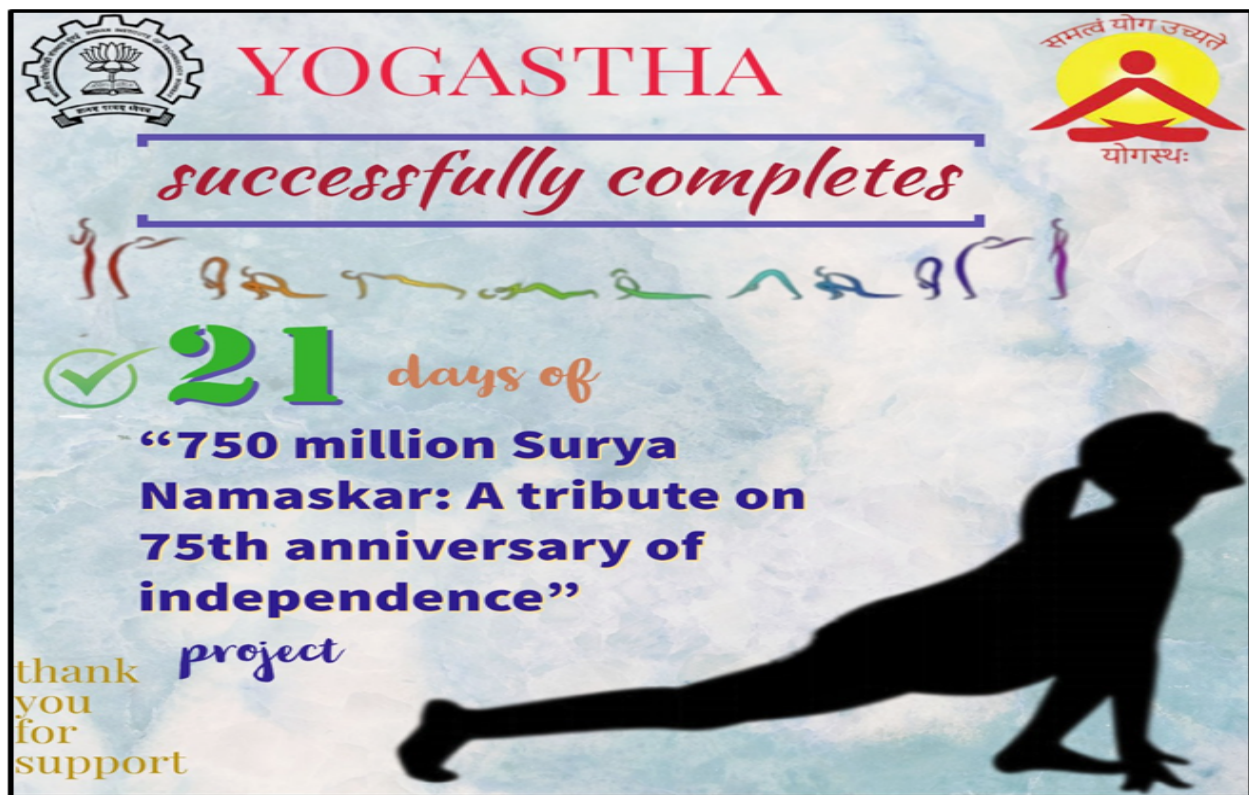
Yogastha (meaning "established in yoga") is a yoga and wellness Club as an Institute body under students' Gymkhana at IIT Bombay. Since its' inception on the 1<sup>st</sup> International Day of Yoga (21<sup>st</sup> June 2015), the club is working towards a stress-free, peaceful campus community covering all wellness aspects as physical, emotional, spiritual and intellectual, etc. Since then, the club has been actively conducting weekly sessions and other events.

## **The online event conducted at IIT Bombay:**

Yogastha, IIT Bombay participated in the project **“750 million Surya Namaskar: A Tribute on 75<sup>th</sup> anniversary of Independence”**. To commemorate the 75<sup>th</sup> anniversary of Independence, the National Yogasana Sports Federation, Ministry of Youth Affairs and Sports, Government of India, decided to run this project, 750 million Surya Namaskar in 30 states, involving 30,000 institutes and 3 lakh students. The activity was conducted in online mode to adhere to the COVID-19 pandemic protocols.

As per the project guidelines, participants performed 13 rounds of Suryanamaskar every day for 21 days, with instructions and facilitation by Yogastha core team members. The sessions started on January 15, 2022 and the whole activity was successfully completed to achieve the target of 21 days. In addition to **Suryanamaskar, the participants also practiced sukshma-vyayam and yoga-Nidra**, to ensure a robust daily practice that would benefit the mind and the body as a whole.

The event witnessed enthusiastic participation from all the members of the IIT Bombay community including faculty, students, staff and their family members. The participants practiced all the exercises and performed Suryanamaskar with full determination and zeal.



#### Event timeline:

Sr. no.	Activity	Date
1	Registration of participants through institute channels	Jan 08 - Jan 15, 2022
2	Institute registration on website <a href="https://www.75suryanamaskar.com/">https://www.75suryanamaskar.com/</a>	Jan 12, 2022,
3	Online platform set-up and sessions' planning	Jan 08 - Jan 14, 2022
4	Orientation and sessions start	Jan 15, 2022
5	Final session and participants feedback	Feb 07, 2022
6	Report draft and Final report	Feb 08 – Feb 16, 2022

**The event-related media content can be found on the links below:**

1. For photos, visit:

<https://drive.google.com/drive/folders/15ni66Jm-WfYDItd716Wu8CsMWsNcrV5z?usp=sharing>

2. For videos, visit:

[https://drive.google.com/drive/folders/18\\_Dkzew6jqot6Xr6ZWWtKBWENRQCmRbj?usp=sharing](https://drive.google.com/drive/folders/18_Dkzew6jqot6Xr6ZWWtKBWENRQCmRbj?usp=sharing)

Regards,



IIT Bombay



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