

REPORT

750 MILLION SURYA NAMASKAR CHALLENGE - 2022

Date: 14/01/2022 – 02/02/2022

- a) **Group / Unit** : Madras ‘B’ / 1 (TN) CTC NCC
b) **Location** : SVCE, Sriperumbudur - 602117
c) **Details of the program:**

NCC (Army) cadets of Sri Venkateswara College of Engineering, Sriperumbudur participated in the “750 Million Surya Namaskar Challenge - 2022” under the guidance of ANO Capt. Dr. A. Bhaskaran. 43 cadets of NCC Army Wing participated in the program. The Ministry of Ayush organised the global Surya Namaskar demonstration programme for 75 lakh people to commemorate the 75th Anniversary of India’s Independence.

Cadets performed 13 rounds of Suryanamaskar every day. After concluding the 21-day routine, cadets received an appreciation e-certificate with signatures of **Yogrishi Pujya Swami Ramdev ji, Pujya Swami Govind Dev Giriji Maharaj, Pujya Kamlesh ji Patel Daji and Pujya H.R. Nagendra Guruji.**



Figure 1. Sgt. H. Ram Karthik Vasan Doing Surya Namaskar



Figure 2. **Sgt. J. Risikesh** Doing Surya Namaskar



Figure 3. **Sgt. V. Vasanth Kumar** Doing Surya Namaskar



Figure 4. Certificate of Sgt. H. Ram Karthik Vasan



Figure 5. Certificate of Sgt. J. Risikesh