

Steps for registration

1. Log-in to the Surya Namaskar event website: <https://www.75suryanamaskar.com/>
2. (a) Through self-explanatory steps, register your organization as a participating institute.

(b) An individual can similarly register individually.
3. Through an excel sheet, all the participants of your institute can be collectively registered for the event.
4. By each participant – individual or part of an organization, 12 poses of Surya Namaskar Yogasana must be performed - 13 times every day - for 21 days (any days) within the duration of 51 days, starting from 01-Jan-22 to 20-Feb-22.
5. (a) For an organization, a 1-minute video of collectively performing Surya Namaskar must be recorded daily by the organization. These videos can be shot offline or performed in a Facebook live session to create a digital footprint.

(b) For an individual, a 30-second video of performing Surya Namaskar must be recorded by participant from their phones.
6. (a) On a daily basis, a group photograph of the practicing group must be taken at any stage of the Asana by the organization, and kept in their records, for uploading on the website at a later designated stage, which will be instructed to them.

(b) On a daily basis, a photograph of self must be taken at any stage of the Asana, and kept in their records by individuals, for uploading on the website at a later designated stage, which will be instructed to them.
