

COCHIN PORT TRUST

Secretary's Office,
Cochin – 9.

No. SWO/AKAM/Surya Namaskar/2022-S

Dated: 13.01.2022

CIRCULAR

The Hon'ble Union Cabinet Minister for Ministry of Ports, Shipping & Waterways and Ayush has informed that Ministry of Ayush is organizing a large scale virtual Surya Namaskar programme, as part of Azadi Ka Amrit Mahotsav, where more than 75 lakhs participants will practice Surya Namaskar on 14.01.2022 at 7.00 a.m. by observing Covid appropriate behavior.

The Hon'ble Minister has requested all employees of the Major Ports to participate in this event. All employees of Cochin Port Trust are requested to register on any of the portals given below, today itself and practice Surya Namaskar on 14.01.2022 at 7.00 a.m.

<https://yoga.ayush.gov.in/suryanamaskar>,
<https://yogacertificationboard.nic.in/suryanamaskar/or>
<https://www.75suryanamaskar.com>,

The digital resources for practicing Surya Namaskar are available in the website - yogamdniy.nic.in.

Photographs/videograph taken during the Surya Namaskar by employees may be forwarded to pro@cochinport.gov.in, coptmedia@gmail.com or whatsapp @ 9048267110 (Asst. Secretary,PR) on 14.01.2022 before noon.

SECRETARY
13/1/22.

Copy to : All HoDs/CVO, Cochin Port Trust

“ : The Dy. Commandant, CISF, Cochin Port Trust

“ : PS to Chairman/PS to Dy. Chairman, Cochin Port Trust

“ : All Sections in GAD, Cochin Port Trust