



Surya Namaskar Campaign

Why In News?

- On December 26, 2022, under the chairmanship of Dr. Jaideep Arya, Chairman of the Haryana Yoga Commission, in the joint aegis of the District AYUSH Department and the Haryana Yoga Commission in the state's Murthal, it was told that on the occasion of the 75th anniversary of independence, from **January 11 to February 12 across the state Surya Namaskar campaign will be launched till 2016**, for which a target of 75 lakh Surya Namaskar has been set.

Key Points

- Dr. Jaideep Arya said that the Surya Namaskar campaign will be launched by state Home and Health Minister Anil Vij in Ambala, while it will conclude with a state-level program organized at Bhagat Phool Singh Women's University in Khanpur Kalan, Sonapat, in which Chief Minister Manohar Lal Khattar will be the chief guest.
- Surya Namaskar will be started on the eve of Swami Vivekananda's birth anniversary (January 12) and will conclude on Swami Dayanand Jayanti (February 12). Efforts will be made to organize Surya Namaskar in every gymnasium and every village. For this, yoga and naturopathy promotion committee will be formed.
- Dr. Jaideep Arya said that Haryana is the first state in the country where yoga has been compulsorily included in the curriculum. In the curriculum, not only book knowledge, but also experimental form has been given importance.
- He called upon Yoga Acharyas and yoga lovers to write books on yoga which can be included in the curriculum. A cash prize of Rs 50,000 will be given to the author of the selected book, while financial assistance of Rs 50,000 will also be given to those who do research work.
- He informed that an international center will be set up on 20 acres of land in Kurukshetra for yoga, in which arrangements will be made for 2000 people to practice yoga at a time. An international centre will also be set up at a cost of Rs 200 crore.
- A Foreign Language Centre will also be set up by the Haryana Yoga Commission, in which yoga assistants will be trained in foreign languages and sent abroad by making them culture ambassadors.