



सत्यमेव जयते

Consulate General of India, Shanghai

'750 million Surya Namaskar'

Registration
1st December 2021 onwards

75
Azadi Ka
Amrit Mahotsav

Project Duration
1st January to 20th February 2022

A Tribute on 75th Anniversary of Independence

75 Crore Suryanamaskar

Perform 13 Suryanamaskar for 21 days!
Be a part of World Record! Get a Certificate!

To celebrate the auspicious occasion of 'Azadi Ka Amrit Mahotsav', the Consulate General of India, Shanghai invites yoga enthusiasts to perform **"750 million Surya Namaskar"** to promote India's living cultural heritage of yogic philosophy.

The Yoga enthusiasts, who would perform Surya Namaskar for 21 consecutive days within the window of January 01st to February 07th 2022, will receive certificates from Heartfulness Institute.

For further details, interested participants may register on the link : <https://www.75suryanamaskar.com>

[#AzaadiKaAmritMahotsav](#) [#IndiaAt75](#)