

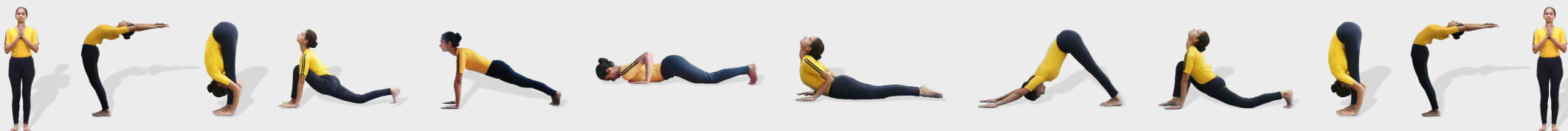


To Celebrate Azadi Ka Amrit Mahotsav  
Please join us

# MASS SURYA NAMASKAR DEMONSTRATION (VIRTUAL) WITH 75 LACS PEOPLE

on  
14.01.2022 (Makar Sankranti)

Registration : [www.yogamdniy.nic.in](http://www.yogamdniy.nic.in) | Get a Certificate



Follow us:  @mdniyayush

 @mdniy

 @yogamdniy

 Director Mdniy