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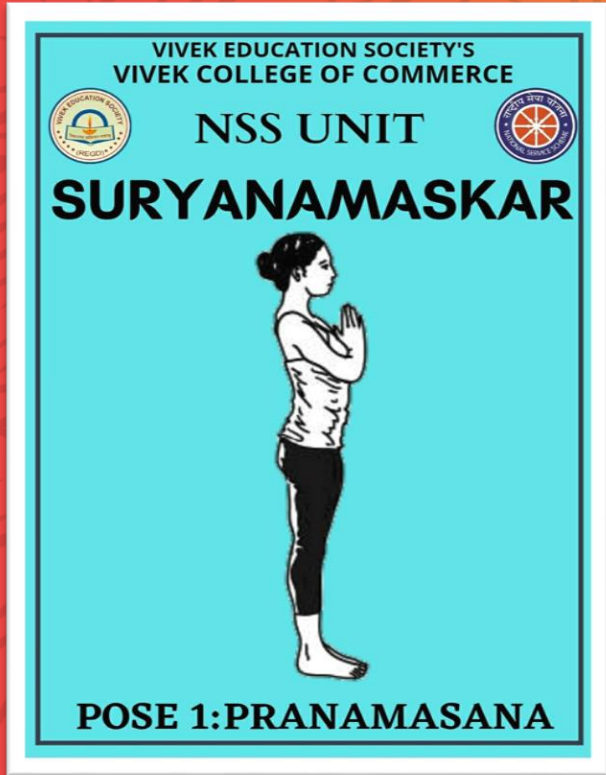
PRESENTS



PROJECT 'AARUSH'
SURYA NAMASKAR

WHAT IS SURYANAMASKAR ?

Surya Namaskar is an ancient form of yoga. It is the art of solar vitalization. This form of yoga is a complete meditative technique in itself as it includes Asanas, Pranayama, Mantras and Mudras. Surya Namaskar has got three aspects: form, vital energy and rhythm. It is the easiest way for a person to get used to Yoga, It should be done along chanting mantras in every posture. In simple words, Surya Namaskar is a combination of 12 different postures, followed in a particular sequence with a specific breathing pattern. It helps an individual to vitalize and unblock the whole system. It reduces fat from almost all parts of the body as it stretches each and every muscle and tones it.



STEP 1: PRANAMASANA **(PRAYER POSE)**

Stand with your feet together and palms folded in front of your chest. Close your eyes properly.

BENEFITS:

Promotes balance, stimulates the respiratory system, exercises shoulder, back and neck muscles.

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POSE 2:HASTA UTTANASANA

STEP 2: HASTAUTTANASANA **(RAISED ARMS POSE)**

Raise your arms over your head and shoulders with the palms touching each other and biceps touching your ears. Stretch your abdomen as much as possible and lean backwards and inhale.

BENEFITS:

Promotes balance, promotes digestion, exercises arms and shoulder muscles, tones the spine, promotes flexibility in back and hips.

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POSE 3:HASTA PADASANA

STEP 3: HASTA PADASANA **(HAND TO FOOT POSE)**

Bend forward and place your palms at the side of your feet. Touch your knee with forehead and exhale deeply.

BENEFITS:

Promotes blood circulation, tones abdominal tracts, stretches back and leg muscles, stimulates spinal nerves, stimulates lymphatic system.

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POSE 4:ASHWA SANCHALANASANA

STEP 4: ASHWA SANCHALANASANA (EQUESTRIAN POSE)

Take one leg back and place the other leg in the front with palms firm on the ground. Raise your head and inhale.

BENEFITS:

Exercises spine, strengthens hand and wrist muscles.

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SURYANAMASKAR



POSE 5: DANDASANA

STEP 5: DANDASANA **(FOUR-LIMBED STAFF POSE)**

As you breathe in, take the other leg back and bring the whole body in a straight line.

BENEFITS:

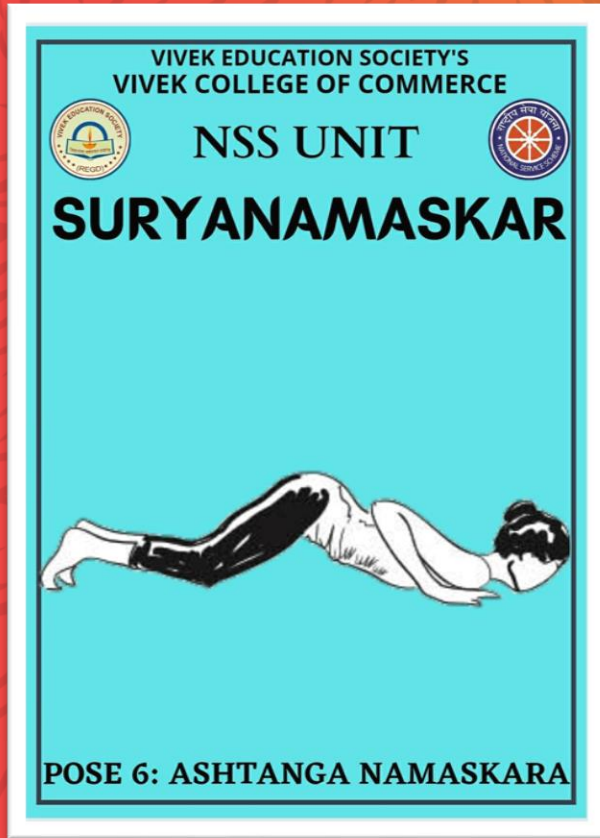
Strengthens wrists, biceps & triceps. Tones abdomen & abdominal muscles

STEP 6: ASHTANGA NAMASKARA **(SALUTE WITH EIGHT PARTS OR** **POINTS)**

Lower your knees, chest and forehead with your palms firmly on the ground next to your chest and elbows bent upwards. Hold your breath here.

BENEFITS:

Strengthens leg and arm muscles, increases flexibility in neck and shoulders, stretches arms, shoulder, neck and back muscles, exercises back muscles, releases tension in neck and shoulder.



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POSE 7: BHUJANGASANA

STEP 7: BHUJANGASANA **(COBRA POSE)**

Lower your waist and raise your upper body. Look upwards and keep your arms straight. Then inhale at a slow pace.

BENEFITS:

Stimulates circulation to abdominal organs, tones digestive tract, stretches upper and lower body, promotes flexibility in the back, stimulates nerves in spine.

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POSE 8: PARVATASANA

STEP 8: PARVATASANA **(MOUNTAIN POSE)**

Raise your hips and bring your head to the floor with eyes on the navel and heel on the floor. This position will exactly look like an inverted 'V'. Then as usual exhale.

BENEFITS:

Stimulates blood circulation throughout the body, strengthens arms, wrists and shoulders.

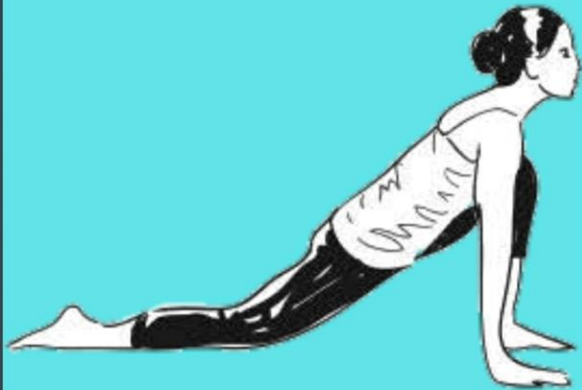
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POSE 9:ASHWA SANCHALANASANA

STEP 9: ASHWA SANCHALANASANA (EQUESTRIAN POSE)

In this step the posture is the same as the fourth step.
Inhale.

BENEFITS:

Exercises spine, strengthens hand and wrist muscles.

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POSE 10:HASTA PADASANA

STEP 10: HASTA PADASANA (HAND TO FOOT POSE)

In this step the posture is the same as the third step.
You need to exhale.

BENEFITS:

Promotes blood circulation. tones abdominal tracts,
stretches back and leg muscles, stimulates spinal
nerves, stimulates lymphatic system.

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POSE 11:HASTA UTTANASANA

STEP 11: HASTAUTTANASANA (RAISED ARMS POSE)

This stage is same as the second stage. Inhale.

BENEFITS :

Promotes balance, promotes digestion, exercises arms and shoulder muscles, tones the spine, promotes flexibility in back and hips

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POSE 12:TADASANA

STEP 12: TADASANA **(MOUNTAIN POSE)**

This stage marks the final stage of Surya Namaskar and it is similar to the first stage. You have to breathe normally.

BENEFITS:

Promotes balance, stimulates the respiratory system, exercises shoulder, back and neck muscles.

BEGINNING MANTRA

The following mantra is pronounced at the beginning of a Surya Namaskara cycle:

ॐ ध्येयः सदा सवित्र मण्डल मध्यवर्ती नारायण सरसिजा सनसन्नि
विष्टःकेयूरवान मकरकुण्डलवान किरीटी हारी हिरण्मय वपुर धृतशंख
चक्रः

om dhyeyaḥ sadā savitra mandala madhyavarti nārayana
sarasijā sanasannī viṣṭah keyūravāna makarakuṇḍalavāna
kiriti hārī hiranmaya vapura dhṛtaśamkha cakrah

ENDING MANTRA

The following mantra is pronounced at the end of a Surya Namaskara cycle:

आदित्यस्य नमस्कारन् ये कुर्वन्ति दिने दिने आयुः प्रज्ञा बलम् वीर्यम् तेजस्तेषान् च जायते

**ādityasya namaskāran ye kurvanti dine dine ayuḥ prajñā balam vīryam
tejasteśān ca jāyate**

For those who salute the sun every day, life expectancy, conscious, strength, courage and vital power shall grow.

"Those who perform Surya Namaskars daily, do not face poverty in life [this actually relates to Richness of Health, not financial matters], one does not face early death or suffer from diseases. Drink the water kept before The Sun".

POSE	MANTRA	MEANING
1. Pranamasana	Om Hram Mitraya Namaha	Who is friendly to all
2. Hastauttanasana	Om Hrim Ravaye Namaha	The shining one, the radiant one
3. Hasta Padasana	Om Hrum Suryaye Namaha	Who is the dispeller of darkness and responsible for bringing activity
4. Ashwa Sanchalanasana	Om Hraim Bhanave Namaha	One who illumines, the bright one
5. Chaturanga Dandasana	Om Hraum Khagaya Namaha	Who is all-pervading, one who moves through the sky
6. Ashtanga Namaskara	Om Hrah Pushane Namaha	Giver of nourishment and fulfillment
7. Bhujangasana	Om Hram Hiranyagarbhaya Namaha	Who has golden color brilliance
8. Parvatasana	Om Hrim Marechaye Namaha	Who has golden color brilliance
9. Ashwa Sanchalanasana	Om Hrum Adityaya Namaha	The son of Aditi - the cosmic divine Mother
10. Hasta Padasana	Om Hraim Savitre Namaha	The son of Aditi - the cosmic divine Mother
11. Hastauttanasana	Om Hraum Arkaya Namaha	Worthy of praise and glory
12. Tadasana	Om Hrah Bhaskaraya Namaha	Giver of wisdom and cosmic illumination

THANK YOU

CONTACT US TO PARTICIPATE

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