

75
Azadi Ka
Amrit Mahotsav



**A Tribute on 75th Anniversary
of Independence**

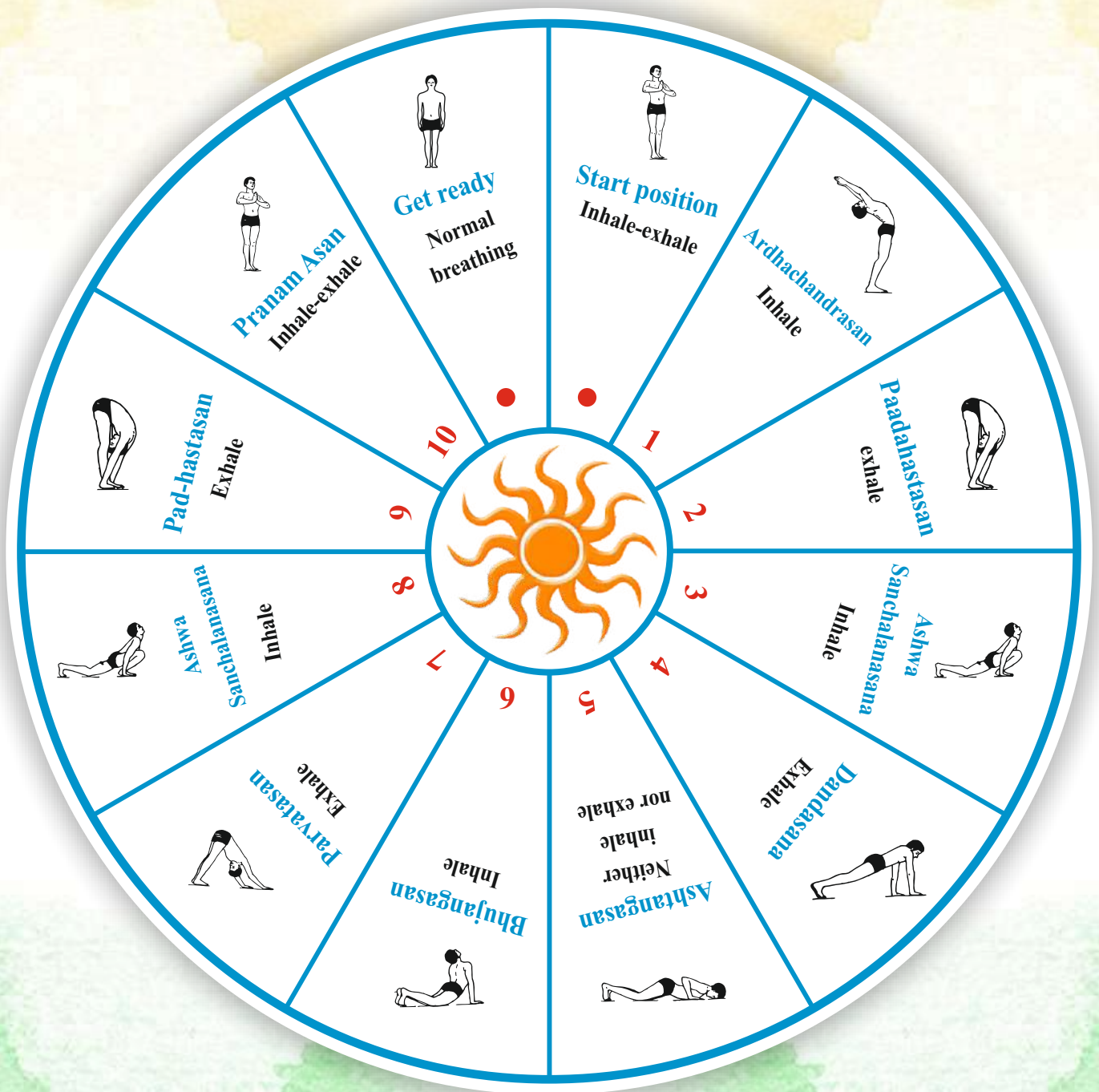
75 Crore Suryanamaskar



MINISTRY OF
AYUSH



॥ Suryanamaskar Steps ॥



- **Purak** - Inhale
- **Rechak** - Exhale
- **Bahya-kumbhak** - To hold the breath outside

॥ Suryanamaskar ॥

Start with Prayer

॥ ॐ ध्येयः(स्) सदा सवितृ-मण्डल-मध्यवर्ती,
om dhyeyah (s) sadā savitr-maṇḍala-madhyavartī,

नारायणः(स्) सरसिजासन-सन्निविष्टः।
nārāyaṇah (s) sarasijāsana-sanniviṣṭah |

केयूरवान् मकरकुण्डलवान् किरीटी,
keyūravāna makarakuṇḍalavān kirīṭī,
हारी हिरण्मयवपुर्धृतशङ्खचक्रः ॥
hārī hiraṇmaya-vapura-dhṛtaśaṅkha-cakraḥ ॥

I meditate on the form of Lord Surya Narayana situated in the sun globe. He is seated on a lotus, with golden bracelets, crown, shark earrings; he is golden in complexion, and holds the shankha and chakra in his hands.

Conclude with Prayer

आदित्यस्य नमस्कारान् ये कुर्वन्ति दिने दिने ।
ādityasya namaskārān yē kurvanti dinē dinē |

आयुः प्रज्ञा बलं वीर्यं (न्) तेजस्तेषां (ञ्) च जायते ॥
āyuh prajñā balaṁ vīryaṁ (n) tējastēṣāṁ (n) ca jāyatē ॥

Those, who practice Surya Namaskaar everyday are bestowed with longlife , intelligence, strength, valour & glory.

॥ Suryanamaskar ॥

• Mantras •

ॐ मित्राय नमः।

om mitrāya namaḥ |

► Salute to the 'Mitra' (friend) who is an ally to all

ॐ रवये नमः।

om ravayē namaḥ |

► Salutations to the 'Ravi' who is optimistic and provides the desire for change

ॐ सूर्याय नमः।

om sūryāya namaḥ |

► Salutations to the 'Surya' who inspires for noble deeds.

ॐ भानवे नमः।

om bhānavē namaḥ |

► Salutations to the 'bhanu' who gives light

ॐ खगाय नमः।

om khagāya namaḥ |

► Salute to the one who bless with the calibre to fly

ॐ पूष्णे नमः।

om pūṣaṇē namaḥ |

► Salute to 'Pusha' who nourishes all

ॐ हिरण्यगर्भाय नमः।

om hiraṇyagarbhāya namaḥ |

► Salute to 'Hiranyagarbha' who encompasses all

ॐ मरीचये नमः।

om marīcayē namaḥ |

► Salute to 'Marich' who creates positive waves

ॐ आदित्याय नमः।

om ādityāya namaḥ |

► Salute to the 'Aditya' who is the best

ॐ सवित्रे नमः।

om savitrē namaḥ |

► Salute to 'Savitre' who is the origin of everything

ॐ अर्काय नमः।

om arkāya namaḥ |

► Salutations to the 'ark' who is always worshipped

ॐ भास्कराय नमः।

om bhāskarāya namaḥ |

► Salutations to the 'Bhaskar' who is the cause of light and knowledge.

ॐ श्रीसवितृसूर्यनारायणाय नमः।

om śrīsavitṛsūryanārāyaṇāya namaḥ |

॥ Suryanamaskar ॥

• Steps & Benefits •

	START POSITION	<ul style="list-style-type: none">Increases stability and concentration
	ARDHACHANDRASAN	<ul style="list-style-type: none">Increases the strength of shoulder, neck and lungs.
	PAADAHASTASAN	<ul style="list-style-type: none">improves digestion
	ASHWA SANCHALANASANA	<ul style="list-style-type: none">The muscles of the throat, waist, back & thigh are flexible. Improves liver function.
	DANDASANA	<ul style="list-style-type: none">Gives strength to the muscles and back bones.
	ASHTANGASAN	<ul style="list-style-type: none">Beneficial for heart, stomach and blood pressure
	BHUJANGASAN	<ul style="list-style-type: none">Brings flexibility to the body. Makes it fit and strong.
	PARVATASAN	<ul style="list-style-type: none">Strengthens the thighs, knees and ankles. improves blood circulation
	ASHWA SANCHALANASANA	<ul style="list-style-type: none">Improves the function of intestine.
	PAADAHASTASAN	<ul style="list-style-type: none">Increases the capacity of heart and abdomen. Reduces excess body fat
	SIDDHA STHITI	<ul style="list-style-type: none">It makes you calm and fearless. Improves the eyesight.

॥ Suryanamaskar ॥

• Steps •

Get ready



- Join your legs parallel to each other
- Face towards sun - east in morning and west in evening
- Shoulders straight - chest widened - fingers of both hands open downwards - touching both sides of outer thighs
- Face straight - calm and happy

॥ Suryanamaskar ॥



Siddha Sthiti (Start position)

Many call it as Pranamasan.

- Stand erect with feet together. Join the palms together in front of the chest in a ‘namaskar mudra’.
- Concentrate on standing straight, steady and in a meditative mood.
- This posture helps to induce a state of introversion, relaxation and calmness.
- Breathing: Slow and steady breathing. (Purak-Rechak)

[[Suryanamaskar]]

Step - 1

• Hast utthanasan



- Breath-in, lift the arms up and bend back, keeping the biceps close to the ears.
- Stretch both arms above the head, palms in namaskar position. Arch the back and stretch the whole body.
- Eyes focussed towards the sky.
- This posture stretches the chest and the abdomen and lifts the prana (energy) upwards to the upper parts of the body.
- Breathing: Start inhaling as you stretch both arms, and hold breath in the stretched arm position. (Purak)

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Step - 2



• Paadahastasan

- Bend the body forward from waist and stretch down, keeping the spine straight. Keep the legs straight and perpendicular to the ground. Knees not to be bended.
- Try to place your palms on the floor in open position near both side of your legs. Or if it is not possible then try at least to touch the toes of your legs with the finger tip of both hands.
- Try to touch your knees with your head.
- This posture massages the abdominal organs. The power of digestion increases and gynaec disorders such as menstrual irregularities are relieved. A healthy flow of blood is sent to the spinal nerves as they are stretched and toned. The hamstring muscles at the back of the thigh and calf muscles are also stretched. Inversion increases blood flow to the brain.
- Breathing: Start exhaling (rechak) as you bend forward. Exhale fully as you reach the bent position.

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Step - 3



• Ashwa Sanchalanasana

- Extend the left leg back and drop the left knee to the ground.
- The right knee is bent up and right foot is placed between the palms, flat on the ground.
- Lift the spine and expand the chest. Look upward towards the sky and concentrate at the centre of eyebrows.
- Breathing: Start inhaling (purak) and fill your lungs as you reach to the final posture.

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Step - 4



• Dandasana

- As you breathe out, take the right leg back and bring the whole body in a straight line.
- Keep your arms perpendicular to the floor.
- The body looks like a slide in its final position.
- Breathing: Exhale fully as you reach the bent position. (Rechak)

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Step - 5



- **Ashtangasan**

- Gently drop both knees to the ground and slowly slide the body down at an angle as you bring the chest and forehead to the ground.
- The two hands, two feet, two knees, chest and forehead (eight parts of the body) should touch the floor. The buttocks are kept up.
- This posture develops the chest and strengthens the arms. It sends additional blood to this area helping to rejuvenate the nerves.
- Breathing: Keep the breath out in the exhaled position (bahya kumbhak) as you reach the final posture.

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Step - 6



• **Bhujangasan** (Purak - Inhale)

- Lower the hips while pushing the chest forward and upward with the hands, until the spine is fully arched and the head is facing up.
- The toes, knees and palms remain in same position as in the last posture.
- Upper part of the body from the knees is stretched upward. Head towards the sky.
- Focus your awareness at the base of spine and feel the tension from the forward pull.
- make a gentle effort to push the chest forward.
- This pose gives dynamic expansion to the organs of the chest and abdomen, relieving many ailments such as asthma, constipation, indigestion, kidney and liver problems. It is very helpful in relieving tension in the back muscles and spinal nerves.
- Breathing: Start inhaling as you stretch your body upward and hold breath (purak) as you stay in this posture.

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Step - 7



• Parvatasan

- Raise the buttocks and move the head inward between the arms and facing the thighs so the body forms a triangle with the floor.
- Keep the palms flat touching the floor. Place both feet flat on the ground. Try to place the heels flat on the ground.
- Focus your awareness at the neck area. This posture strengthens the nerves and muscles in the arms and legs, stretches the calf muscles and makes the spine straight and taut. It relieves varicose veins and tones spinal nerves.
- Breathing: Start exhaling (rechak) and completely exhale as you reach the final posture.

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Step - 8



• Ashwa Sanchalanasana

- Same as position no 3 but this time bring the left foot forward in between the two hands.
- The right knee goes down on the floor.
- Place the left foot exactly between the two hands and the left calf perpendicular to the floor. In this position, make a gentle effort to push the hips down towards the floor, to deepen the stretch.
- Breathing: Start inhaling (purak) and fill your lungs as you reach the position. a

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Step - 9



• Pad-hastasan

- Breath-out, bring the right foot forward. Join both legs. Keep the palms on the floor and come back to Posture 2.
- Bend the body forward from waist and stretch down, keeping the spine straight. Keep the legs straight and perpendicular to the ground. Knees not to be bended.
- Try to place your palms on the floor in open position near both side of your legs. Or if it is not possible then try at least to touch the toes of your legs with the finger tip of both hands.
- Try to touch your knees with your head.
- Breathing: Start exhaling as you take the position.

|| Suryanamaskar ||

Step - 10



• Pranamasan

- Straighten the body and bring the hands in namaskar position in front of the chest as in the start position.
- Stand erect with feet together.
- Concentrate on standing straight, steady and in a meditative mood.
- This posture helps to induce a state of introversion, relaxation and calmness.
- Breathing: Slow and steady breathing. (Purak-Rechak)
- This completes one rotation of Surya Namaskar.

\\Suryanamaskar\\

While practicing Suryanamaskar ..

1. Perform Suryanamaskar in a clean place.
2. Spread a thick cotton or woolen cloth or practice on the Yog mat.
3. Practice Suryanamaskar in the morning on an empty stomach. If you want to practice in the evening, then keep a gap of 2-3 hours between the meal and practice.
4. Consult a doctor if there is pain or any health problem in the waist, abdomen, neck or spine. Practice under the supervision of a knowledgeable person.
5. Do not drink water before or after 10 minutes of practice.
6. Do not wear black clothes during practice. Wear comfortable cotton clothes. If possible, wear white or light colored clothes.
7. Practice Suryanamaskar with clean stomach. Do not go for bath immediately after the Suryanamaskar.
8. Do not practice Suryanamaskar during menstrual cycle.