

## **SURYANAMASKARA ON RATHASAPTHAMI – 28.01.2023**

On the auspicious occasion of Rathasapthami on 28<sup>th</sup> January 2023, Sri Chandrashekharendra Saraswathi Viswa Mahavidyalaya is organised a mass Surya Namaskara programme in this occasion including staff, post graduation scholars, internees and students 300 people participated and demonstrated Suryanamaskara on this occasion. This program is conducted in Sri Jayendra Saraswathi Ayurveda College and Hospital, opposite to OP Building, SJSACH campus.

This occasion is witnessed by Dr U S Srinivasan, Neurosurgeon as chief guest and presided over by honorable dean of Health sciences SCSVMV Prof. Dr. K. Venkataraman, Principal Dr Chittaranjandas and Vice Principal Dr Praveen B S, SJSACH. Event is jointly organised by Yoga club and Vasudaiva Kutumbakam team of esteemed university.

Yoga day event inauguration started with Vinayaka Sthotra prayer followed with Bhaskara Sthotra by Rakshita.N.R.K, First year BAMS student. With the brief introduction about importance of Yoga on Rathasapthami by our students Vatsala Sharma and Amrutha Karthikeyan, Final year students from department of Ayurveda of SCSVMV. Dr Bindu V, Assistant Professor in department of Swasthavritta and Yoga presented welcome speech by welcoming the dignitaries and participants to Mass Suryanamaskara demonstration conducted in SCSVMV.

The chief guest Dr U S Srinivasan addressed the gathering regarding Indian culture and importance of Suryanamaskara in day to day life especially to calm and control the mind. Sir also spoken regarding origin of Yoga and Suryanamaskara he also explained each and every posture in Suryanamaskara with benefits in improving health and prevents the diseases in therapeutic way. Sir also insisted each and every one to practice Yoga regularly and motivate elders in home to practice the same. Subsequently chief guest felicitated by honorable Dean of SCSVMV Prof. Dr .K.Venkataraman.

The major event on this day was mass Suryanamaskara demonstration by 300 participants including staff and students of esteemed university from 8. 30 am to 9.00 am this program was led by Dr Guruprasad K, Professor in department of Swasthavritta and Yoga, Sri Jayendra Saraswathi Ayurveda College and Hospital. Through following the protocol prepared by department of Swasthavritta.

# PROTOCOL FOR RATHASAPTHAMI

## PRAYER:

ॐ सहनाववतु।  
सह नौ भुनक्तु।  
सह वीर्यं करवाव है।  
तेजस्वि नावधीतमस्तु मा विद्विषाव है।  
ॐ शान्तिः शान्तिः शान्तिः॥

## LOOSENING EXCERCISES:

- Neck full Rotation (Right and left side)
- Neck Half rotation (front and back)
- Shoulder rotation (Forward and Backward)
- Wrist Rotation (Inward and outward)
- Body Twisting (Right and Left side)
- Hip Rotation (Right and Left side)
- Knee joint inward and out ward movement
- Ankle Rotation (Right and Left side – Both leg)
- Thadasana stretching.

## SURYANAMASKARA 3 ROUNDS

- *Namaskara Mudra*
- *Ardhachakrasana*
- *Hashtapadasana*
- *Ekapada prasaranasana*
- *Dwipada Prasaranasana*
- *Shashankasana*
- *Deergha Dandasana*
- *Bhujangasana*
- *Parvatasana*
- *Ekapada Prasaranasana*
- *Hashta Padasana*
- *Ardhachakrasana*
- *Namaskara Mudra*

## RELAXATION IN SHAVASANA

### PRAYER:

सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामया।  
सर्वे भद्राणि पश्यन्तु मा कश्चित् दुःखभाग् भवेत्॥  
ॐ शान्तिः शान्तिः शान्तिः॥

### VOTE OF THANKS

The function concluded with vote of thanks by Dr.M.Gayathri, Assistant professor, Department of CSE, SCSVMV and followed by National Anthem.





