

LESSON - 19

YOGASANA

SURYA NAMASKAR

The following components will be learnt in this lesson:

- Meaning of Suryanamaskar and its benefits.

Introduction :

Suryanamaskar is a set of yogic asanas performed in a definite order. It is effective in enhancing physical fitness, mental health and overall well being.

Meaning :

Saluting the sun who is the source of energy for all living being on the universe. Suryanamaskar is essential for mental concentration and physical fitness.

Definitions :-

With an object of keeping oneself alert by co-ordinating body and mind, a special type of yogic exercise, specially designed by ancient yogis is 'Surya Namaskar'.

Suryanamaskar should be practised in the morning hours with a prayer to remove the darkness of ignorance and to get fresh energy. the practice of surya namaskar involves different asana postures, bending backward and forward in 10 counts. The breathing is regulated according to bending and stretching. Puraka and rechaka are systematically done while performing Suryanamaskara.

Advantages :

1. Routine practice of surya namaskar asana strengthen the muscles, joints and lungs.
2. Because of deep breathing the vital energy increases and improves digestion.
3. The performer gets 'D' vitamin by doing surya namaskar early in the morning.
4. Skin decease, undaigetion problems will solve.

Remember :

1. Psychological tension reduces by practice of surya namaskar.
2. Focus on breathing enhances memory.

“Arogyam Bhaskarath Ichet” Meaning
“Suryadeva gives us health”

Exercises

I Fill in the blanks.

1. Surya namaskar has _____ asanas.
2. It is better to perform surya namaskar in the _____ .
3. Surya namaskar will prevent _____ pressure.

II Tick the appropriate answer

1. Who among the following is praised during the practice of Suryanamaskara
a. Moon b. Planets c. Earth d. Sun
2. The Vitamin that bring charm to the skin
a. vit B b. vit D c. vit C d. vit A

3. Breathe in means

a. Pooraka b. Rechaka c. Kumbhaka d. Shunyaka

III Answer the following in a sentence.

1. Write the meaning of Suryanamaskar?
2. Write 4 benefits of practicing Suryanamaskara?
3. Which diseases can be cured through Suryanamaskara?

Activities

Ask the Student to practise surya namaskar daily at home.

'Yogah Karmasu Kousalam'
' Meaning Doing the work skillfully is yoga.
