



Maharshi Karve Stree Shikshan Samstha's

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Suryanamskar





ॐ मित्राय नमः

om mitrāya namaḥ

Prostration to Him who is affectionate to all.

ॐ रवये नमः

om ravaye namaḥ

Prostration to Him who is the cause for change.

ॐ सूर्याय नमः

om sūryāya namaḥ

Prostration to Him who induces activity.

ॐ भानवे नमः

om bhānave namaḥ

Prostration to Him who diffuses Light.

ॐ खगय नमः

om khagaya namaḥ

Prostration to Him who moves in the sky.

ॐ पूष्णे नमः

om pūṣṇe namaḥ

Prostration to Him who nourishes all.

ॐ हिरण्यगर्भाय नमः

om hiraṇyagarbhāya namaḥ

Prostration to Him who contains everything.

ॐ मरीचये नमः

om marīcaye namaḥ

Prostration to Him who possesses rays.

ॐ आदित्याय नमः

om ādityāya namaḥ

Prostration to Him who is God of gods.

ॐ सवित्रे नमः

om savitre namaḥ

Prostration to Him who produces everything.

ॐ अर्काय नमः

om arkāya namaḥ

Prostration to Him who is fit to be worshipped.

ॐ भास्कराय नमः

om bhāskarāya namaḥ

Prostration to Him who is the cause of lustre.