

1/2 Coy, 1 Kar Bn, NCC

JYOTHY INSTITUTE OF TECHNOLOGY

REPORT ON "SURYA NAMASKAR FOR VITALITY"

With a message from India to the whole world to be healthy, over 75 lakh people performed Surya Namaskar across the globe on Friday.

Celebrating Azadi Ka Amrit Mahotsav, the Ministry of Ayush observed "Surya Namaskar for vitality" on Makar Sankranti with more than 75 lakh people from all over the world, including India, performing Surya Namaskar together to keep the body and mind healthy and keep themselves safe during the Covid pandemic.

The cadets of JIT participated actively in this event.

All the positions have been explained and portrayed by the all the cadets.



MADHU H J

NCC CARETAKER

**FSFS 1/2 COY 1 KAR BN NCC
BENGALURU A GROUP**

Jyothy Institute of Technology

**Thathaguni Kanakapura Road.
Bengaluru-560 082**

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STEPS OF SURYANAMASKAR:

1. Pranamasana or the Prayer Pose:

The first pose of Surya Namaskar asana can be accomplished by standing in an upright position on your yoga mat and placing your feet close to each other. Take a deep breath and notice your chest expand, relax your shoulders. While inhaling, take a deep breath, raise your arms from the sides, and as you exhale join your palms together in front of your chest in a *Namaste*. This is the prayer position.



Cadet Ishana Mohan Kumar

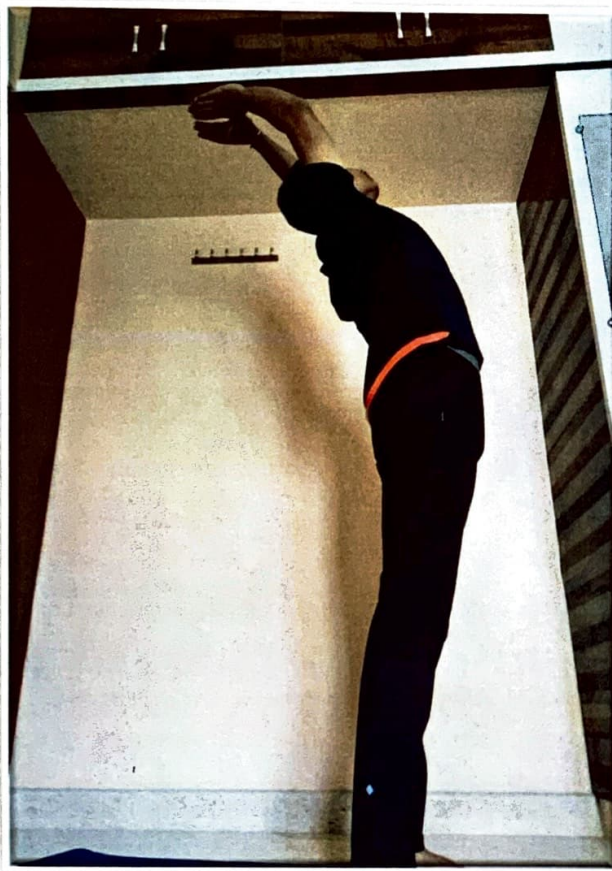
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2. Hasta Uttanasana or the Raised Arms Pose:

Join your palms together and take a deep breath. Lift your arms up while slightly bending backward, you can push the pelvis forward a little, stretch back and lengthen the spine. Keep the biceps close to your ears while simultaneously stretching the whole body up from the heels.



Cadet Swaroop

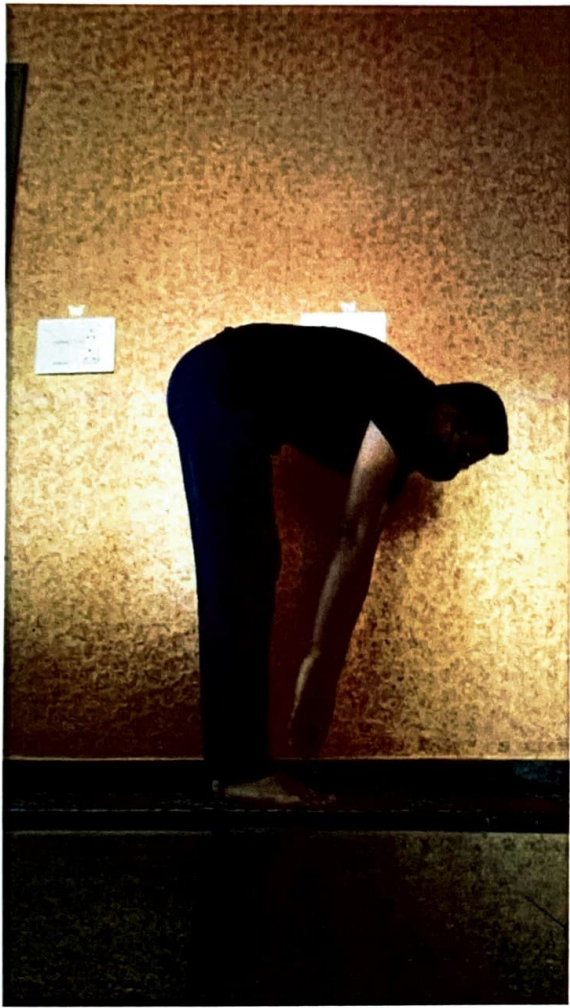
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3. Hasta Padasana or the Standing Forward Bend Pose:

Exhale and bend forward to touch your toes with your fingers. You can bend your knees initially if necessary. Do not bend your spine and keep your neck and shoulders relaxed. Try to touch the floor with your fingers, pressing into your heels softly. Inhale while coming back up.



Cadet Vishal

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4. Ashwa Sanchalanasana or the Lunge Pose:

After coming back from Hasta Padasana, bend your knees slightly and rest your palms on the floor in line with your feet. Inhale and bring your right knee towards the right side of your chest while stretching the left leg backward. Balance your body and raise your head facing forward.



Cadet Amrutha

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5. Chaturanga Dandasana or the Plank Pose:

From the Ashwa Sanchalanasana, inhale and bring your right leg back, next to the left leg. Keep your hands under your shoulders, keeping your body parallel to the ground. Your entire body should be in one straight line. Breathe and balance.



Cadet Sukruth

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6. Ashtanga Namaskar or the Eight Limbed Pose:

Also known as salutations using eight points or parts. To perform this pose, exhale and bring your knees down to the floor. Rest your chin on the floor and raise your hips slightly from the ground. Both your hands, knees, chin and the chest should touch the floor while your posterior should be suspended in the air. Breathe and hold the position for as long as comfortable.



Cadet Amrutha

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7. Bhujangasana or the Cobra Pose:

Gently slide forward and rest your legs and abdomen flat on the ground. Place your palms close to your chest and while inhaling apply the pressure on the hand and slowly raise the upper body, your pelvic region touching the ground. Keep your shoulders away from your ears, feet tucked in, and look forward. Your head and torso should resemble a cobra with a raised hood.



Cadet Sanjana

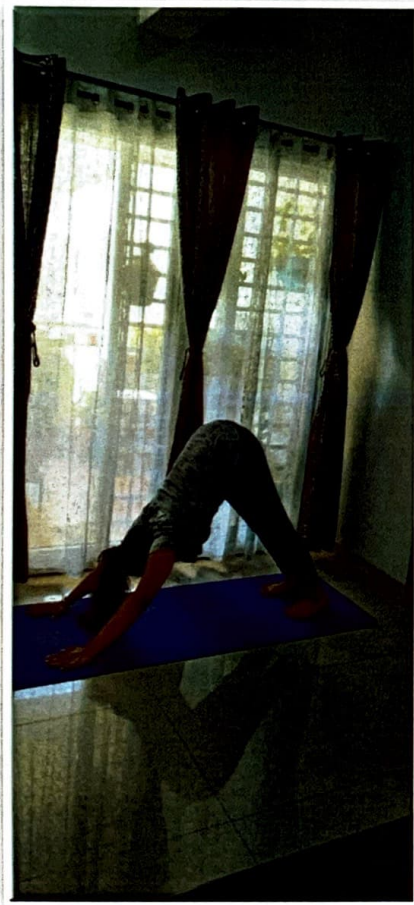
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8. Adho Mukha Svanasana or the Downward Facing Dog:

Lie down, releasing your chest from the Bhujangasana, your back facing the ceiling. Exhale and lift your hips gently to form an inverted 'V'. Straighten your elbows and knees while trying to keep your heels on the ground. With every exhale and inhale, go deeper into the stretch. Look towards your navel.



Cadet Ishana

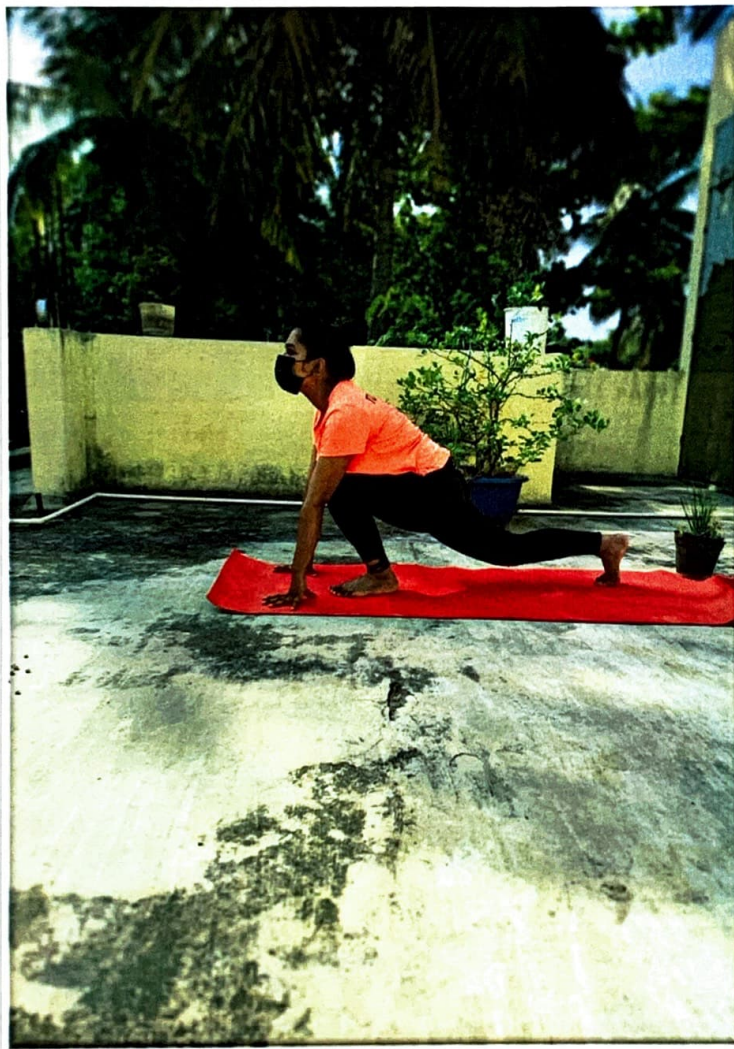
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9. Ashwa Sanchalanasana or the High Lunge Pose:

Coming back from the Adho Mukha Svanasana, bring your right foot forward. Keep your left leg stretched behind placing your feet on the mat and now slowly look forward. Gently push the hips towards the floor to deepen the stretch.



Cadet Sanjana

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10. Hasta Padasana the Standing Forward Bend:

Inhale and bring your left foot forward, next to your right foot. Bend your torso while keeping the position of your hands intact, slowly exhale and touch the ground with your fingers.



Cadet Yash Yadav

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11. Hasta Uttanasana or the Raised Arms Pose:

Inhale while lifting your upper body, join the palms and raise your hands upwards. Bend backward and stretch your spine.



Cadet Ishana

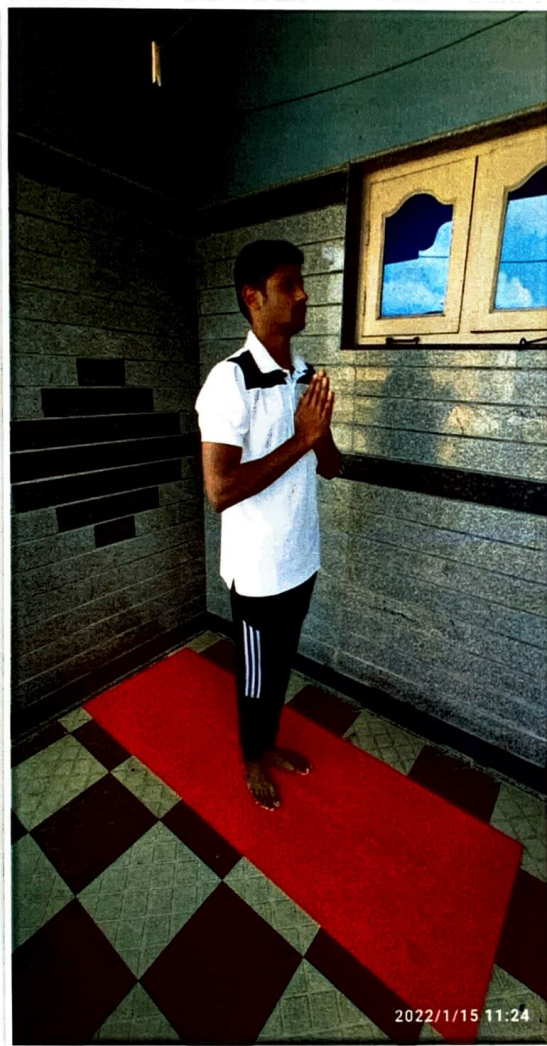
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12. Pranamasana or the Prayer Pose:

Coming back to where we had started, notice that we made a circle of these 12 poses. As mentioned in the first step, exhale and stand straight, relaxing your body. Lower the arms in front of your chest in a *Namaste*.



Cadet Puneeth

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