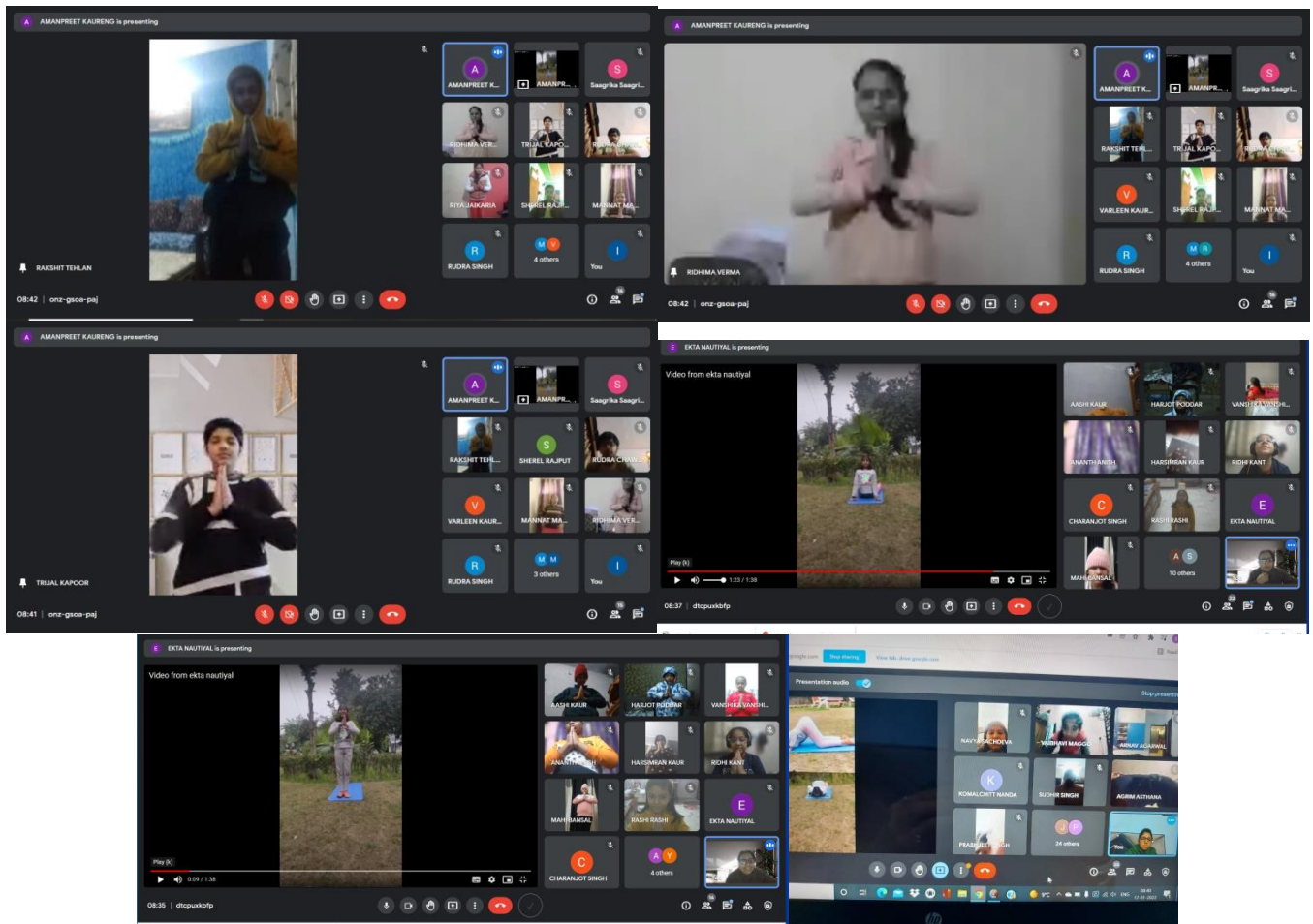


St. Cecilia's Public School Surya Namaskar (CBSE) Primary Wing



SURYA NAMASKAR or SUN SALUTATION is a sequential blend of 12 different yoga poses performed dynamically in synchrony with the breath. Although one can practice *surya namaskar* at any time of the day, it would best to do it at sunrise as the sun rays help revitalize the body and the mind. This asana is very beneficial as it aids in weight loss, improves cardiovascular health and enhances respiratory functions, improves balance in the nervous system, reduces blood sugar, reduces stress levels, tones the entire body etc.

Under the banner of Azadi ka Amrit Mahotsav the National Yogasana sports Federation decided to run a project of 750 million Surya namaskar from 01 January 2022 to 07 February 2022 to promote a healthy lifestyle to all, as a token of gift to our beloved motherland. Videos demonstrating surya namaskar were played in the class. The teachers briefed the students about its importance. Students performed the Surya namaskar in the class and understood its importance.