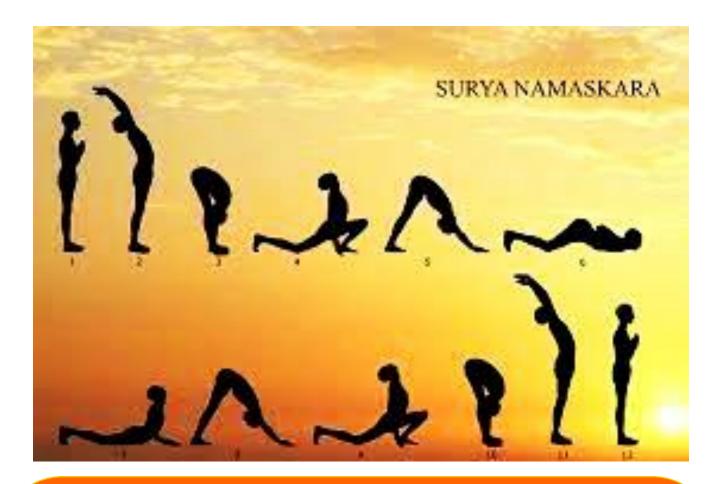
SURYANAMASKAR WORKSHOP



SURYANAMASKAR REPORT

The Gymkhana Committee organise Suryanamaskar Workshop as per Department of Sports, University of Mumbai Circular No. 65/2022 dated 6th Feb. 2022. The Suryanamaskar Workshop was organized for the students of S.E.S's L.S.Raheja College of Art's and Commerce on 14th February 2022 from 8.00 a.m to 10.00 a.m in College Gymkhana Quadrangle. Under the Guidance of Director of Physical Education & Sports Ms. Dipali Mahesh Patil and our college National Mallakhamb Player Mayur Pashte all the participants started the session with warm up (5 Minutes) followed by performance of 22 Suryanamaskar (30 Minutes) and concluded with cool down (5 Minutes).

Pose - 1

Pranamasana or the Prayer Pose



Pose – 1I

Hasta Uttanasana or the Raised Arms Pose



Pose - I1I

Hasta Padasana or the Standing Forward Bend Pose



Mumbai, Maharashtra, India S.ES' L.S Raheja College of Arts and Commerce, , Shastri Nagar, Santacruz West, Mumbai, Maharashtra 400047, India Lat 19.085527° Long 72.832825° GPS Map Camera

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Pose - 1V

Ashwa Sanchalanasana or the Lunge Pose



Pose – V

Chaturanga Dandasana or the Plank Pose



Pose - VI

Ashtanga Namaskar or the Eight Limbed Pose



Pose - V1I

Bhujangasana or the Cobra Pose





Mumbai, Maharashtra, India S.ES' L.S Raheja College of Arts and Commerce, , Shastri Nagar, Santacruz West, Mumbai, Maharashtra 400047, India Lat 19.085527° Long 72.832825°

Pose - VIII

Adho Mukha Svanasana or the Downward Facing Dog



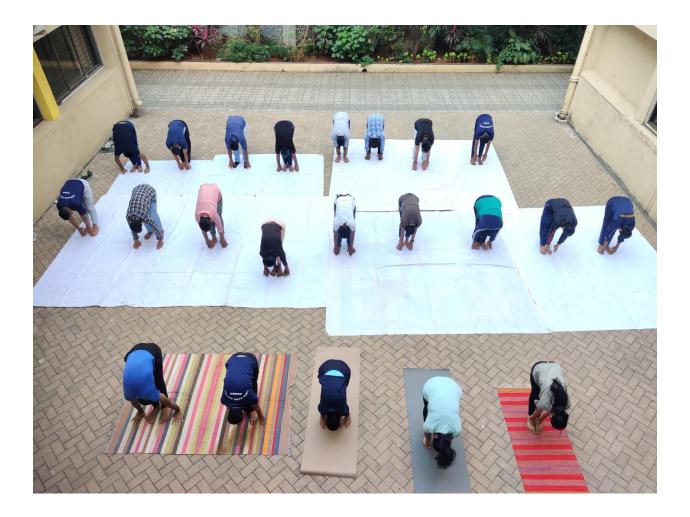
Pose – IX

Ashwa Sanchalanasana or the High Lunge Pose



Pose - X

Hasta Padasana the Standing Forward Bend



Pose – XI

Hasta Uttanasana or the Raised Arms Pose



Pose-X1I

Pranamasana or the Prayer Pose



Suryanamaskar Group Photo

