

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).

Suryanamaskar

Pose – 1

Pranamasana or the Prayer Pose



Suryanamaskar

Pose – 1I

Hasta Uttanasana or the Raised Arms Pose



Suryanamaskar

Pose – III

Hasta Padasana or the Standing Forward Bend Pose



Suryanamaskar

Pose – 1V

Ashwa Sanchalanasana or the Lunge Pose



Suryanamaskar

Pose – V

Chaturanga Dandasana or the Plank Pose



Suryanamaskar

Pose – VI

Ashtanga Namaskar or the Eight Limbed Pose



Suryanamaskar

Pose – VII

Bhujangasana or the Cobra Pose



Mumbai, Maharashtra, India

S.ES' L.S Raheja College of Arts and
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West, Mumbai, Maharashtra 400047,
India

Lat 19.085527° Long 72.832825°



Suryanamaskar

Pose – VIII

Adho Mukha Svanasana or the Downward Facing Dog



Suryanamaskar

Pose – IX

Ashwa Sanchalanasana or the High Lunge Pose



GPS Map Camera



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Suryanamaskar

Pose – X

Hasta Padasana the Standing Forward Bend



Suryanamaskar

Pose – XI

Hasta Uttanasana or the Raised Arms Pose



Suryanamaskar

Pose – XII

Pranamasana or the Prayer Pose



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Suryanamaskar

Group Photo

