

GS AYURVEDA MEDICAL COLLEGE & HOSPITAL

N.H-09, NEAR RAILWAY STATION PILKHUWA,

DISTRICT: - HAPUR (U.P.) -245304

DETAILED REPORT ON SURYA NAMASKAR:

DATE: 14.01.22

HEALTH FOR ALL

“हमारा आयुष हमारा स्वास्थ्य”

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As we all are aware of the ‘Azadi ka Amrit Mahotsav’ Program, an initiative of the Government of India, in this regard we would like to bring it to your kind notice that GSAMCH is hosting a number of events and is trying it's best for the success of this initiative of the Government of India to inculcate the importance and knowledge of AYUSH system of medicine among the masses to achieve the objective of National Health Mission to provide Health for All.

While celebrating ‘Azadi ka Amrit Mahotsav’ initiative, as per direction of NCISM, Letter Ref. N. 20-4/2021/NCISM, Dated- 10.01.22, GSAMCH organized Surya Namaskar Program on 14.01.22 in an **offline mode between 12:00 pm to 02:00 pm** on the occasion of Makar Sankranti, the festival of thanksgiving to Mother Nature for spreading Health, Wealth and Happiness around. The Government of India has desired a large scale of virtual/live Surya Namaskar Programme & We at GSAMCH supported and celebrated the same wholeheartedly.

We, at GSAMCH, Department of Swasthavritta & Yoga, celebrated Makar Sakranti, approximately 250 Plus people including Faculties, other staff members & Students gathered at college in covid appropriate behaviour to participate in the Surya Namaskar (Sun Salutations, SN). All of them also signed up for online Registration.

The program started with Aditya Hridayam Chanting, a beautiful rendition of the praise of Sun from Ramayana where Lord Rama is supposed to have chanted this to be able to gain courage and strength to win over the demon king Ravana and get back his wife Sita.

After the chanting, Dr. Bhavna Singh, Principal, GSAMCH, talked about the Philosophical basis of Surya Namaskar. She explained the importance of Uttarayana – the period of the year where the days start getting longer and how it signifies the upward movement of our spiritual energy and growth. She explained how Surya Namaskar elevates us at all these levels of personality. She blessed us all and wished a Happy and a holistically Healthy Makar Sakranti.

After that Dr. Gaurav Sharma, HOD, Department of Swasthavritta & Yoga, explained the difference between isometric and isotonic exercises and how SN help in providing isotonic exercise to various muscle groups – 5 upper body muscles, 4 muscles at the trunk and 5 lower body muscles. He quoted research papers that showed the energy expenditure during SN was 13.91 kcal and a set of 10-12 SNs would amount to the same expenditure as an hour log run on the treadmill.

As an aerobic exercise SN seemed to be ideal as it involves both static stretching and slow dynamic component of exercise with optimal stress on the cardiorespiratory system – said Dr. Gaurav Sharma.

After the breathing and loosening practices, 24 Suryan Namaskars were practiced, The entire group was energized with the practice of classic SNs. This was followed by Deep Relaxation. Dr. Komal Gupta, Lecturer, Department of Swasthavritta & Yoga, gave the benefits and limitations of SN& Vote of Thanks.

The program ended with a peace chant wishing the health and happiness of all – Sarve Bhavantu Sukhinaa.& KHICHDI DISTRIBUTION.

This initiative of the Government of India/ NCISM is appreciable and we hope that through these initiatives, Ayurveda will spread to every nook n corner of the Nation which would, in turn, be beneficial for the general masses.

It was a great beginning of the Year with Surya Namaskar.