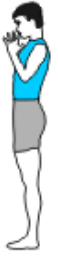


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Physical Fitness Plan (Surya Namaskar)

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Coronavirus lockdown and self-isolation has resulted in changes in people's routines. Everyone is now working from home and this is likely to bring a change in physical activity and eating habits. In order to help follow a routine, Department of Physical Education, University of Mumbai has prepared a quarantine health plan that can help in keeping your weight and health in check.

Surya Namaskar



- Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind.
- Surya Namaskar is best done early morning on an empty stomach. Each round of Sun Salutation consists of two sets, and each set is composed of 12 yoga poses.
- It should ideally be done early in the morning, facing the rising sun, and each movement of the body is synchronised with a breath, exhaling at the folds and inhaling as you lengthen or stretch out the body.
- It serves as a complete exercise for the body, vitalizing all the major muscles and vital organs.
- Each round takes 1 to 2 minutes to perform, depending on the speed and intensity of the practice.
- Several variations on the classic Surya Namaskar exists.
- Surya Namaskar is a universal practice. From beginners to seasoned Yogis, children to elderly, everyone is encouraged to practice Surya Namaskar.

Step 1. Pranamasana (Prayer pose)



1. Stand at the edge of your mat, keep your feet together and balance your weight equally on both the feet.
2. Expand your chest and relax your shoulders.
3. As you breathe in, lift both arms up from the sides, and as you exhale, bring your palms together in front of the chest in prayer position.



Step 2. Hastauttanasana (Raised arms pose)



1. Breathing in, lift the arms up and back, keeping the biceps close to the ears.
2. In this pose, the effort is to stretch the whole body up from the heels to the tips of the fingers.



Step 3. Hastapadasana (Standing forward bend)

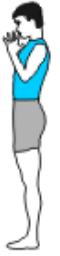


1. Breathing out, bend forward from the waist keeping the spine erect.
2. As you exhale completely, bring the hands down to the floor beside the feet.

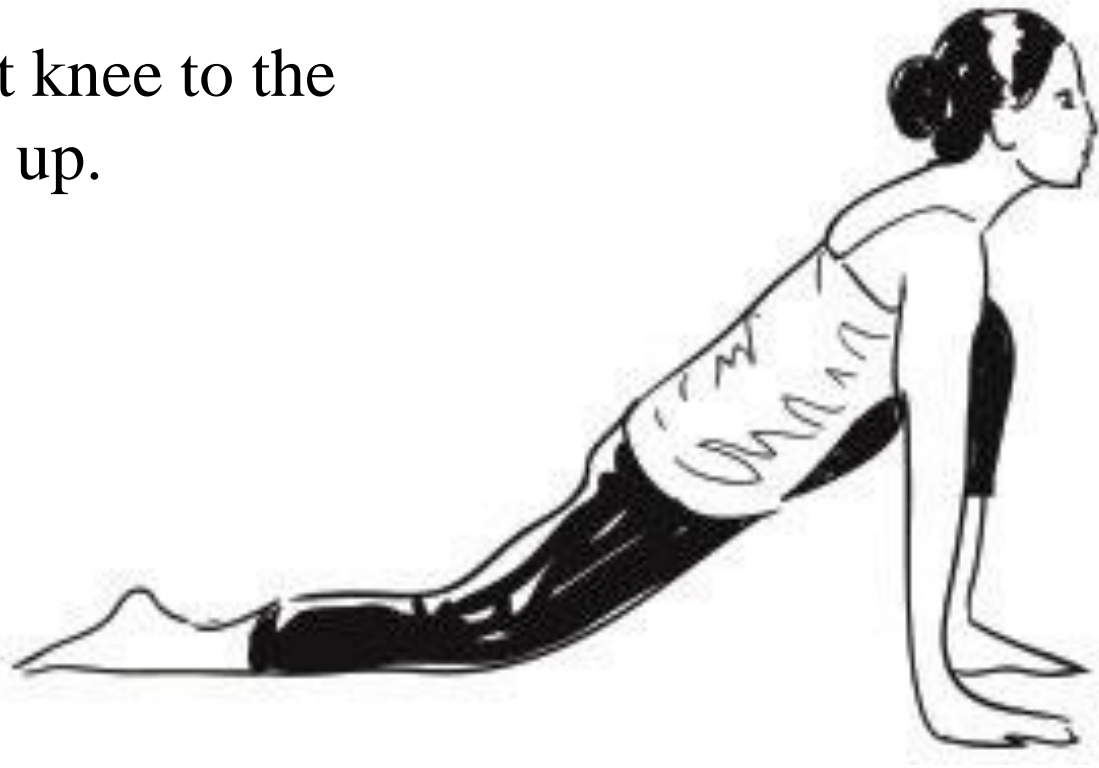


Step 4. Ashwa Sanchalanasana (Equestrian pose)

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- Breathing in, push your right leg back, as far back as possible.
- Bring the right knee to the floor and look up.



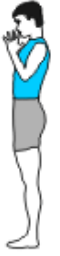
Step 5. Dandasana (Stick pose)



- As you breathe in, take the left leg back and bring the whole body in a straight line.



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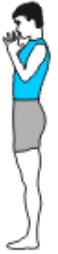
Step 6. Ashtanga Namaskara (Salute with eight parts or points)

- Gently bring your knees down to the floor and exhale.
- Take the hips back slightly, slide forward, rest your chest and chin on the floor.
- Raise your posterior a little bit. The two hands, two feet, two knees, chest and chin (eight parts of the body) should touch the floor.



Step 7. Bhujangasana (Cobra pose)

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- Slide forward and raise the chest up into the Cobra pose.
- You may keep your elbows bent in this pose with the shoulders away from the ears.
- Look up at the ceiling.



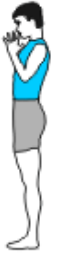
Step 8. Adho Mukha Svanasana (Downward facing dog pose)



1. Breathing out, lift the hips and the tailbone up to bring the body into an inverted 'V' pose.

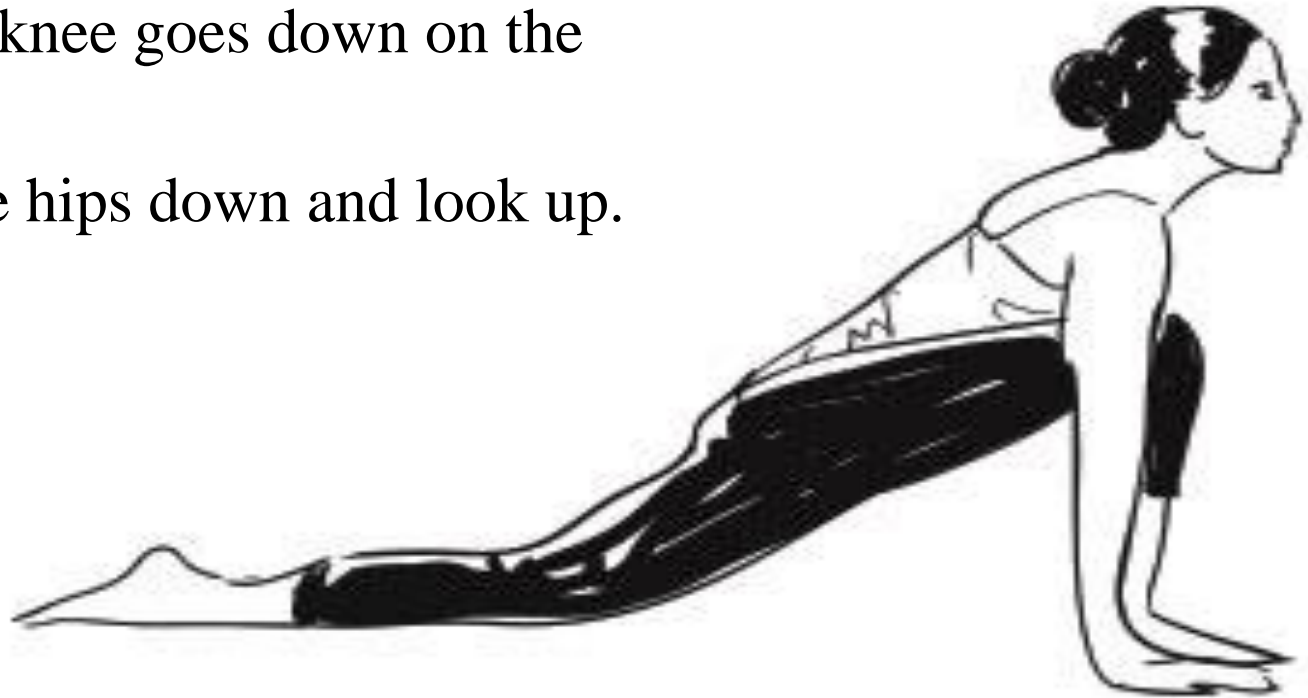


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Step 9. Ashwa Sanchalanasana (Equestrian pose)

1. Breathing in, bring the right foot forward in between the two hands.
2. The left knee goes down on the floor.
3. Press the hips down and look up.



Step 10. Hastapadasana (Standing forward bend)



1. Breathing out, bring the left foot forward.
2. Keep the palms on the floor.
3. You may bend the knees, if necessary.



Step 11. Hastauttanasana (Raised arms pose)

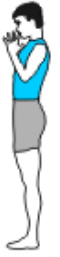


1. Breathing in, roll the spine up.
2. Raise the hands up and bend backward a little bit, pushing the hips slightly outward.



Step 12. Tadasana (Mountain pose)

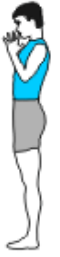
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- As you exhale, first straighten the body, then bring the arms down.
- Relax in this position and observe the sensations in your body.



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Incredible benefits of Surya Namaskar:

- The benefits of both Asanas and Pranayama can be attained in this series of 12 postures.
- In a sense, the Surya Namaskar or sun salutation, is the core of yoga: it improves overall body strength, builds stamina, and develops flexibility.
- Helps maintain cardiovascular health.
- Stimulates the nervous system.
- Helps in stretching, flexing and toning the muscles.
- Excellent exercise for weight loss management.
- Strengthens the immune system.
- Enhances cognitive functions.
- Improves overall health, strengthens the body and relaxes the mind.



Surya Namaskar

Contra indications

- The general advice is to consult a medical practitioner before you start any new exercise regime and this is particularly important if you are pregnant, nursing, taking medication, have low or high blood pressure, or having any existing medical condition or injuries.
- If you have medical issues and you are not sure about certain yoga poses or practices, please consult your doctor or health professional who can see you in person.



**Stay Home,
Do Suryanamaskar
&
Stay Fit**

Please stay safe everyone!!!

**I'm wishing you and your family
health and strength to get through
this hard time.**