

## 21 DAYS SURYA NAMASKAR PRACTICE PROGRAMME



***“The sun is a daily reminder that we too can rise again from the darkness, that we too can shine our light.” -----S. Ajna***

The Surya Namaskar practice not only tones the entire body, helps with weight loss and strengthens muscles and joints, but regularly practicing Surya Namaskar increases creativity, intuitive abilities, decision-making, leadership skills, and confidence.

The Ministry of Education, Govt. of India has intimated that on the 75<sup>th</sup> year of India's independence, the entire country will participate in a particular project of 75 crore Suryanamaskars, under the banner 'Azadi ka Amrit Mahotsav.'

The physical education department of TAFS had organized 21 days Surya Namaskar practice program from 1<sup>st</sup> Jan 2022 to 21<sup>st</sup> Jan 2022 for the classes IV to XII through a virtual platform.

The objective of this event was to create a culture of fitness and promote a healthy lifestyle through the practice of Surya namaskar. More than 400 participants, including students and their parents and teachers, had registered and participated in the whole event hearty.

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