



**JHARKHAND**  
**Rai University**

UGC RECOGNISED UNIVERSITY

ACCREDITED BY NAAC



JRU NSS CELL

## **“Report on Surya Namaskar - 14 Jan, 2022”**

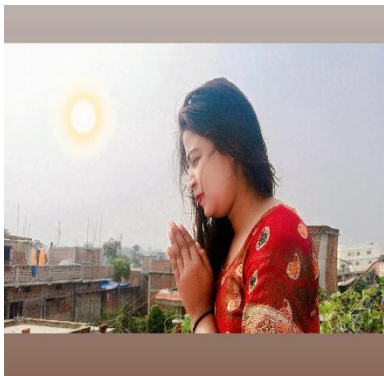
Surya Namaskar Programme was organised by NSS Cell of Jharkhand Rai University, Ranchi on the occasion of Makar Sankranti as a part of “Azadi Ka Amrit Mahotsav’ Celebrations.

In order to spread the message on the importance of practicing Surya Namaskar for our physical and mental wellbeing, the volunteers of NSS demonstrated Surya Namaskar and recorded the video, pictures and made collage. The Surya Namaskar is a set of 8 Asanas performed in 12 steps with coordination of the body and mind. It is best to perform Surya Namaskar early in the morning. Further, the event also highlighted the importance of Makar Sankranti in our cultural and spiritual heritage.

Since the pandemic, people have been mentally stressed as they adjusted to the new normal. Also, the need to build immunity for better health has gained importance. Scientifically, the Surya Namaskar is known to develop immunity and improve vitality, which is significant to our health during pandemic conditions. Exposure to the Sun further provides the human body with Vitamin D, which has been widely recommended in all medical branches around the world. The Sun, as the primary source of energy, is critical not only for the continuation of the food-chain, but it also energizes the mind and body of human beings.

At Jharkhand Rai University, the volunteers divided into several groups & each group conducted awareness with their assigned community. The Volunteers & all staff members (Teaching and Non-Teaching) of Jharkhand Rai University Performed Surya Namaskar on 14<sup>th</sup> Jan, 2022.

Volunteers had registered on the given link by Ministry of Ayush , Government of India. They also uploaded photos, videos on Youtube / Facebook link of video doing Surya Namaskar. The Surya Namaskar was performed by more than 100 volunteers.





# सूर्य नमस्कार

