

PART I

THE CONCEPT AND PRACTICE OF ACCORDING TO VARIOUS ANCIENT TEXTS "EFFECT OF SÜRYANAMASKÄRA TEXTS"

PART II

SÜRYANAMASKÄRA ON SUSTAIN ATTENTION IN SCHOOL CHILDREN"

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ABSTRACT

Sürya Namaskära known in English as **Sun Salutation** is a common sequence of *Haöüayoga äsanäs*. Its origin can be traced back to pre-Vedic period. Traditionally this practice has been

associated with the worship of Surya, the solar deity. The sequence of movements and poses can

be practiced on varying levels of awareness, ranging from that of physical exercise in various

styles, to a complete *sädhanä* which incorporates *asana*, *präëyäma*, *mantra* and chakra meditation.

The physical base of the practice links together twelve *äsanäs* in a dynamically performed series.

These *äsanäs* are ordered so that they alternately stretch the spine backwards and forwards.

When performed in the usual way, each *asana* is moved into with alternate inhalation and exhalation (except for the sixth *asana* where the breath is held in external suspension). A full

round of *Sürya Namaskära* is considered to be two sets of the twelve poses with a change in the

second set to moving the opposite leg first through the series.

There are numerous references to praising the Sun to enhance good health and prosperity, in

the Vedas. Some of these Vedic hymns were incorporated into Nitya Vidhi (Daily mandatory routine for a Hindu). These daily procedures were termed *Sürya Namaskära* (literally translates

as "sun salutations"). The forms of *Sürya Namaskära* practiced vary from region to region. Two

such popular practices are *Täucha Kalpa Namaskära* and *Äditya Praçäa*.