

## **D.A.V PUBLIC SCHOOL, THANE**

### **MASS SURYA NAMASKAR WEEK**

Practice leads to perfection and habit formation. Anything, if done regularly for a few days, the mind is driven subconsciously to continue the same with expertise at each step. D.A.V. public School, Thane has conducted seven days of "Mass Surya Namaskar" virtually from January 10 to 16 with the sole aim of promoting health and well being among students, parents and teachers.

Under the guidance of Principal Mrs. Simmi Juneja, the institute initiated this massive drive, commemorating 75 years of independence (Azadi ka Amrit Mahotsav) pledging support to "Education Ministry's endeavour of 750 millions of "Surya Namaskar". She expressed her confidence that the young generation would continue the practice well beyond the seven days of virtual session. The event was conducted with the chanting of mantra in Synchronization with every breath. It was a mass practice with the participation of a large number of students as well as parents.

The seven day event was well received by students, parents, and teaching fraternity who showed great level of enthusiasm and expressed their desire to continue doing for better health and flexibility. The Yoga Instructor of the institute Mr. Ajay, stressed the need for making 'Surya Namaskar' as a regular habit for its manifold benefits. This is an exercise to whole body as it eases the nervous system, provides balance to the body, improves the level of oxygen in the blood, helps relax the muscles in the neck and back, stretches the spinal cord, helps alleviate back-ache, stretches the abdominal muscles and also beneficial for thyroid gland. It also reduces stress and anxiety. The participating students pledged that they will continue to do every day so that, this Vedic Practice can become a habit, leading to better health. Paying obeisance to 'Sun God' is in a way showing gratitude to nature for bestowing warmth and brightness. This event proved to be a massive health awareness programme for physical and mental fitness.

