**SURYA NAMASKAR AT ST. MONTFORT SCHOOL**

**SUN SALUTATION**

Surya Namaskar- Salute to the sun is a meditation and yoga practice incorporating a sequence of gracefully linked 12 powerful yoga asnas. The Nomenclature refers to the symbolism of Sun as the soul and the source of all life. Symbolically the Sun becomes our source of energy, divine impulse and light students of our school participated in the Massive Surya Namaskar demonstration on 14th of Jan in the School play ground along with their school Principal Rev. Bro.Monachan K.K., Physical instructors and teachers.

Besides being a great Cardio vascular workout, this had an immensely positive Impact on the body and mind of the participants who performed. Students were able to get the benefits of Surya Namaskar as it increases concentration, self confidence ,stimulates activity, strengthen spirit improves appetite, develops vital capacity, reduces fat and promotes physical and mental well being .The programme ended by expressing their gratitude to the Sun for sustaining life on the planet. The students chanted a few Mantras too, wishing all health and happiness to everyone.