



DAY PUBLIC SCHOOL, KUSUNDA



Join us in the celebration of



On 21/06/2021



ON OUR CHANNEL "DAY KUSUNDA DHANBAD" AT 07:00 AM

Following the common protocol issued by Ministry of Ayush

Schedule

(07:00 AM - 08:00 AM)

Deep Prajjawalan/Lamp lighting at 07:00 AM



Prayer

03 Min.

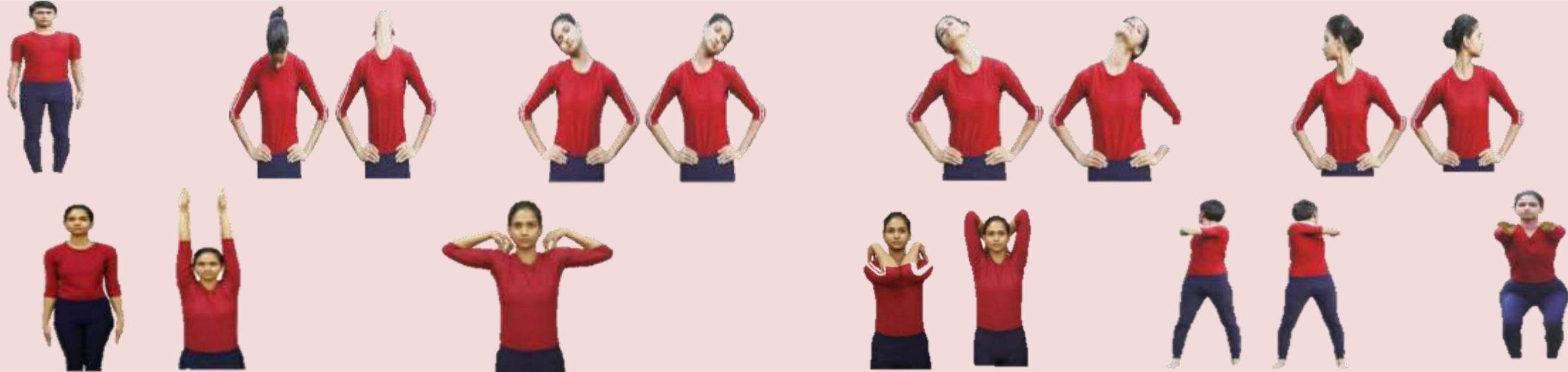
संगच्छध्वं संवदध्वं सं वोमनांसीजानताम्
देवा भागं यथा पूर्वे सञ्जानाना उपासते ॥



sam vo manāmsi jānatām
devā bhāgam yathā pūrve sanjānānā upāsate ॥

Walking Jogging Kriyas//Cā lanaKriyā s /Loosening Practices /Suryanamaskara

08 Min.



Yogaasana(Yoga Postures)

30 Min

Standing Postures



TAADAASANA



VRIKSHAASA



PADAHASTAASANA/
UTTĀNĀSANA



ARDHA CAKRĀSANA



TRIKONĀSANA

Sitting Postures



BHADRĀSANA/
BADDHAKONAASAN



ŚAŚAKĀSANA



ARDHAUṢṬRĀSANA



MARĪCHYĀSANA /
VAKRĀSANA

Prone Postures



Bhujangāsana



ŚALABHĀSANA



MAKARĀSANA

Supine Postures



SETUBANDHĀSANA



PAVANAMUKTĀSANA



ŚAVĀSANA

Bhrastika, Kapālabhāti(10 - 20) strokes each - 3 cycles.Each cycle will be followed by Ujjayee Pranayama 02 Min.



BHRASTIKA. KAPĀLABHĀTI



UJJAYEE PRANAYAMA

Pranayama

10 Min.



NADĪŚODHANA / NULOMAVILOMAPRĀṆĀYĀMA



BHRĀMARĪ, UDGITA, PRĀṆĀYĀMA

**Dhyana / Mediation in any Meditative Posture with Shambhavi Mudra
(eyes closed and hands in Jnana / Gyana Mudra)**

05 Min.



Shantipath

02 Min.

ॐ सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु।

मा कश्चित् दुःख भाग्भवेत्॥ॐ शान्तिः शान्तिः शान्तिः॥