



# Shri Govind Guru University, Godhra

(Established Vide Gujarat Act No. 24/2015)

## श्री गोविंद गुरु युनिवर्सिटी, गोधरा

(गुजरात ऐक्ट नं. २४/२०१५ द्वारा स्थापित)

मु.: विंजोल, पो.: कंकणपुर, ता.: गोधरा, जि.: पंचमहाल-३८८७१३.



नं.: अेसज्जयु/वहीवट/२०२३/४८५

તા. ૧૨/૦૬/૨૦૨૩

પરિપત્ર-૩૦૭૨

શ્રી ગોવિંદ ગુરુ યુનિવર્સિટી સંલગ્ન તમામ સ્નાતક/અનુસ્નાતક કોલેજોના આચાર્યશ્રીઓ/ઇન્ચાર્જશ્રીઓને જણાવવાનું કે તા.૨૧/૦૬/૨૦૨૩ના રોજ આંતરરાષ્ટ્રીય યોગ દિવસની ઉજવણી કરવામાં આવે છે. જે અંતર્ગત આપની સંસ્થા કોલેજ, ભવન ખાતે તા.૧૭/૦૬/૨૦૨૩ના રોજ વિશ્વ યોગ દિવસ અંતર્ગત સૂર્ય નમસ્કારનું આયોજન કરી આઝા કામગીરીની માહિતી, અહેવાલ અને ફોટોગ્રાફ્સ આપના COGENT પોર્ટલ પર અપલોડ કરવાના રહેશે અને આપે કરેલ કામગીરી અંગેનો અહેવાલ અને ફોટોગ્રાફ્સ દિન-૭માં યુનિવર્સિટી ખાતે પણ મોકલી આપવા વિનંતી.



*Solent*  
કુલસચિવ  
શ્રી ગોવિંદ ગુરુ યુનિવર્સિટી  
વિંજોલ, ગોધરા

બિડાણ- ઉપર મુજબ.

પ્રતિ,

- શ્રી ગોવિંદ ગુરુ યુનિવર્સિટી સંલગ્ન તમામ સ્નાતક/અનુસ્નાતક કોલેજોના આચાર્યશ્રીઓ/ઇન્ચાર્જશ્રીઓ તરફ જાણ તથા જરૂરી કાર્યવાહી અર્થે.



## UDAYAM – COGENT

For

Higher and Technical Education – Government of Gujarat

## User Manual

for

**YOGA DAY (Phase-1 & 2)**

➤ For Technical Query Contact **COGENT** Help Line No **9979100152,9879804953**



# INDEX

Sr no.	Title	Page no
1	Registration & Verification	3
2	Role Assignment ( <b>University Registrar/Principal to Coordinator</b> )	4
3	Yoga Day- Coordinator	5
	3.1 Select Role	5
	3.2 Add Event	6
	3.3 My Event	8

**Note:**

- If you are from **UNIVERSITY (Registrar/Principal)**, then you can assign role to **Yoga Day Coordinator**.
- For Technical Query Contact **COGENT** Help Line No **9979100152,9879804953**



# 1. "Registration & Verification"

## Registration & Verification

**Step 1.1 :** Visit [https:// gujgov.edu.in/](https://gujgov.edu.in/)

**Step 1.2:** if you are already registered then Login with your Credentials.

**Note:** If you are new user or not registered yet, then go to **Cogent Registration Manual** (Attached herewith)

Click here for New Registration



## 2. "Role Assignment "Principal / Registrar to Coordinator"

### Role Assignment

**Step 2.1:** After successfully registration, go to "Role Assignment"

The screenshot shows the COGENT HRMS interface. On the left is a dark sidebar menu with the following items: Dashboard, My Profile, HRMS (expanded), Transfer Request Approval, Workload Calculations, Seat Intake, Transfer, Service Book Approval, Verify Faculty/Staff, Edit/Delete Staff, Role Assignment (highlighted with a red box and a callout), Add Department/Subject, Staff MIS Report, and Add Location Dept. The main content area is titled "Role Assignment" and contains a form with "Role Name\*" and "Faculty Name\*" dropdown menus, an "ASSIGN ROLE" button, and an "Export to Excel" button. Below the form is a table with columns: Sr. No., Staff Name, Designation, Email-ID, Role Name, and Action. The table contains five rows of data. Annotations include: a callout "Click here for Role Assignment" pointing to the sidebar menu item; a callout "Click here for Role Assignment" pointing to the "Role Name\*" dropdown; a callout "Select Role from here" pointing to the dropdown options; a callout "Select Faculty Name" pointing to the "Faculty Name\*" dropdown; and a callout "Here you can see list of faculties with their role" pointing to the table.

Click here for Role Assignment

Click here for Role Assignment

Select Role from here

Select Faculty Name

Here you can see list of faculties with their role

Sr. No.	Staff Name	Designation	Email-ID	Role Name	Action
1		LAB.ASSITANT			
2		ASSISTANT PROFESSOR			
3		ASSISTANT PROFESSOR			
4		ASSISTANT PROFESSOR			
5		ASSISTANT PROFESSOR			

**Step 2.2:** Select "Role Name".

**Step 2.2 :** Select "Faculty Name"

**Step 2.3:** Click on "ASSIGN ROLE" as "Yoga Day Coordinator".



## 3. “Yoga Day Coordinator”

### 3.1 Select Role

**Step 3.1:** Visit [https:// gujgov.edu.in/](https://gujgov.edu.in/)

**Step 3.2:** Login with your Credentials.

**Step 3.3:** After Successfully login, go to “Select Role”.

The screenshot shows the UDAYAM COGENT website interface. At the top left is the UDAYAM COGENT logo. At the top right is the text "Higher & Technical Education Education Department Government of Gujarat" with the Government of Gujarat emblem. Below the header is a navigation bar with "Home", "Circular", "Help", and "Contact" links. The main content area features a "Select Role" form. The form has a title "Select Role" and a subtitle "Select Your Role.". Below the subtitle is a dropdown menu with a black bar and a downward arrow. Below the dropdown is a "LOGIN" button. To the left of the button is a link "Forgot Password?" and to the right is a link "New User? Sign Up". Two red arrows point from callout boxes to the dropdown menu and the "LOGIN" button. The callout box on the left says "Click here to Login" and the callout box on the right says "Select Role as Yoga Day Coordinator".

**Step 3.4 :** Select the Role as “Yoga Day Coordinator”.

**Step 3.5 :** Click on “LOGIN”.



Click here

The screenshot shows the COGENT dashboard interface. At the top, there is a navigation bar with 'Home', 'Circular', 'Help', and 'Contact'. Below this, the user's name and role 'Principal)' are visible. The dashboard is divided into two main sections: 'Administrative' and 'Academic'. The 'Administrative' section contains a grid of icons for various modules: Grant Management, Yoga Day (highlighted with a red box), General, SSIP, FRC, Institute Management, PANCHPRAKLP, INNOVATION, Har Ghar Tiranga, and Azadi Ka Amrit Mahotsav. The 'Academic' section contains icons for UDAYAM and Knowledge Management.

Step 3.6 : Go to "YOGA DAY"

### 3.2 Add Event

Enter Schedule Events

The screenshot shows the 'Schedule Event Detail' form in the COGENT system. The form has two main sections: 'Schedule Event Detail' and 'Event Duration data'. In the 'Schedule Event Detail' section, the 'Event Head' dropdown is set to 'Yoga Day' and the 'Event Title' dropdown is set to '-Select-'. In the 'Event Duration data' section, there are fields for 'Start Date' and 'End Date', both with date pickers. Below these fields is a table with columns for 'Phase', 'Start Date', 'End Date', and 'Action'. The table is currently empty, showing 'No data available in table'. There is an 'Add +' button to the right of the table. A red box highlights the 'Add +' button.

Click here to add Events

Enter Event Duration Data

Click here to add More data



## 3.2 Add Event

**Step 3.7 :** Enter Schedule Event Details Like : **Event Head ,Event Title.**

**Step 3.8:** Enter Event Duration Data Like : **Start Date** and **End Date**

**Step 3.9 :** Enter Significance of the Event (**min 100 words**).

**Step 3.10 :** Enter Expected Participants **“Students”** and **“Staff”**(In Numeric)

**Step 3.11** Click on **“Add”**

The screenshot shows a web form for adding an event. The form includes several sections: 'Expected Participants' with input fields for 'Student' (No of Male) and 'Staff' (No of Female); 'Significance of the event' with a text area and a note '(100 Characters are required) \* (Special Characters are not allowed like [\*->/\^:;+&])'; and 'Schedule event List' with a table. A red box highlights the 'Expected Participants' section, with an annotation 'Enter Expected Participants'. A red box highlights the 'Significance of the event' text area, with an annotation 'Enter Significance of Event Details'. A red box highlights the 'ADD' button, with an annotation 'Click here to Add'. The table below has columns: Event Title, Event Duration, Expected Student Participants, Expected Staff Participants, Action, and Go For Next Phase. The table is currently empty, showing 'No data available in table'. The footer contains 'Copyright ©2020 All rights reserved | Education Department, Government of Gujarat.' and 'Version 9.3.0'.

Expected Participants

Student No of Male Staff No of Female

Significance of the event

Significance of the event \* (100 Characters are required) \* (Special Characters are not allowed like [\*->/\^:;+&])

Enter Description (maximum 500 characters)

ADD

Schedule event List

After Lock Activity you can not edit/delete Schedule event detail

After Registration Entry you can not edit/delete Schedule event detail

Event Title	Event Duration	Expected Student Participants	Expected Staff Participants	Action	Go For Next Phase
No data available in table					

Search: [ ] Previous Next

Copyright ©2020 All rights reserved | Education Department, Government of Gujarat. Version 9.3.0





### 3.3 My Event

#### Step 4.1 : Go to “List of My Event”

The screenshot shows the COGENT Event Management interface. At the top, there is a navigation bar with the COGENT logo, a menu icon, and the text 'Event Management'. On the right side of the navigation bar, there is a language dropdown set to 'Eng', a user profile icon, and the text 'Hello, Asha'. Below the navigation bar, there is a sidebar menu with a 'My Event' option highlighted. A red box highlights the 'My Event' option, and a red arrow points to it from a blue callout box that says 'Click here to See List of Events'. Below the sidebar, there is a form for adding a new event. The form has a title 'Significance of the event' and a text area for 'Enter Description (maximum 500 characters)'. Below the text area is an 'ADD' button. Below the form, there is a table titled 'Schedule event List'. The table has columns for 'Sr. No', 'Event Head', 'Event Title', 'Activity', 'Event Duration', 'Action', and 'Go For Next Phase'. The table contains three rows of data. A red box highlights the table, and a red arrow points to it from a blue callout box that says 'Here is the List of Events'. The 'Go For Next Phase' column for the third row has a green arrow icon, and a red arrow points to it from a blue callout box that says 'Click here to Go For Next Phase'. The table also has a search bar and a 'Show 10 entries' dropdown.

Click here to See List of Events

Sr. No	Event Head	Event Title	Activity	Event Duration	Action	Go For Next Phase
1			Workshop	2022-09-14 TO 2022-09-16	LOCKED	
2			Exhibition	2022-09-10 TO 2022-09-11	LOCKED	
3			Exhibition	2022-09-16 TO 2022-09-23	LOCKED	

Here is the List of Events

Click here to Go For Next Phase

# INDEX

Sr no.	Title	Page no
2	<b>Add Event</b>	11
	1.1 Registration Detail	13
	1.2 Attendance Detail	14
	1.3 Guest Details	15
	1.4 Upload Documents	17
	1.5 Award/Certificate	18
	1.6 View Preview	19



## 1. Registration & Verification

**Step 1.1** : Visit [https:// gujgov.edu.in/](https://gujgov.edu.in/)

**Step 1.2**: if you are already registered then Login with your Credentials.

**Note**: If you are new user or not registered yet, then go to **CogentRegistrationManual** (Attached herewith)



# “Add Event”

**Step 1: Go to “ Add Event”.**

COGENT

Event Mangement

My Event

Add Event

Click on Add Events

Schedule Event Detail

Event Duration data

Significance of the event

Significance of the event \*

Enter Description (maximum 500 characters)


SAVE

Sr. No	Event Head	Event Title	Activity	Sub Activity	Event Duration	Village	Action	Go For Next Phase
1					2021-10-01 TO 2021-10-08 2021-11-02 TO 2021-11-03	Akri Moti, Aamara vandh, Akri Moti	LOCKED	👁️
2					2021-10-01 TO 2021-10-05	Akri Moti, Peta Chhapra	LOCKED	👁️
3					2021-10-01 TO 2021-10-02	Aamara vandh	LOCKED	➡️
4					2021-09-30 TO 2021-10-01	Aamara vandh, Akri Moti, Tembada	LOCKED	➡️
5					2021-09-30 TO 2021-10-01	Akri Moti	LOCKED	➡️
6					2021-10-01 TO 2021-10-08	Akri Moti	🔒	--
7					2021-11-05 TO 2021-11-06	Akri Moti, Ambliyanan, Babasana	LOCKED	👁️
8					2021-11-05 TO 2021-11-05	Aamara vandh	LOCKED	➡️
9					2021-11-11 TO 2021-11-12	Ashoknagar	🔒	--

Copyright ©2020 All rights reserved | Education Department, Government Of Gujarat.

Click here to Lock Activity

*If you haven't locked any activity then click on **LOCK**  icon from “Action” column and go to the next Step.*

**Step 2 :** Click on **RightARROW**  icon from “Go For Next Phase” Column.



Copyright ©2020 All rights reserved | Education Department, Government Of Gujarat. Version 1.0.0

**Step 3** : Click on “Yes” to confirmation.



# 1. Registration Details

## Step 1.1 : Go to “Registration Details”

The screenshot displays the 'Registration Information' form in the COGENT Event Management system. The form is divided into several sections: 'Event Coordinator' and 'Event Co-coordinator' (both dropdown menus); 'Registered Students' (with 'Male' and 'Female' sub-sections, each containing a text input field); 'Registered Faculty' (with 'Male' and 'Female' sub-sections, each containing a text input field); 'Total Registered Participants' (a text input field); 'Summary of Feedback (given by Other Members)' (a text area); and 'Brochure (pdf format and < 5mb)' (a 'Choose File' button). At the bottom of the form, there are 'BACK' and 'SAVE & NEXT' buttons. A red box highlights the entire form area. A blue callout box points to the 'SAVE & NEXT' button with the text 'Click on Save & NEXT button'. Another blue callout box points to the form fields with the text 'Enter all the registration information'.

Registration information.

## Step 1.3 : Click on “SAVE & NEXT”



## 2. Attendance Details

### Step 2.1 : Go to "Attendance Details"

The screenshot shows the 'Attendance Details' page in the COGENT system. The page has a navigation bar with icons for Registration Detail, Attendance Detail (highlighted with a red box), Guest Detail, Upload Document, Award/Certificate, and View Preview. Below the navigation bar, there are input fields for 'Activity Date', 'Present Students' (Male and Female), and 'Present Faculty Members' (Male and Female). A red box highlights these input fields. Below the input fields, there is an 'ADD ATTENDANCE' button. A blue callout box points to this button with the text 'Click on Add Attendance'. Below the 'ADD ATTENDANCE' button, there is a table titled 'Attendance Data'. The table has columns for 'Sr No.', 'Activity Date', 'Student' (M, F), 'Faculty' (M, F), and 'Action'. The first row shows '1', '2021-11-05', '2', '2', '2', '2'. A blue callout box points to the 'Action' column with the text 'Click here to edit'. Below the table, there is an 'Attendance Sheet: (pdf format and < 2mb)' section with a 'Choose File' button. A blue callout box points to this button with the text 'Upload Attendance Sheet here'. At the bottom of the page, there are 'BACK' and 'SAVE & NEXT' buttons. A blue callout box points to the 'SAVE & NEXT' button with the text 'Click on SAVE & NEXT'. The footer of the page contains the text 'Copyright ©2020 All rights reserved | Education Department, Government Of Gujarat.' and 'Version 1.0.0'.

Enter all the Attendance Information

Click on Add Attendance

Click here to edit

Upload Attendance Sheet here

Click on SAVE & NEXT

### Step 2.2 : Enter Attendance Details

### Step 2.3 : Upload Attendance Sheet

### Step 2.4 : Click on "SAVE & NEXT"



### 3. Guest Details

**Step 3.1 :** Go to **“Guest Details”**(if you have Resource Person information then Select **“Yes”**, else **“No”** ) and follow below steps.

COGENT Event Management

Registration Detail Attendance Detail **Guest Detail** Upload Document Award/Certificate View Preview

Guest Detail

Resource Person Information (if any) :  Yes  No

Are You Cogent Member ?  Yes  No

Email Id : \*

Special Guest ?  Yes  No

BACK SAVE & NEXT

Click on “YES” if you have resource person information

Click on “YES” if you are a COGENT Member

Enter COGENT Email Id

**Step 3.2 :** Select **“Yes”** or **“No”**

If you are a COGENT member then Select yes and Enter COGENT Email ID, else Enter below mentioned details.

COGENT Event Management

Registration Detail Attendance Detail **Guest Detail** Upload Document Award/Certificate View Preview

Guest Detail

Resource Person Information (if any) :  Yes  No

Are You Cogent Member ?  Yes  No

Email Id : \*

Guest Name \* Contact No \* Category \* Guest Gender \*

About \*

Special Guest Information (if any)

BACK SAVE & NEXT

Enter Guest information

**Step 3.3 :** Enter **“COGENT memberInformation”**

**Step 3.4 :** If you select **“Yes”** from Special guest, then enter **“special guest information”**





COGENT Event Management

My Event  
Add Event

Registration Detail Attendance Detail **Guest Detail** Upload Document Award/Certificate View Preview

Guest Detail

Special Guest Information (if any)

Special Guest ?  Yes  No

Email Id \*

Special Guest Name \* Mobile No \* Category \* Special Guest Gender \*

Special Guest Gender:  Male  Female

About \*

BACK SAVE & NEXT

Enter Special Guest information

Click on SAVE & NEXT

**Step 2.1** : Click on “SAVE & NEXT”



## 4. Upload Documents

### Step 4.1 : Go to "Upload Document"

COGENT Event Management

Registration Detail Attendance Detail Guest Detail **Upload Document** Award/Certificate View Preview

Document Section

Feedback Testimonial 1 \* (pdf format and < 5mb) Feedback Testimonial 2 \* (pdf format and < 5mb)

Photo 1 \* (jpg/jpeg/png format and < 2mb) Photo 2 \* (jpg/jpeg/png format and < 2mb)

Photo 3 \* (jpg/jpeg/png format and < 2mb) Photo 4 \* (jpg/jpeg/png format and < 2mb)

Report of the Event \* (pdf format and < 12mb)

Document Data

Show 10 entries Search:

Sr No.	Document Name	Action
1		
2		
3		
4		
5		
6		
7		

Showing 1 to 7 of 7 entries

BACK NEXT

Previous 1 Next

Copyright ©2020 All rights reserved

Upload mentioned documents

Click on NEXT

Click to download and remove uploaded documents

**Step 4.2:** Upload all the mentioned documents.

**Step 4.3:** Click on "NEXT"



## 5. Award/Certificate

**Step 5.1 :** Select Rank of Student and Award/Certificate and Student Name

**Step 5.2 :** Click on “Add”

COGENT Event Mangement Eng Hello,Bhavdip

My Event Add Event

Registration Detail Attendance Detail Guest Detail Upload Document Award/Certificate View Preview

Award/Certificate

Award Certificate

Rank Award/Certificate Name Student Name

First Enter Award/Certificate Name Select

First Second Third

ADD

Award/Certificate Title Action

No data available in

Select Award/Certificate Rank and Name and Student information

Click on Add

COGENT Event Mangement Eng Hello,Bhavdip

My Event Add Event

Award/Certificate

Award Certificate

Rank Award/Certificate Name Student Name

Select Enter Award/Certificate Name Select

ADD

Award/Certificate

Sr. No	Award/Certificate Title	Rank	Student Name	Action
1	xf	First	SOLANKI JANVIBEN YUVRAJSINH	

BACK SAVE & NEXT

Here you can see all the details of your Student Award/Certificate



## 6. View Preview

**Step 6.1 :** Go to “View Preview”, read all the details carefully and click on “SUBMIT”

My Event  
Add Event

Event Mangement

Registration Detail Attendance Detail Guest Detail Upload Document Award/Certificate View Preview

Activity Report

Schedule Event Detail

Title	Detail
Event Head	
Event Title	
Activity	
Sub Activity	
Start Date	
End Date	
No of Days	
Villages	
Significance of the event	

Registration Detail

Title	Detail
Event Coordinator	
Event Co-coordinator	
Registered Male Students	
Registered Female Students	
Registered Male Faculty	
Registered Female Faculty	
Feedback	
BROUCHER	

Document Detail

Sr No.	Document Name	Action
1	TESTIMONIAL1	
2	IMAGE1	
3	IMAGE3	
4	REPORT PDF	
5	TESTIMONIAL2	
6	IMAGE2	
7	IMAGE4	

Award Detail

Sr. No	Award Title	Student Name
1	No title for certificate	

Submit

Here you can see all the details of your activity

Click here to save all the detail



Here, your Activity ID generate.

The screenshot shows the COGENT Event Management interface. A sidebar on the left contains 'My Event' and 'Add Event' options. The main content area displays the 'Schedule Event Detail' form with the following information:

Title	Detail
Event Head	PanchPrakaip
Event Title	કોરોના સંક્રમણ અટકવવા તથા રસીકરણ અંગે
Activity	ચર્ચા સભા
Sub Activity	null
Start Date	2021-10-01
End Date	2021-10-08
No of Days	8 (Days)
Villages	Akri Moti ( મોટી અક્રી )
Significance of the event	activityDTO.otherSubTopicactivityDTO.otherSubTopicactivityDTO.otherSubTopicactivityDTO.otherSubTopic

Below this is the 'Registration Detail' section, which includes fields for Event Coordinator, Event Co-coordinator, and counts for Registered Male/Female Students and Faculty. A modal window is overlaid on the registration details, displaying a green checkmark and the text 'Activity Submitted Successfully'. Below this text, it says 'Your activity id is COGENT/Activity' followed by a redacted ID. A red arrow points from the modal to the 'Attendance Detail' table below.

The 'Attendance Detail' table shows attendance for 8 days from 2021-10-01 to 2021-10-08. The table has columns for Student (Male/Female) and Faculty (Male/Female).

Sr No.	Activity Date	Student		Faculty	
		(M)	(F)	(M)	(F)
1	2021-10-01	1	1	11	1
2	2021-10-02				1
3	2021-10-03				2
4	2021-10-04				2
5	2021-10-05				8
6	2021-10-06				5
7	2021-10-07				8
8	2021-10-08	9	9	9	9

Below the attendance table is the 'Document' section with an 'ATTENDANCE SHEET' and a 'Download' button. Further down are sections for 'Document Detail' and 'Award Detail', both showing 'No data available in table'.





11. हस्तौत्तानासन



1/12. नमस्कारासन



2. हस्तौत्तानासन



10. पादहस्तासन



3. पादहस्तासन



9. अर्धसंचालनासन



4. अर्धसंचालनासन



8. पर्वतासन



5. सत्तुलनासन



7. भुजंगासन



6 साष्टांग नमस्कारासन

आदित्यस्य नमस्कारान् ये कुर्वन्ति दिने दिने ।  
आयुः प्रज्ञा बलं वीर्यं तेजस्तेषां च जायते ॥


"जो व्यक्ति प्रतिदिन सूर्य नमस्कार का अभ्यास करते हैं उनकी आयु, प्रज्ञा, बल, वीर्य और तेज का विकास होता है।"


सूर्य नमस्कार

# सूर्य नमस्कार

सूर्य नमस्कार शरीर और मन के समन्वय के साथ, 12 चरणों में किये जाने वाले 8 आसनों का एक संयोजन है जो ज्यादातर सुबह के समय किया जाता है, जो जीवनशक्ति में सुधार करता है और प्रतिरक्षा भी विकसित करता है।

सूर्य नमस्कार सूर्य को नमस्कार या सूर्य के प्रति कृतज्ञता अर्पित करना है क्योंकि सूर्य की प्रत्येक किरण सभी जीवित प्राणियों के लिए एक उपहार है। इसका महत्त्व न केवल खाद्य-श्रृंखला में ऊर्जा के प्राथमिक स्रोत के रूप में है, बल्कि मनुष्य के मन और शरीर को सक्रिय करने में भी है।

- |   |   |  |                                   |  |                                       |
|---|---|--|-----------------------------------|--|---------------------------------------|
|  01   | ॐ मित्राय नमः<br>Om Mitrāya Namaḥ               |  02   | ॐ रवये नमः<br>Om Ravaye Namaḥ     |  03   | ॐ सूर्याय नमः<br>Om Sūryāya Namaḥ     |
|  04 | ॐ भानवे नमः<br>Om Bhānave Namaḥ                 |  05 | ॐ खगाय नमः<br>Om Khagāya Namaḥ    |  06 | ॐ पूषणे नमः<br>Om Pūṣṇe Namaḥ         |
|  07 | ॐ हिरण्यगर्भाय नमः<br>Om Hiraṇya Garbhāya Namaḥ |  08 | ॐ मरीचये नमः<br>Om Marīcaye Namaḥ |  09 | ॐ आदित्याय नमः<br>Om Adityāya Namaḥ   |
|  10 | ॐ सवित्रे नमः<br>Om Savitre Namaḥ               |  11 | ॐ अर्काय नमः<br>Om Arkāya Namaḥ   |  12 | ॐ भास्कराय नमः<br>Om Bhāskarāya Namaḥ |

 ॐ श्रीसवितृ-सूर्यनारायणाय नमः  
Om Śri Savitru Sūrya Nārāyaṇāya Namaḥ

## अस्वीकारोक्तिः

यहां दी गई जानकारी का उद्देश्य, दुनिया भर में सूर्य नमस्कार के अभ्यास के माध्यम से स्वास्थ्य, कल्याण और जीवनशक्ति प्राप्त करने के लिए, लोगों और समुदाय के बीच सामान्य जागरूकता पैदा करना है। स्वास्थ्य संबंधी किसी गंभीर समस्या से पीड़ित होने पर व्यक्ति को सूर्य नमस्कार के अभ्यास से पहले चिकित्सकों/ योग्य योग विशेषज्ञों से परामर्श करने की सलाह दी जाती है।

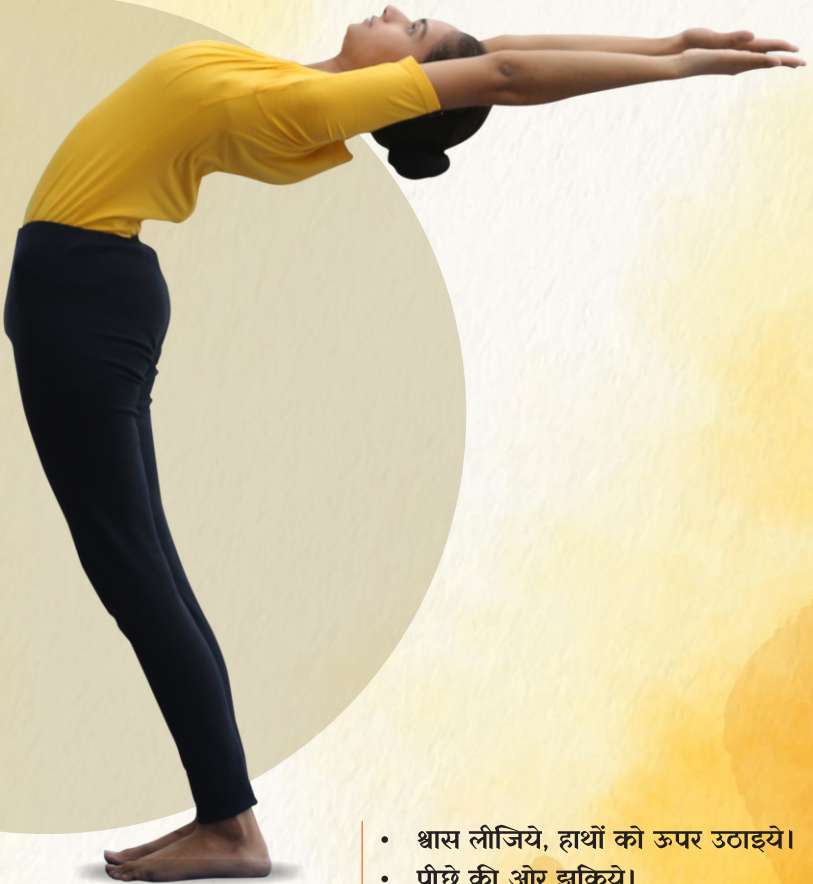
# नमस्कारासन



- समस्थिति में खड़े हो जाइये
- श्वास लीजिये, हथेलियों को आपस में नमस्कार मुद्रा में जोड़ लीजिये।
- श्वास छोड़िये और विश्राम कीजिये।



# हस्तोत्तानासन



- श्वास लीजिये, हाथों को ऊपर उठाइये।
- पीछे की ओर झुकिये।

# पादहस्तासन



- श्वास छोड़िये, आगे की ओर झुकिये और हथेलियों को पैरों के पास रखिये ।

सूर्य नमस्कार

# अश्वसंचालनासन



- श्वास लीजिये, दाहिने पैर को यथासम्भव पीछे की ओर लाइये।
- मेरुदंड को पीछे की ओर झुकाइये।
- ऊपर की ओर देखिये।

# संतुलनासन



- श्वास छोड़िये, बाएं पैर को पीछे ले जाइये और शरीर के वजन को हथेलियों और पैर की उंगलियों पर ले आइये।

सूर्य नमस्कार

# साष्टांग नमस्कारासन



- श्वास लीजिये; फिर श्वास छोड़ते हुए घुटनों, छाती और माथे को जमीन पर ले आइये।

# भुजंगासन



- श्वास लीजिये, सिर को ऊपर उठाइये
- नाभि तक पीछे की ओर झुकिये ।

# पर्वतासन



- श्वास छोड़िये, अपने नितम्बों को उठाइये और सिर को उल्टे 'V' की मुद्रा में नीचे कीजिये।

# अश्वसंचालनासन



- श्वास लीजिये, दाहिने पैर को आगे लाइये।
- मेरुदंड को पीछे की ओर झुकाइये।
- ऊपर की ओर देखिये।



# पादहस्तासन



- श्वास छोड़िये, बाएं पैर को आगे की ओर लाइये और सिर को पंङली के पास रखिये ।

# हस्तोत्तानासन



- श्वास लीजिये, अपने शरीर को ऊपर उठाइये।
- पीठ के निचले हिस्से को पीछे की ओर झुकाइये।

# नमस्कारासन



- श्वास छोड़िये, हाथों को नीचे लाइये।
- हथेलियों को नमस्कार मुद्रा में जोड़ लीजिये।



## ‘सूर्य नमस्कार जीवन शक्ति का आधार’

### लाभ-

सूर्य नमस्कार अपने आप में एक पूर्ण साधना, एक आध्यात्मिक अभ्यास है, क्योंकि इसमें आसन, प्राणायाम, मंत्र और ध्यान की तकनीकें शामिल हैं।

- सूर्य नमस्कार मस्तिष्क में शुद्ध, ऑक्सीजन युक्त रक्त लाकर, अभ्यासी को शारीरिक रूप से स्वस्थ, मानसिक रूप से सतर्क और भावनात्मक रूप से संतुलित बनाता है।
- यह शरीर की सभी प्रणालियों, मुख्य रूप से अंतःस्रावी, प्रजनन, परिसंचरण, श्वसन और पाचन तंत्र, में उत्तेजना लाता है।
- अंतःस्रावी ग्रंथियों पर सूर्य नमस्कार का जो प्रभाव पड़ता है, वह बढ़ते बच्चों में बचपन और किशोरावस्था के बीच की अवधि को संतुलित करने में मदद करता है।
- मेरुदंड और कमर को ज्यादा लचीला बनाता है, बाँहों और कमर की मांसपेशियों को मजबूत करता है।
- पाचन में सुधार करता है, पेट के आसपास की चर्बी को कम करने में मदद करता है और इस तरह वजन कम करता है।

### सावधानी:

हर्निया, रीढ़ की हड्डी में चोट, पेटिक अल्सर और मासिक धर्म की शुरुआत के दौरान सूर्य नमस्कार का अभ्यास नहीं करना चाहिए। सूर्य नमस्कार की अवधि और चक्र का निर्धारण व्यक्ति की सुविधा के अनुसार किया जाना चाहिए।

75  
आज़ादी का  
अमृत महोत्सव



आयुष मंत्रालय

भारत सरकार  
आयुष भवन, बी-ब्लॉक, जी.पी.ओ. कॉम्प्लेक्स,  
आई.एन.ए., नई दिल्ली-110023  
www.ayush.gov.in



प्रकाशित :

मोरारजी देसाई राष्ट्रीय योग संस्थान  
आयुष मंत्रालय, भारत सरकार  
68, अशोक रोड, नई दिल्ली-110001  
www.yogamdniy.nic.in