

COMMUNITY NEWS

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Yagna, I used to do exercise on treadmill. But now, 20 Surya Namaskars follow my treadmill exercise. Never in past I felt as good as I feel now. I experience renewed energy and flexibility in all of my body joints," said Anita Rathore from Medway, Massachusetts.

Joel Brown from Florida said, "I think the Surya Namaskar Yagna is a great program that allows family and friends to come together and better themselves physically, mentally and spiritually. It's a unique program because even after the event is over ... doing Surya Namaskars on a daily basis continues."

Vijay Pallod from Houston, Texas mentioned that after an accident two years ago, he was not able to do Surya Namaskar. But he tried again at the start of the yagna with his family. He continued this practice even with his

travel to India and Kuwait during this period. He and his family will be continuing to practice daily.

Perhaps the oldest participant was 70-year-old Mallikarjun Shintri, CPA and yoga instructor, who did 195 in the Houston one-day marathon. Among the youngest was four-year-old Pratham Rathi, also from Houston, who did over 200 during the period and plans to continue daily. Sharad Amin, inspired by Shintri, completed 169 in 13 cycles of 13 salutations.

Many participants said that if they did not do Surya Namaskar any day for some reason, they felt incomplete and not good that day.

Surya Namaskar Yagna national project coordinator, Dr. Siddhesh Shevade said, "Our biggest achievement for this project was to make individuals understand the easy cardio-respiratory



At Keshav Smruti, participants ranged in age from 4 to 70

training to the body that one can regularly perform in minimum time and space and with no equipment.

"Surya Namaskar Yagna, as a project, has concluded for this year, but we are sure that

many individuals who developed this habit in the past couple weeks will make this individual sun salutation offering life-long."

For more information about HSS, visit <http://www.hssus.org> and for more information about this project, including video clips, visit <http://www.hssus.org/sny>

Dravid at Nagpur Yoga camp



Indian cricket captain Rahul Dravid addresses participants in a yoga camp in Nagpur

In the day of celebrity brand ambassadors, the age-old yoga practice of *Surya Namaskar* has found one in Indian cricket captain Rahul Dravid.

Dravid inaugurated a camp for *Surya Namaskar* in Nagpur, and urged the attendees to practice the set of exercises in order to keep themselves in good health.

Rashtriya Swayamsevak Sangh weekly *Panchjanya* said camps were organised in different districts of Vidharba from January 14 to January 25, to mark the birth centenary of Guruji Golwalkar.

Nearly 12.5 million people took part in the camps, the *Panchjanya* report said. These included students and other people, ranging from age seven to 75. Mountaineer Vimal Negi and senior leaders of the Sangh also attended.

Doing Business in India

Friday, Feb 16, 8:30 a.m.

Asia Society's Annual Corporate Conference on *Doing Business in India: Opportunities and Challenges*.

Scheduled speakers are Ramesh Vangal (Katra Group), Sanjaya Sood (Schlumberger), Pankaj Dhume (BMC's Software) Bharat Desai (Syntel), Kasim Mookhtiar (Advinus Therapeutics).

Ambassador Ronen Sen, Timothy Adams, undersecretary, US Treasury Dept., are also among the panelists. Two panel discussions, starting at 9 a.m. and 10:30 a.m. Lunch at noon.

Call Asia Society at 713-439-0051 for more information.

Saadhana ~ Unmesh

Students' Recital

Saturday, March 3, 2007, 4pm

The Arya Samaj of Greater Houston
14375 Schiller Rd. Houston 77082



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Guru Pandit Suman Ghosh

&

Laya Guru **Pandit Shantilal Shah**

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Admission Free

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