Surya Namaskar Yagna

Individual / Family Weekly Tracking Sheet

(Please use one sheet for each week)

First Name _____ **Last Name** _____

Shaka/Balagokulam _____ **Town/ZIP**_____

Personal/Family Target_____ **Parent Signature**_____

SNY Week ☐ **Week1 (12th Jan –18th Jan) /** ☐ **Week 2 (19th Jan – 25th Jan) /** ☐ **Week 3 (26th& 27th Jan)**
(Tick the correct week)

Name	B/K/ M/P	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Weekly Totals
Total									

(Note B – Bala (≤13 yrs), K - Kishore (= 13 or > 13 & <17 yrs), M – Mahila, P - Purush)

No of Balas _____ **No of Kishores** _____ **No of Mahila** _____ **No of Purush** _____

Total No of Participants _____ **Total SN Count** _____

Note:

1. Please use one sheet for each week
2. Forward the weekly totals on Sundays by e-mail or hand over the hard copy to Shaka/Balagokulam coordinator

Surya Namaskar Mantra

ॐ Mitrāya Namah
ॐ Ravaye Namah
ॐ Suryāya Namah
ॐ Bhānave Namah
ॐ Khagāya Namah
ॐ Pushne Namah
ॐ Hiranyagharbhāya Namah
ॐ Marichaya Namah
ॐ Ādityāya Namah
ॐ Sāvitre Namah
ॐ Ārkāya Namah
ॐ Bhāskarāya Namah

ॐ Srisavitrusuryanārāyanāya Namah