

SURYA NAMASKAR MARATHON 2009

For the first time in Kenya, Hindu Sevika Samiti, Kenya held a Surya Namaskar marathon on the 1st Feb 2009 at Deendayal Bhavan. The marathon was in collaboration with the Surya Namaskar Yagna that was held in USA. Initially, the yagna was to be held in Kenya with the intention of creating awareness amongst the Kenyan Sevikas about Surya Namaskar and to inspire them to do it daily. It can be said that this intention was successfully met, as we have sevikas performing 13 Surya Namaskars on a daily basis.

The marathon started at 8.30 and ended at 12 noon. At first, we had Dhawaja Ropanam and Prathna, this was then followed by a demonstration, so as to teach the positions of Surya Namaskar to the Sevikas who did not know. We had a sankhya of 20 which included all age groups namely Baal, Kishori, Taruni, Yuvikas and Gruhinis.

At exactly 9, we started the marathon which was accompanied by both the audio and visual clips. All were very enthusiastic about the marathon and we were able to do a total of 2451 SN in 3 hours.

In accordance with the start of the Surya Namaskar Yagna in USA, 23 Sevikas had also been doing SN at home from 16th Jan to 31st Jan. Their total count for that was 2660.

The Swayamsevaks also organized a one hour marathon in their Sammilit Shakha on 1st Feb. In which 60 swayamsevaks actively participated and they managed to do 2255 SN.

In total we had **91** Sevikas / Swayamsevaks in the whole yagna and we managed to do **7366** Surya Namaskars. I must acknowledge the fact that our highest numbers of SN were done by Mehul Hirani who is only 6 years old. He was an inspiration to all.

The Sevikas hope to organize the event annually with the intention of getting more support and publicity from in the coming year. The marathon has been considered a great success, even though everyone involved in the marathon is sporting back aches. It was indeed an interesting experience for everyone as there was a lot to learn, since it was our first time to host such an event however it was also a great achievement for everyone involved.

