Surya Namaskar Yajna 2012

Individual / Family Weekly Tracking Sheet 2012

(Please use one sheet for each week)

First Name _____Last Name _____

Shakha/Balagokulam _____ Town/ZIP_____

Personal/Family Target_____ Parent Signature_____

SNY Week ☐ **Week1 (Jan 14th – Jan 15th) /** ☐ **Week 2 (Jan 16th – Jan 22th) /** ☐ **Week 3 (Jan 23th & Jan 29th)**
(Tick the correct week)

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

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

No of Balas ____ No of Kishores ____ No of Yuva ____
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 Bhānave Namah	ॐ Hiranyagharbhāya Namah	ॐ Sāvitre Namah
ॐ Ravaye Namah	ॐ Khagāya Namah	ॐ Marichaya Namah	ॐ Ārkāya Namah
ॐ Suryāya Namah	ॐ Pushne Namah	ॐ Ādityāya Namah	ॐ Bhāskarāya Namah

ॐ Srisavitrusuryanārāyanāya Namah