

Plano Balagokulam

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Shlok

Surya Namaskar Starting Shlok: ([audio](#))

ध्येय सदा सवितृ मण्डलमध्यवर्ति
नारायण सरसिजासनसन्निविष्ट ।
केयूरवान मकर कुण्डलवानकिरीटी
हारी हिरण्मय वपुर्धृत शंख चक्र ॥

*Dheyah Sadaa Savitru Mandala Madhyavarti
Naraayanah Sarasi jaasana sun nee vishtaha
Keyuravaan Makara Kundalavaan Kireeti
Haari Hiranmayavapur dhrita Shankha Chakraha*

Meaning:

Oh! Surya Narayana, You are the crown glory, carrying shankha chakra in your hands
You are the creator of joy and destroyer of sorrows
You cover the entire universe with the golden twilight
You are the Master, the Provider of the entire universe
Oh! Sun God make all my efforts as bright and brilliant as the sun in the solar system

Surya Namaskar Ending Shlok: ([audio](#))

आदित्यस्य नमस्कारान
ये कुर्वन्ति दिने दिने ।
आयु प्रज्ञ बलं वीर्यम्
तेजस तेषां च ज्ञायते ॥

*Aadityasya Namaskaaraan
Ye Kuruvanti Dine Dine
Ayuh Pradnya Balam Veeryam
Tejas Teshaan Cha Jaayate*

Meaning:

One who performs Surya Namaskar regularly gets long life, wisdom, strength, valor and brilliance



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