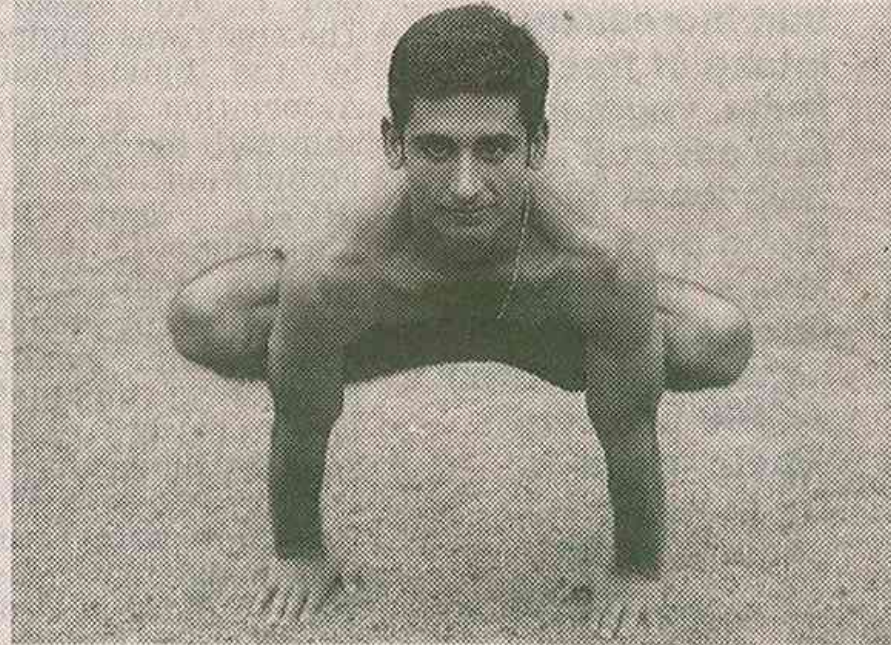


DU prof sets 'surya namaskar' record

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Delhi University's Hansraj College believes in producing not only talented students, but also teachers. While last year, a student bagged a "Guinness" world record for making the world's largest plastic cup pyramid, this year a yoga teacher has entered the Limca Book of Records by performing 535 surya namaskars in one hour without any break on May 15.

Varun Arya, who teaches the ancient yogic postures and exercises to students and teachers of the college, is himself an alumnus of Hansraj.



Varun Arya

The 30-year-old, who has been practicing since last 11 months to get into the book of records, has broken the world record of

Rajpal Singh from Haryana, who performed 496 surya namaskars in one hour, last year on the world Yoga Day. Now, Mr

Arya is the only one not only in India but also in the world to get his name inscribed in the Limca Book of Records for the aforementioned achievement. "I used to practice 100 sets daily and then increased it gradually without a miss. I also worked hard on my diet and used to drink an Ayurveda tea made of 28 herbs by my brother, who is a doctor. The tea helped me in increasing my stamina to practice," said Mr Arya. The yoga teacher dedicated his achievement to PM Modi for introducing "International Yoga Day."

Mr Arya is now eyeing for the Guinness Book of World Records.