



NAVSARI AGRICULTURAL UNIVERSITY

DIRECTORATE OF STUDENT'' WELFARE
NAVSARI AGRICULTURAL UNIVERSITY
NAVSARI-396450



Yoga for Harmony & Peace

No:NAU/DSW/Yoga/ 2833 / 2019

Date:13/06/2019

International Day of Yoga Celebration
Schedule of Events
June 21, 2019

e-Circular

Navsari Agricultural University will be celebrating 5th International Day of Yoga on June 21, 2019, with the following yogic events. The real purpose of yoga day celebration is to generate awareness about benefits of yoga among people especially youth. Students of all colleges / Polytechnics together with staff of various units/subunits of the University should participate in the same.

Events	Participation	Time	Venue
Yogic Exercises (Common Yoga Protocol)	All students and staff with their family members	7.00 to 8.00 AM	as A & B table given below
Competition of <i>SURYA NAMASKAR</i>	Students of all colleges / Polytechnics	10.00 AM to 12.00 Noon	Gymnasium
Lunch Break			
Competition of Yog Asana (Boys & Girls)	Students of all colleges / Polytechnics	3.00 to 5.00 PM	Gymnasium
Certificate and Prize Distribution	Participants and winners	5.00 to 5.15 PM	Gymnasium

A. Points for Yog Asana Practice for Navsari Campus

Place	Units to Participate	Yog Instructor
Lawn in front of N.M.College of Agriculture	NMCA, ACHF, AABMI, Forestry, Horticulture Polytechnic	Dr. Abhishek Mehta
Lawn in front of Veterinary College	Veterinary College, Fisheries College, Polytechnic in A.H.	Dr. Vipul Patel
Gymnasium	All staff of University Bhavan, Executive Engineer's Office, University Library, Extension/Research Units and DSW Office, Health Centre	Dr. Diwakar Singh

B. The similar modality should be worked out for Off-campus places.

Director

All Units/Sub-Units are instructed to Celebrate International Day of Yoga as below mentioned guidelines:

1. All University Offices should notify the same to the office staff.
2. All Students, Staff and their family members should participate in the celebration of 5th International Day of Yoga on June 21, 2019.
3. Concerned Offices to make arrangements for Photography/Videography of the celebration of International Day of Yoga venue wise.
4. Yoga coordinators are informed to send list of participants (students and staff) soon after celebration is over along with 4-5 good quality photographs via e-mail only to : dswnavsari@nau.in & diwakar@nau.in.
5. Once press note appears in the News paper the same shall also be sent via the same e-mail addresses.

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Sample Attendance sheet of Students

International Day of Yoga Celebration 2019 – Registration

Date:- 21-06-2019,

Place:-

Name of trainer/ Demonstrator:; Email:.....;

Mobile No.:.....

S.N.	Name of Student	M/F	College/Polytechnic	Mobile No.	Signature
1.					
2.					
3.					

Sample Attendance sheet of Staff

International Day of Yoga Celebration 2019 – Registration

Date:- 21-06-2019,

Place:-

Name of trainer/ Demonstrator:; Email:.....;

Mobile No.:.....

S.N.	Name of staff	M/F	College/Polytechnic/Unit	Mobile No.	Signature
1.					
2.					
3.					

International Day of Yoga – 2019

Surya Namaskar Competition - 2019

Judgment Criteria

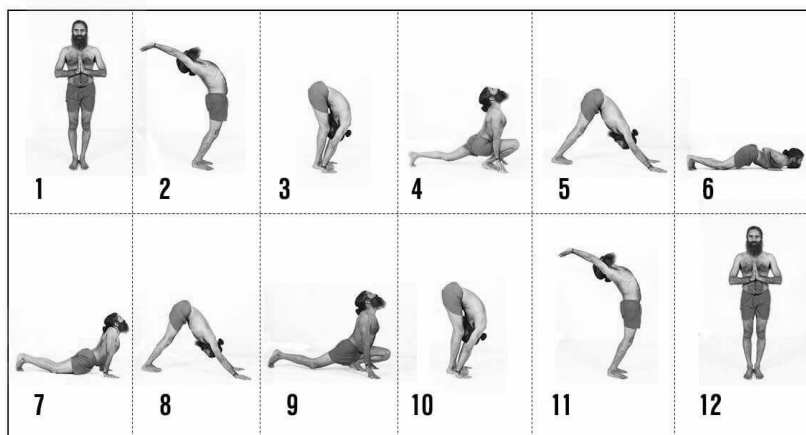
1. The efficiency of the asana in the *Surya namaskar* competition will be judged on the following basis:
 - i. Way of performance to achieve the final positions of *Surya Namaskar*.
 - ii. Correct position of *Surya Namaskar*.
2. The referees will be free to move about in order to see the different aspects of posture from different angles during the *Surya Namaskar*.
3. **Marking System** - All the referees will only count the number of *Surya Namaskar* performed by each competitor.
4. **Positions** -
 - i. In *Surya Namaskar* competition first three positions will be declared in each group (boys and girls) on the basis of correctly and perfectly performed number of times *Surya Namaskar*.
5. **Awards and participation certificates** -
 - i. First, Second and Third position holders will be awarded.
 - ii. The participation certificates will be given to all the participants who will complete 12 rounds of *Surya Namaskar* postures during the competition.

Dress: The boys and girls competitors will wear the following dresses:

Boys: Short and vest/sports shirt.

Girls: Short and sports shirts/Gymnastic costume (full length).

Postures for *Surya Namaskar*



International Day of Yoga – 2019
Navsari Agricultural University Yoga Competition - 2019

Judgment Criteria

1. The efficiency of the Yogasana in the Yogasana competition will be judged on the following criteria:
 - i. Way of performance to achieve the final position
 - ii. Correct position of Yogasana.
 - iii. Retention maintained during the final position.
 - iv. Degree of flexibility, balance and calmness maintained during the retention of final position.
 - v. Way of performance to come back from final position.

2. The referees will be free to move about in order to see the different aspects of posture from different angles during the retention period.

3. **Marking System** - All the referees will award marks to each competitor for each Yogasana separately.
 - i. In Yogasana competition each referee will award marks out of 10 marks for each asana, thus awarding marks out of 100 for 10asanas.
 - ii. The aggregate of minimum and maximum marks given by the referee to each competitor will be deleted and the mean of remaining two aggregate scores will be calculated to decide the final position.

4. **Positions** –
 - i. In Yogasana competition first three positions will be declared in each group (boys and girls) on the basis of merit of the scores secured by the competitors.



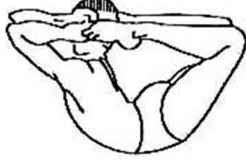




5. **Awards and participation certificates** –
 - i. First, Second and Third position holders will be awarded along with Merit Certificates.
 - ii. The participation certificates will be given to all the participants securing more than 35% marks in the competition.

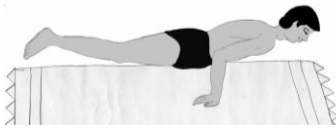





Dress: The boys and girls competitors will wear the following dresses:

Boys: Short and vest/sports shirt.

Girls: Short and sports shirts/Gymnastic costume (full length).

Syllabus for Yogasana Competition

Compulsory Yogasana for Boys and Girls			
1. Pashchimottanasana 2. Sarvangasana 3. Purnadhanurasana 4. Karnapidasana 5. Vrikshasana 6. Padhastasana 7. Ushtrasana			
	1. Pashchimottanasana	2. Sarvangasana	3. Purnadhanurasana
			
4. Karnapidasana	5. Vrikshasana	6. Padhastasana	7. Ushtrasana
Optional Yogasana - Select any three respectively			

For Boys	For Girls
1. Mayurasana 	1. Vatayanasana 
2. Padambakasana (UrdhvaKukuttasana) 	2. PurnaBhujangasana 
3. Hanumanasana 	3. PurnaMatasendrasana 

4. Titiabhasana



4. EkapadShirasana



5. PurnaChakrasana



5. ArdhaBadhPadmotanasana



6. SetubandhSarvangasana



6. VibhaktaPaschimottanasana



7. Vrischikasana



7. Natarajasana



8. PurnaShalabhasana



8. EkpadaRajkapotasana

