



Read: 1. Letter of Ministry of Youth Affairs and Sports, Govt. of India मि.स.-पी-१६/२०१९/रा.से.यो./गुज./1235 to 1318, दिनांक - ३१/०५/२०२१.

e-CIRCULAR

International Day of Yoga - 2021 Celebration

Navsari Agricultural University is celebrating International Day of Yoga (IDY) on June, 21, every year since 2015, looking to the pandemic situation of COVID-19, this year the IDY will be celebrated in our University through online mode. The real purpose of yoga day celebration is to generate awareness about benefits of yoga, among public especially young generation. Regular yoga practice develops agility and improves mental and physical health. To prepare for the day and to derive the real benefits, regular online yoga sessions are planned daily from June 9 to 20, 2021 under the expert guidance of Yoga Trainer in the morning from **6.00 AM to 7.00 AM**. Also a series of events will be organized by DSW office, NAU, Navsari to celebrate IDY – 2021.

NSS Officers, NCC Officers, Physical Instructors and Yoga Coordinators are requested to motivate the students and unit/sub-unit heads should inform staff with their family members concerned, to join actively online yoga sessions and other events of IDY-2021.

Common instructions for yogic exercises:

1. Be ready with empty and clean stomach. If feel weakness, a glass of luke warm water with a teaspoon of honey can be taken before yogic exercises.
2. Dress: Loose clothes as indicated below
 - a. For boys/men : T-shirt and half pant/lower
 - b. For girls : T-shirt and lower or *Kurta* and legging
 - c. For women : *Kurta* and *Pazama*/legging or *Salwar* and *Sameez*
3. (A) Any person with illness/disease (viz., high/low BP, cardiac problem, stomach ache, lung problem, arthritis, migrane, etc.) should consult to the yoga trainer Dr. Diwakar Singh before joining yoga session, through email: diwakar@nau.in or phone : 99792 46301, for necessary instructions.
(B) Any person having COVID-19 symptoms or COVID-19 RT-PCR/Antigen positive result or post COVID-19 complications should compulsory mention during registration and also inform to Dr. Diwakar Singh and should follow all instructions before joining yoga class.
4. Please take bath or food after 20-30 minutes of completion of yogic exercises.
5. Do not over stress for any yogic exercise.
6. Be ready and logon at least 10 minutes before scheduled time at your home in well ventilated place.

Note: 1. Any UG/PG examination shall not be scheduled on 21.06.2021.

2. Links for registration and joining different events are mentioned on subsequent pages.

Director

No. NAU/DSW/T-8/1932 /2021

Dated: 08.06.2021

Please see attachments for detail of different events

Links for registration and joining different events

Regular online Yoga class
(9th to 20th June, 2021, 6:00 – 7:00 AM Daily)

Registration link
<https://forms.gle/F9r6QehfGW75hWKVA>

Joining link
<https://eclass.nau.in/join/nP8BDh1750>

National Live Webinar on Significance of Yoga during COVID-19 Pandemic
(16th June, 2021, 10:00 AM – 12:30 PM)

Registration link
<https://forms.gle/bomHPt23vZGgSmXq9>

Joining link
Joining through Zoom: <https://us02web.zoom.us/j/83306620523?pwd=c0lCNnFlcDA3WVBhNGtldVV2eGVlQT09>
Meeting ID: : 833 0662 0523, Password: 123456
Joining through Youtube: <https://youtu.be/-uvRgYee8xs>

International Day of Yoga - 2021
(21st June, 2021, 07:00 – 08:00 AM)

Registration link
<https://forms.gle/fPWyxvuzkCxEXhDw8>

Joining link
Joining through Zoom: <https://us02web.zoom.us/j/82139354727?pwd=MXc2SnRlcFdLczhpc1VBMzBJTWhldz09>
Meeting ID: 821 3935 4727, Password: 123456
Joining through Youtube: https://youtu.be/dVI8I25A_M8

Intercollegiate Online Yogasana Competition (Only for NAU students)
(21st June, 2021, 10:00 AM – 02:00 PM)

Registration link
<https://forms.gle/hHJ26gG1fwDz2xuNA>

E-mail address to submit the video
diwakar@nau.in

Online Yoga Quiz Competition (Only for NAU students)
(21st June, 2021, 04:45 – 05:00 PM)

Registration link
<https://forms.gle/zy3HmwR41ihh3WXZA>

Joining link
<https://onlinequiz.nau.in>

Schedule of Events
International Day of Yoga Celebrations
June 21, 2021



Navsari Agricultural University will be celebrating International Day of Yoga on June 21, 2021, 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, staff of various units/subunits with their family members of the University should participate in the same. Details of different events are given here:

FIRST EVENT

Event: Regular online Yoga class

Date: 9th to 20th June, 2021

Time: 6:00 – 7:00 AM Daily

Registration link: <https://forms.gle/F9r6OehfGW75hWKVA>

Joining link: <https://eclass.nau.in/join/nP8BDh1750>

Guidelines and common instructions:

1. Come with empty and clean stomach. If feel weakness, a glass of luke warm water with a teaspoon of honey can be taken before yogic exercises.
2. Dress: Loose clothes as indicated below
 - a. For boys/men : T-shirt and half pant/lower
 - b. For girls : T-shirt and lower or *Kurta* and legging
 - c. For women : *Kurta* and *Pazama*/legging or *Salwar* and *Sameez*
3. A daree/yoga mat of 6' x 2' or 6' x 4' and napkeen should bring for yoga practice.
4. (A) Any person with illness/disease (viz., high/low BP, cardiac problem, stomach ache, lung problem, arthritis, migrane, etc.) should consult to the yoga trainer Dr. Diwakar Singh before joining yoga session, through email: diwakar@nau.in or phone : 9979246301, for necessary instructions.
(B) Any person having COVID-19 symptoms or COVID-19 RT-PCR/Antigen positive result or post COVID-19 complications should compulsory mention during registration and also inform to Dr. Diwakar Singh and should follow all instructions before joining yoga class.
5. Please take bath or food after 20-30 minutes of completion of yogic exercises.
6. Do not over stress for any yogic exercise.
7. Login at least 10 min. before scheduled time at the venue.

SECOND EVENT

Event: National Live Webinar on Significance of Yoga during COVID-19 Pandemic

Date: 16th June, 2021

Time: 10:00 AM – 12:30 PM

Registration link: <https://forms.gle/bomHPt23vZGgSmXq9>

Joining link: Zoom - <https://us02web.zoom.us/j/83306620523?pwd=c0lCNnFlcDA3WVVBhNGtldVV2eGVlQT09>

Meeting ID: **833 0662 0523**, Password: **123456**

Youtube - <https://youtu.be/-uvRgYee8xs>

Contact person for webinar related query:

Organizing Secretary

Dr. Diwakar Singh

Nodal officer – Yoga, National Yoga Referee
and Assistant Professor, Dept. of PMBB, ACHF,
Navsari Agricultural University

Navsari, Gujarat

e-mail: diwakar@nau.in +91-9979246301

THIRD MEGA EVENT

Event: International Day of Yoga - 2021

Date: 21st June, 2021

Time: 07:00 – 08:00 AM

Registration link: <https://forms.gle/fPWyxvuzkCxEXhDw8>

Joining link: Zoom - <https://us02web.zoom.us/j/82139354727?pwd=MXc2SnRlcFdLczhpc1VBMzBjTWWhIdz09>

Meeting ID: **821 3935 4727**, Password: **123456**

Youtube - https://youtu.be/dVI8I25A_M8

Guidelines and common instructions:

1. Come with empty and clean stomach. If feel weakness, a glass of luke warm water with a teaspoon of honey can be taken before yogic exercises.
2. Dress: Loose clothes as indicated below
 - a. For boys/men : T-shirt and half pant/lower
 - b. For girls : T-shirt and lower or Kurta and legging
 - c. For women : *Kurta* and *Pazama*/legging or *Salwar* and *Sameez*
3. A daree/yoga mat of 6' x 2' or 6' x 4' and napkeen should bring for yoga practice.
4. (A) Any person with illness/disease (viz., high/low BP, cardiac problem, stomach ache, lung problem, arthritis, migrane, etc.) should consult to the yoga trainer Dr. Diwakar Singh before joining yoga session, through email: diwakar@nau.in or phone : 9979246301, for necessary instructions.
(B) Any person having COVID-19 symptoms or COVID-19 RT-PCR/Antigen positive result or post COVID-19 complications should compulsory mention during registration and also inform to Dr. Diwakar Singh and should follow all instructions before joining yoga class.
5. Please take bath or food after 20-30 minutes of completion of yogic exercises.
6. Do not over stress for any yogic exercise.
7. Login at least 10 min. before scheduled time at the venue.

FOURTH EVENT

Event: Intercollegiate Online Yogasana Competition (Only for NAU students)

Date: 21st June, 2021

Time: 10:00 AM – 02:00 PM

Registration link: <https://forms.gle/hHJ26gG1fwDz2xuNA>

E-mail address to submit the video: diwakar@nau.in

Judgment Criteria: The efficiency of the Yogasana in the Yogasana competition will be judged on the following basis:

- 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.
1. The referees will see videos of yoga posture performance so record all side view of the pose during the retention period.
 2. **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.
 3. **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.
 4. **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 50% 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).

Contact person for any Yogasana competition related query:

Nodal Officer – Yoga

Dr. Diwakar Singh

Nodal officer – Yoga, National Yoga Referee

and Assistant Professor, Dept. of PMBB, ACHF,



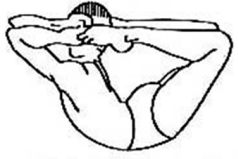




Navsari Agricultural University

Navsari, Gujarat









e-mail: diwakar@nau.in +91-9979246301









Syllabus for Online Yogasana Competition

Compulsory Yogasanas for Boys and Girls

<ol style="list-style-type: none"> 1. Pashchimottanasana 2. Sarvangasana 3. Purnadhanurasana 4. Karnapidasana 5. Vrikshasana 6. Padhastasana 7. Ushtrasana 	 <p align="center">1. Pashchimottanasana</p>	 <p align="center">2. Sarvangasana</p>	 <p align="center">3. Purnadhanurasana</p>
 <p align="center">4. Karnapidasana</p>	 <p align="center">5. Vrikshasana</p>	 <p align="center">6. Padhastasana</p>	 <p align="center">7. Ushtrasana</p>

Optional Yogasanas - Select any three respectively

For Boys	For Girls
<p align="center">1. Mayurasana</p> 	<p align="center">1. Vatayanasana</p> 
<p align="center">2. Padambakasana (UrdhvaKukuttasana)</p> 	<p align="center">2. PurnaBhujangasana</p> 
<p align="center">3. Hanumanasana</p> 	<p align="center">3. PurnaMatasendrasana</p> 
<p align="center">4. Titiabhasana</p> 	<p align="center">4. EkapadShirasana</p> 
<p align="center">5. PurnaChakrasana</p>	<p align="center">5. ArdhaBadhPadmotanasana</p>

	
6. SetubandhSarvangasana	6. VibhaktaPaschimottanasana
	
7. Vrischikasana	7. Natrajasana
	
8. PurnaShalabhasana	8. EkpadRajkapaotasana
	

FIFTH EVENT

Event: Online Yoga Quiz Competition (Only for NAU students)

Date: 21st June, 2021

Time: 04:45 PM – 05:00 PM

Registration link: <https://forms.gle/zy3HmwR41ih3WXZA>

Joining link: <https://onlinequiz.nau.in>

Guidelines:

1. There will be 30 multiple choice questions based on common yoga protocol as published by Ministry of AYUSH, Government of India.
2. All questions will be compulsory and contain same marks.
3. There will be no negative marking.
4. Results will be announced based on merit.
5. Merit for polytechnic and under graduate students will be common.
6. Merit for post graduate students (M.Sc. and Ph.D.) will be common.

Contact person for any quiz competition related query:

Nodal Officer – Yoga

Dr. Diwakar Singh

Nodal officer – Yoga, National Yoga Referee
and Assistant Professor, Dept. of PMBB, ACHF, NAU
Navsari, Gujarat