

# WORKSHOP ON “YOGIC KRIYAS”

**June 12, 2022**

**Organized by  
Directorate of Students' Welfare  
Navsari Agricultural University  
Navsari – 396 450**



## **Organizing Committee**

**Organizing Secretary**  
**Dr. Diwakar Singh**  
Nodal Officer - Yoga  
and National Yoga Referee  
Assistant Professor (Biochemistry)  
Department of Basic Sciences  
ACHF, NAU, Navsari - 396 450

**Chairman**  
**Dr. R.M. Naik**  
Director  
Directorate of Students' Welfare and  
Principal & Dean, N.M. College of Agriculture  
NAU, Navsari – 396 450

## **Co- Organizing Secretaries**

**Dr. Sachin Patel**  
Assistant Professor (Entomology)  
NMCA, NAU, Navsari – 396 450

**Dr. Abhishek Mehta**  
Assistant Professor and Yoga Coordinator (Horticulture College)  
Department of Forest Product Utilization  
College of Forestry, NAU, Navsari – 396 450

**Address for correspondence:** Organizing Secretary, email: [diwakar@nau.in](mailto:diwakar@nau.in) Contact no. 9979246301

# WORKSHOP ON “YOGIC KRIYAS”

**June 12, 2022**

**Venue: Gymnasium hall, NAU, Navsari**

12 <sup>th</sup> JUNE , 2022      SUNDAY		
Practical session		
08:30-09:30	Practical demonstration of Yogasasna and practice by all participants	Dr. Diwakar Singh
09:30-10:00	Breakfast	
Inaugural Session		
10:00-10:30	Lamp lightening	
	Welcome Address	Dr. Diwakar Singh, Nodal Officer-Yoga, NAU, Navsari
	Address by Chairman	Dr. R.M. Naik, DSW , NAU and Principal & Dean, NMCA, NAU, Navsari
	Address by Chief Guest	Honourable Director of Research, NAU, Navsari
	Vote of Thanks	Dr. Sachin Patel, Asst. Prof., NMCA, NAU, Navsari
Technical and Practical session		
10:30-11:00	Effect of Yogasana on mind and body	Dr. Diwakar Singh
11:00-12:00	Satkarm Kriyas and its effect on health	Dr. Reetu Mehta
12:00-13:00	Practical demonstration of Satkarm Kriyas	Dr. Reetu Mehta/Dr. Diwakar Singh
13:00-14:00	Lunch break	
14:00-15:00	Pranayam and its effect on mental and physical health	Sri Paresh Bhatt
15:00-15:30	Practice of Pranayam	Sri Paresh Bhatt
15:30-16:00	Meditation and its effect on health	Sri Paresh Bhatt
16:00-16:10	Tea break	
16:10-16:30	Certificate distribution	





**Venue: Gymnasium hall, NAU, Navsari**

## NAME OF UNIT/COLLEGE .....

**Signature of Yoga Coordinator**