



NAVSARI AGRICULTURAL UNIVERSITY

Dr. R. M. Naik
Director

DIRECTORATE OF STUDENTS' WELFARE
NAVSARI AGRICULTURAL UNIVERSITY
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Azadi Ka
Amrit Mahotsav



No. NAU/DSW/T.5/ 2377 /2024

Date: 11/06/2024

CIRCULAR

Schedule of Events
International Day of Yoga Celebrations

Navsari Agricultural University will be celebrating International Day of Yoga with the following yogic events for the year 2024. The real purpose of the Yoga Day celebration is to generate awareness about the benefits of yoga, among people, especially youth. Students of all colleges/ Polytechnics and staff of various units/subunits of the University should participate in the same.

Sr. No.	Events	Participants	Date	Time	Venue
1.	Yoga training program	Students of the main campus and staff with their family members	18-20/06/2024 (3 days)	6.00 to 7.00 AM	Gymnasium hall
2.	Yoga asana competition	Students of all colleges / Polytechnics	19/06/2024	9.00 AM onwards	Gymnasium hall
3.	Yoga poster competition				
4.	Surya namaskar asana competition				
5.	Yoga quiz competition	All students of NAU can participate in their college/ Polytechnics.	20/06/2024		Concerned colleges/ polytechnics
6.	Yogic Exercises (Common Yoga Protocol)	All students and staff with their family members	21/06/2024	7.00 to 8.00 AM	Gymnasium hall
		Subcampus institutes/ Colleges/Polytechnics	21/06/2024		Concerned colleges/ polytechnics/ subunits/ centers

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

- All Students, Staff and family members should participate in the celebration of International Day of Yoga on June 21, 2024.
- All Offices (except main campus) should decide the place for celebration of International Day of Yoga and to put the notice regarding the same at respective notice boards.
- All Offices should make arrangements for Photography/ Videography of the celebration of International Day of Yoga.
- For yoga quiz competition, a set of question paper will be sent to the yoga coordinators. They may arrange and conduct quiz competition in their respective colleges/ polytechnics on 20/06/2024. The result should be sent to email ID aamehta@nau.in on the same day.
- Yoga coordinators are informed to send list of students who are participating in Yoga asana competition, Yoga poster competition and Surya namaskar asana competition.
- 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 to [:dswnavsari@nau.in](mailto:dswnavsari@nau.in) & aamehta@nau.in

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10th International Day of Yoga - 2024 Celebration

Navsari Agricultural University is celebrating International Day of Yoga (IDY) on June, 21, every year since 2015, 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, three (03) days Yoga training programme has been planned for Navsari campus colleges from June 18 to 20, 2024 in the morning from **6.00 AM to 7.00 AM at Gymnasium hall**. Similar Yoga training programme should be planned and executed at different out of Navsari campus colleges by Yoga coordinators and the information of same should be send to Nodal Officer – Yoga through e-mail on aamehta@nau.in

All Yoga Coordinators are requested to motivate the students and unit/sub-unit heads are requested to inform staff with their family members concerned, to join actively this three days Yoga training programme in Navsari campus.

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. Keep water bottle
3. Light and comfortable cotton clothes are preferred to facilitate easy movement of the body.
4. In case of chronic disease/ pain/ cardiac problems or other health related complications, a physician or a Yoga therapist should be consulted prior to performing Yogic practices
5. Do not over stress for any yogic exercise. Do not hold body tightly, or jerk the body at any point of time.

Note: A mattress, Yoga mat, *durrie* or folded blanket should be used for the practice.

No. NAU/DSW/T-5/*2378* /2024

Dated: 11.06.2024


Director

Navsari Agricultural University Yoga Competition - 2024

Judgment Criteria



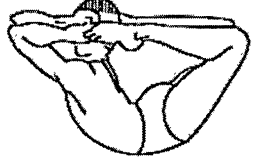




1. The efficiency of the Yogasana in the Yogasana competition will be judged on the following basis:
 - i. Way of performance to achieve the final position
 - ii. Correct position of Yogasana.
 - iii. Retention maintained during the final position.
 - iv. Degree of flexibility, balance and calmness maintained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



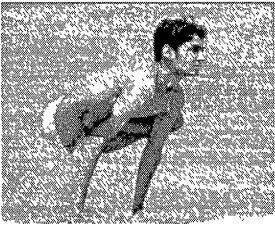
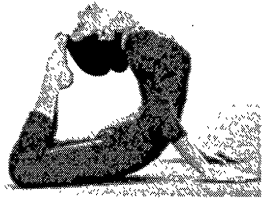
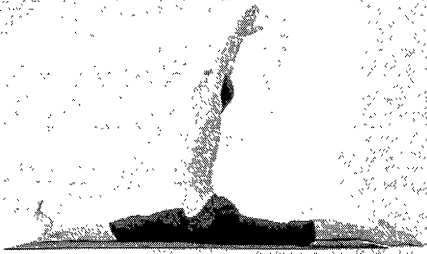

Dress: The boys and girls competitors will wear the following dresses:

Boys: Short and vest/sports shirt.

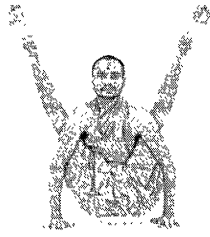
Girls: Short and sports shirts/Gymnastic costume (full length).

Syllabus for Yogasana Competition

Compulsory Yogasanas 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 Yogasanas - Select any three respectively			

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

4. Titiabhasana



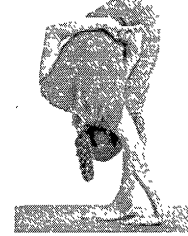
4. EkapadShirasana



5. PurnaChakrasana



5. ArdhaBadhPadmotanasana



6. SetubandhSarvangasana



6. VibhaktaPaschimottanasana



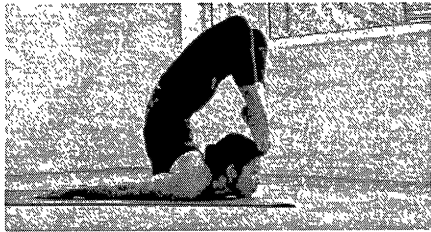
7. Vrischikasana



7. Natrajasana



8. PurnaShalabhasana



8. EkapadRajkapaotasana



Judgment Criteria

1. The efficiency of the asana in the *Surya namaskar asana* competition will be judged on the following basis:
 - i. Way of performance to achieve the final positions of *Surya namaskar asana*.
 - ii. Correct position of *Surya namaskar asana*.
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 asana*.
3. **Marking System** - All the referees will only count the number of *Surya namaskar asana* performed by each competitor.
4. **Positions** -
 - i. In *Surya namaskar asana* 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 asana*.
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 asana* 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 asana*

