

## DIRECTORATE OF STUDENTS' WELFARE &

### PROGRAMME CO-ORDINETOR (NSS)

NAVSARI AGRICULTURAL UNIVERSITY NAVSARI-396450

NAVS

Dr. R. M. Naik Director 9979888962

Web: www.nau.in Email:dswnavsari@nau.in





Read:

1. Letter of Director-External Relations to Honorable Vice Chancellors of Agricultural Universities under ICAR, India, Heartful Campus, Telangana, Dated: 14.11.2022

#### **CIRCULAR**

It is for the information of NAU students and faculties of Navsari campus only that a four days program entitled, "Heartfulness Meditation and Life – Skills Program" will be organized from 9<sup>th</sup> to 12<sup>th</sup> January, 2023 by DSW office in association with Heartful Campus, Kanha Village, Telangana – 509325. Detail of program schedule and registration form is attached herewith.

All interested students and faculties can register their names through Yoga coordinators of respective colleges up to 07.01.2023 (Saturday) forenoon. Contact detail of Yoga coordinators of Navsari campus colleges is as under:

| Sr. no. | Name              | email                | Mobile no. | College                     |
|---------|-------------------|----------------------|------------|-----------------------------|
| 1       | Dr. Diwakar Singh | diwakar@nau.in       | 9979246301 | Nodal Officer-Yoga, NAU,    |
|         |                   |                      |            | ASPEE College of            |
|         |                   |                      |            | Horticulture                |
| 2       | Dr. Sachin Patel  | sachinpatel@nau.in   | 9099479707 | N.M. College of Agril.,     |
|         |                   | 7                    |            | Navsari                     |
| 3       | Dr. Satish Kumar  | sksinha@nau.in       | 9898184255 | College of Forestry (ACHF), |
|         | Sinha             |                      |            | Navsari                     |
| 4       | Dr. Gautam Parmar | gautam.parmar@nau.in | 8000525673 | ASPEE Agri. Business        |
|         |                   |                      |            | Management                  |
| 5       | Prof. Manish P    | mpahir@nau.in        | 9879488277 | Horti. Polytechnic, Navsari |
|         | Ahir              |                      |            |                             |

No. NAU/DSW/T-5/26 /2023

Dated: 05.01.2023

Director

## Heartfulness Meditation and Life – Skills Program



9<sup>th</sup> – 12<sup>th</sup> January, 2023

Venue: Central Examination Hall, NAU, Navsari

Time: 16:00 to 17:30





## **ORGANIZED BY**

Directorate of Students' Welfare Navsari Agricultural University, Navsari – 396 450

### IN ASSOCIATION WITH

Heartful Campus, Kanha Village, Telangana – 509 325

# Heartfulness Meditation and Life - Skills Program



9<sup>th</sup> – 12<sup>th</sup> January, 2023

Venue: Central Examination Hall, NAU, Navsari Time: 16:00 to 17:30



#### **ORGANIZED BY**

Directorate of Students' Welfare Navsari Agricultural University, Navsari – 396 450

#### IN ASSOCIATION WITH

Heartful Campus, Kanha Village, Telangana – 509 325

| PROGRAM SCHEDULE                          |                         |  |  |  |  |  |  |  |  |
|---|-------------------------|--|--|--|--|--|--|--|--|
| 09.01.2023 First Day (Inaugural Function) |                         |  |  |  |  |  |  |  |  |
|   |                         |  |  |  |  |  |  |  |  |
| 16:00-16:05                               | Welcome Address         | Dr. R. <mark>M. Naik, DSW, NAU, Navsari</mark>                     |  |  |  |  |  |  |  |
| 16:05-16:10                               | Floral Welcome          |  |  |  |  |  |  |  |  |
| 16:10-16:15                               | Introduction of Program | Resource person from Heartful Campus                               |  |  |  |  |  |  |  |
| 16:15-16:20                               | Presidential Address    | Dr. Z.P. Patel, Hon'ble Vice Chancellor, NAU, Navsari              |  |  |  |  |  |  |  |
| 16:20-16:25                               | Vote of Thanks          | Dr. Diwakar Si <mark>ngh, Nodal Officer-Yoga, NAU, Navsa</mark> ri |  |  |  |  |  |  |  |
| 16:25-16:30                               | Break                   |  |  |  |  |  |  |  |  |
| 16:30-17:30                               | Interactive session     | Resource per son from Heartful Campus                              |  |  |  |  |  |  |  |
| 10.01.2023 Second Day                     |                         |  |  |  |  |  |  |  |  |
| 16:00-17:30                               | Interactive session     | Resource person from Heartful Campus                               |  |  |  |  |  |  |  |
| 11.01.2023 Thi                            | rd Day                  |  |  |  |  |  |  |  |  |
| 16:00-1 <mark>7:30</mark>                 | Interactive session     | Resource person from Heartful Campus                               |  |  |  |  |  |  |  |
| 12.01.2023 Fourth Day                     |                         |  |  |  |  |  |  |  |  |
| 16:00-17:00                               | Interactive session     | Resource person from Heartful Campus                               |  |  |  |  |  |  |  |
| 17:00-17:15                               | Feedback of Attendees   | Students and Faculties   |  |  |  |  |  |  |  |
| 17:15-17:20                               | Address by Expert       | From Heartful Campus   |  |  |  |  |  |  |  |
| 17:20-17:25                               | Address by DSW          | Dr. R.M. Naik, DSW, NAU, Navsari                                   |  |  |  |  |  |  |  |
| 17:25-17:30                               | Vote of Thanks          | Dr. Diwakar Singh, Nodal Officer-Yoga, NAU, Navsari                |  |  |  |  |  |  |  |
| National Anthem                           |                         |  |  |  |  |  |  |  |  |

# Heartfulness Meditation and Life - Skills Program



9<sup>th</sup> – 12<sup>th</sup> January, 2023

Venue: Central Examination Hall, NAU, Navsari

Time: 16:00 to 17:30

#### **ORGANIZED BY**

Directorate of Students' Welfare Navsari Agricultural University, Navsari – 396 450

#### IN ASSOCIATION WITH

Heartful Campus, Kanha Village, Telangana – 509 325

#### **Registration Form**

| Ì       |         |         |        |         |             |           |
|---------|---------|---------|--------|---------|-------------|-----------|
| Sr. No. | Name of | Student | Gender | College | Contact No. | Signature |
|         |         |         | (M/F)  | (Sem.)  |             |           |
|         |         | -       |        | - 4     |             |           |
|         |         |         |        | 4       |             |           |
|         |         |         | 1      |         |             |           |
|         |         |         |        | 1       |             |           |
|         |         |         |        |         |             |           |
|         |         |         |        | ,       |             |           |
|         | 1       |         |        |         |             |           |
|         |         |         |        | Z       |             |           |
|         |         |         |        | d       |             |           |
|         |         |         |        | 9       |             |           |
|         |         |         |        |         | P           |           |
|         |         |         |        |         | 23          |           |
|         |         |         |        |         |             |           |
|         |         |         |        |         |             |           |
|         |         |         |        |         |             |           |
|         |         |         |        |         |             |           |
|         |         |         |        |         |             |           |
|         |         |         |        |         |             |           |
|         |         |         |        |         |             |           |