



Gujarat State Yogasana Championship & National Seminar on Role of Yoga in Psychological and Physical Health of Youth

3rd September, 2023 (Sunday)

Venue: Central Examination Hall, NAU, Navsari

ORGANIZED BY

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

IN ASSOCIATION WITH

Yogasana and Sports Association of Navsari
&
Gujarat State Yoga Association

AFFILIATED TO

YOGA FEDERATION OF INDIA

Link for Registration

<https://forms.gle/mSsh7rNXEPPp7Sj68>

Link for Championship Syllabus

https://drive.google.com/file/d/1-fA-fxjnUISfzGLcRm6IHhgZnGlr8YtB/view?usp=drive_link



ABOUT THE EVENT:

In present scenario of different types of stress encountered by professionals and youth that deteriorate their physical and mental health and thus reduce their overall efficiency. Yoga is a gift to human kind and society from our ancient saints and Yoga gurus to maintain physical, mental and emotional health of human being under any stress situation. Now a days most of the Indian population is youth and they are encountering physical and psychological stress at different levels that hamper them to achieve their goal. Further efficient and healthy youth is the main engine for development of any society and country.

So, keeping in mind to motivate professionals and youth especially students for their overall health through regular practice of Yoga, "**Gujarat State Yogasana Championship**" and **one day National level seminar on "Role of Yoga in Psychological and Physical Health of Youth"** is organized by Directorate of Students' Welfare, Navsari Agricultural University (NAU), Navsari in the association with Gujarat State Yoga Association (GSYA) and Yogasana and Sports Association of Navsari (YSAN) on 3rd September, 2023 (Sunday).

REGISTRATION:

Registration should be compulsory done online through the below link or QR code. During registration the registration fees may be submitted by given UPI link. The screen shot of payment can be uploaded in the registration form after payment. The registration fees for different categories are as under:

Last date for registration is 30.08.2023

Participants	Registration fees (Rs.)	Link for Registration https://forms.gle/mSh7rNXEPPp7Sj68 QR Code 
Player Registration fees (for new players) for championship	100/-	
Player entry fees for championship	100/-	
Player wild card entry fees for championship	500/-	
Faculty/Professional Registration fees for Seminar	500/-	
Students/ Adhoc technical staff Registration fees for Seminar	100/-	
Private organization Registration fees for Seminar	1000/-	

CALL FOR PAPERS: (Last date for paper submission is 28.08.2023)

The organizing committee of the seminar cordially invites papers on the topics of the thematic areas for consideration in oral presentations under respective technical sessions of the seminar. Authors are humbly instructed to critically select the theme under which they wish to present their work. The write-up based on research/review/policy paper may be submitted through e-mail on diwakar@nau.in formatted on MS Word, in 1.5 line spacing, font size 12, with 4 cm left and 2.5 cm right, top and bottom margins. The write up may be from 1-4 pages with good quality of photographs or sketch. The write-up should have the title (capital and bold font size 13) followed by the name of the author (s) and correspondence address which include an active e-mail and contact no. The write up of lecture should be in review article format of any standard journal. All accepted papers will be published in the souvenir as a book with ISBN number. All papers will be treated as a book chapter.

THEMES OF SEMINAR:

1. Yoga for psychological health
2. Yoga for physical health
3. Ways to promote Yoga among youth
4. Yoga as a sport at national and international level

Keynote Lecture/ : Eminent researchers/scholars/academicians/subject matter specialists from

Lead Lecture private organizations invited to submit write up on the themes of the Seminar. The write up of lecture should be in review article format of any standard journal. For key note lecture there will be 30 minutes presentation and for lead lecture there will be 15 minutes presentation.

Oral Paper : After the critical evaluation and availability of resources, few papers will be selected in sessions of each thematic area. The authors will be duly informed through email and they have to prepare 10 minutes presentation through Microsoft Power Point (ppt).

Gujarat State Yogasana Championship:

Yogasana players of different districts should register and make the payment by given above link and should follow the rules and regulations of the championship as prescribed by Gujarat State Yoga Association.

Syllabus of the Gujarat State Yogasana Championship may be downloaded from the following link:

Link for Syllabus

https://drive.google.com/file/d/1-fA-fxjnUISfzGLcRm6IHhgZnGlr8YtB/view?usp=drive_link



Gujarat State Yogasana Championship will be held in the following categories

Age Groups	Years	Age as on or in between
Sub Junior Group – (A)	8-10 Years	01.01.2014 to 31.12.2015
Sub Junior Group – (B)	10-12 Years	01.01.2012 to 31.12.2013
Sub Junior Group – (C)	12-14 Years	01.01.2010 to 31.12.2011
Junior Group – (A)	14-16 Years	01.01.2008 to 31.12.2009
Junior Group – (B)	16-18 Years	01.01.2006 to 31.12.2007
Senior Group – (A)	18-21 Years	01.01.2003 to 31.12.2005
Senior Group – (B)	21-25 Years	01.01.1999 to 31.12.2002
Senior Group – (C)	25-30 Years	01.01.1994 to 31.12.1998
Senior Group – (D)	30-35 Years	01.01.1989 to 31.12.1993
Senior Group – (E)	35-45 Years	01.01.1979 to 31.12.1988
Senior Group – (F)	Above 45 Years	As on or before 31.12.1978
Professional Yogasana	21-30 Years	01.01.1994 to 31.12.2002
Professional Yogasana	Above 30 Years	As on or before 31.12.1993

Dress of Participants:

Male Competitor: The male competitors will wear skin tight sports shirt and short in the Yogasana competition.

Female Competitor: The female competitors will wear skin tight sports shirt and short/gymnastics costume in Yogasana competition and attractive costume (without skirts/ frills). Competitor may also wear tight track bottom and tight sport shirt during the Gujarat State Yogasana Championship.

Dress Code for State Yoga Referees:

All the state Yoga Referees (Male/ Female) will be in the dress code i.e. Sky Blue Shirt & Black Pant with Tie of the Yoga Federation of India, during Gujarat State Yogasana Championship (Colour of shirt is available at the website of Yoga Federation of India www.yogafederationofindia.com). However, ladies Referees may wear Sky Blue Saree & Blouse, if they want.

Entry/Affiliation Fee:

Annual Affiliation Fee : Rs. 1250/- (For the session 2023-24)

Entry Fee : Rs. 100/- Per Competitor per event

Player Registration Fee : Rs. 100/- Each (for new players)

Wild Card Entry Fee : Rs. 500/- per competitor

Note: - The district Secretaries are advised to mail the Entry Proforma dully filled in Excel File (.xlsx) by 25th August, 2023 to diwakar@nau.in

Participating Districts for Gujarat State Yogasana Championship:

SURAT	NAVSARI	VALSAD	BHARUCH	VADODARA	BANASKATHA
ANAND	RAJKOT	MEHSASNA	JAMNAGAR	SURENDRANAGAR	

Schedule of Events

REGISTRATION AND BREAKFAST

07:00-07:30	Registration for Players	At Central Examination Hall
07:30-09:00	Registration for Seminar Participants	At Central Examination Hall
09:00-09:30	Breakfast	At Central Examination Hall

INAUGURAL FUNCTION

09:30-10:00	Floral welcome and Lightening of Lamp	
	Welcome Address by Organizing Secretary	Dr. Diwakar Singh
	Release of Publication	
	Address by Secretary, Gujarat State Yoga Association	Shri Paresh Bhatt
	Address by Chairman, Director of Students' Welfare, NAU, Navsari	Dr. R.M. Naik
	Address by Chief Guest	-
	Address by Guest of Honor	-
	Felicitation of the dignitaries	-
	Presidential Address by Honorable Vice Chancellor, NAU, Navsari	Dr. Z.P. Patel
	Vote of Thanks by Co-Organizing Secretary	Dr. K.P. Suthar
National Anthem		

YOGASANA DEMONSTRATION (10:00 – 10:15)

10:15-10:45	Key Note Lecture:	Dr. Vinay Kumar Bharati , Senior Yoga Therapist, Morarji Desai National Institute of Yoga, Ministry of AYUSH, Government of India, New Delhi
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Tea Break (10:45 – 11:00)

TECHNICAL SESSION AND CHAMPIONSHIP

11:00-12:00	Technical Session – I	Yoga for psychological health (In Conference Hall)
	Yogasana Championship	At Championship Spot
12:00-13:00	Technical Session – II	Yoga for physical health (In Conference Hall)
	Yogasana Championship	At Championship Spot

LUNCH BREAK (13:00 – 14:00)

14:00-15:00	Technical Session – III	Ways to promote Yoga among youth (In Conference Hall)
	Yogasana Championship	At Championship Spot
15:00-16:00	Technical Session – IV	Yoga as a sport at national and international level (In Conference Hall)
	Yogasana Championship	At Championship Spot

PLENARY SESSION & PRIZE DISTRIBUTION

16:00-16:30	Report of Event	Organizing Secretary, Dr. Diwakar Singh
16:30-16:45	Prize Distribution	-
16:45-16:55	Concluding Remarks	Co-Chairman and Secretary (GSYA), Shri Paresh Bhatt
16:55-17:00	Vote of Thanks	Convener and Joint Secretary (GSYA), Ms. Gayatri Talati
-	National Anthem	-

HOW TO REACH NAVSARI:

Navsari is well connected by roadways, railways and airways to all major cities in India. It is situated on main rail and road lines connecting Delhi and Mumbai. Navsari is only 30 km away from Surat by road and rail. University campus is just 3.0 km away from Navsari Railway Station (West) and 24X7 local transportation facilities are available at railway and roadways station. However, nearby airports are Surat (50 km), Vadodara (180 km), Mumbai (250 km) and Ahmedabad (290 km).

ACCOMMODATION:

Accommodation shall be reserved on the first-come-first-serve basis after receiving the requests. Delegates may write for university guest house bookings at an early date. Please confirm your participation and itinerary by sending e-mail to diwakar@nau.in. Charges of accommodation need to be paid by delegates. The organizers will facilitate the reservation of the accommodation as desired by delegates by booking in advance. Limited guest house facilities are available which will be reserved on request, depending upon availability.

Organizing Committee

Patron

Dr. Z.P. Patel

Honorable Vice Chancellor, NAU, Navsari

Chairman

Dr. R.M. Naik

Director Students' Welfare

Navsari Agricultural University, Navsari

Co-chairman

Shri Paresh Bhatt

Secretary

Gujarat State Yoga Association

Shri Rajendra Patel

President

Gujarat State Yoga Association

Convener

Shri Thakorbbhai Chauhan

President

Yogasana and Sports Association of Navsari

Smt. Gayatri Talati

Joint Secretary

Gujarat State Yoga Association

Organizing Secretary

Dr. Diwakar Singh

Nodal Officer – Yoga and Assistant Professor

Navsari Agricultural University, Navsari

Co-organizing Secretaries

Dr. Ankur Chaudhary

Physical Instructor

DSW Office, NAU, Navsari

Dr. Reetu Mehta

Assistant Professor

B.N. University, Udaipur, Rajasthan

Dr. K.P. Suthar

Assistant Professor

ACH, NAU, Navsari

Shri Dhananjay Tandel

Yoga Teacher

Divine School, Navsari

For More Information Contact

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Smt. Gayatri Talati

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