



REGULAR ONLINE YOGA CLASS

June 09 to 20, 2021



All students, faculties, staff members with their family members of Navsari Agricultural University are hereby informed that online yoga classes are arranged to commemorate International Day of Yoga 2021 as mentioned below:

Registration link

<https://forms.gle/F9r6QehfGW75hWKVA>

Joining link

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

Trainer

Dr. Diwakar Singh

Nodal Officer - Yoga

Directorate of Students' Welfare, NAU, Navsari
and National Yoga Referee

(diwakar@nau.in, 9979246301)

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/F9r6QehfGW75hWKVA>

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, arthiritis, 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.