



**DIRECTORATE OF STUDENTS' WELFARE
NAVSARI AGRICULTURAL UNIVERSITY
NAVSARI-396450**

YOGA

Yoga is a practice of keeping balance among body, mind and soul. It is practiced in India since several thousand years. In today's competitive and busy life style the importance of Yoga has been identified by all countries, professionals, sports persons and students for improving their concentration, endurance capacity and a peaceful mind. Looking the grandeur significance of Yoga on December 11, 2014 the 193 member United Nations General Assembly (UNGA) approved the proposal by consensus with a record 177 co-sponsoring countries a resolution to establish 21st June as "International Day of Yoga". In its resolution, the UNGA recognized that Yoga provides a holistic approach to health and well-being and wider dissemination of information about the benefits of practicing Yoga for the health of the world population. Yoga also brings harmony in all walks of life and thus, is known for disease prevention, health promotion and management of many life style related disorders.

Navsari Agricultural University is actively organizing several Yoga activities under Directorate of Students' Welfare office since 2015 for the benefit of students and staff members. For proper coordination of different Yoga activities at different campuses of this university a Nodal officer - Yoga was appointed at University level in the March, 2019. Further for smooth functioning several yoga coordinators were appointed in different colleges.



Dr. Diwakar Singh
Nodal Officer – Yoga
National Referee of Yoga Federation of India
Ex-State Champion and National winner of Yogasana Sport
Gujarat State Coach of Senior Yoga Team (2022)

YOGA COORDINATORS

Name of colleges	Coordinators
N.M. College of Agriculture, Navsari	Dr. Sachin Patel (9099479707)
ASPEE College of Horticulture & Forestry, Navsari	Dr. Abhishek Mehta (8128699081)
College of Forestry, Navsari	Dr. Satish Kumar Sinha (9898184255)
ASPEE Agribusiness Management Institute, Navsari	Dr. Gautam Parmar (8000525673)
ASPEE SHAKILAM Biotechnology Institute, Surat	Dr. Vaibhavkumar N Mehta (9426388144)
College of Agriculture, Waghai	Dr. H. P. Patel (9879291253)
College of Agriculture, Bharuch	Dr. H. S. Makwana (9427791988)
Horticulture Polytechnic, Navsari	Dr. Manish P Ahir (9879488277)
Polytechnic in Horticulture, Paria	Dr. Sandip S Masayee (8320557938)
Polytechnic in Agriculture, Vyara	Dr. Jayesh Vasave (8238243260)
College of Agricultural Engineering & Technology, Dediapada	Dr. Ashish Sonawane (8469999267)
Polytechnic in Agriculture Engineering, Dediapada	Dr. Hitesh Sanchavat (9624978485)

Yoga Activities in Navsari Agricultural University

1. Celebration of International Day of Yoga every year since 2015
2. Organizing Workshops on Yoga
3. Organizing Yoga camps
4. Organizing Inter collegiate Suryanamaskar and Yogasana competitions
5. Organizing Yoga quiz competitions at University level
6. Organizing Webinars on Yoga
7. Organizing awareness programs on Yoga
8. Encouraging students for participation at District, State, National and Inter University level Yogasana competitions

Glimpses of different Yoga activities in Navsari Agricultural University

