



**DIRECTORATE OF STUDENTS' WELFARE**  
**NAVSARI AGRICULTURAL UNIVERSITY**  
**NAVSARI - 396 450**



Read: 1. Letter of Ministry of AAYUSH, Govt. of India D.O.M.16011/42/2019-YN, Dated 8<sup>th</sup> June, 2020.  
2. VC office endorsed letter: NAU/VC Office/ICAR/289/2020, Dated 9<sup>th</sup> June, 2020.

**e-CIRCULAR**  
**(Yoga@Home)**

**International Day of Yoga Celebration**  
**June 21, 2020**

Navsari Agricultural University is celebrating International Day of Yoga (IDY) on June, 21, every year since 2015, looking to the pandemic situation of COVID-19, this year the IDY will be celebrated in our University through online mode. 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, regular online yoga sessions are planned daily from June 14 to 20, 2020 under the expert guidance of Yoga Trainers in morning from **6.15 AM to 7.00 AM**.

NSS Officers, NCC Officers and Physical Instructors are requested to motivate the students and unit/sub-unit heads should inform staff with their family members concerned, to join online yoga sessions and other events of IDY-2020.

**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. 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. Any person with illness/disease (viz., high/low BP, cardiac problem, stomach ache, lung problem, arthritis, migrane, etc.) should consult to the yoga trainer Dr. Diwakar Singh before joining yoga session, through email: diwakar@nau.in or phone : 99792 46301, for necessary instructions.
4. Please take bath or food after 20-30 minutes of completion of yogic exercises.
5. Do not over stress for any yogic exercise.
6. Be ready and logon at least 10 minutes before scheduled time at your home in well ventilated place.

**Note:** Any UG/PG examination shall not be scheduled on 21.06.2020.

**Links for joining different events:**

Register for Regular Online Yoga Class: <https://forms.gle/k5pR6VG3CVtgiesc7>

Link for Regular Online Yoga Class: <https://eclass.nau.in/join/nP8BDh1750>

Register for National live Webinar on Yoga: <https://forms.gle/JDAgmX8XP1Gxv6YS7>

Zoom link for National live Webinar on Yoga: <https://us02web.zoom.us/j/88386975802?pwd=ZEYOSjU1Oj9icTU2bzM5TGg2K0ZMOT09>

Meeting ID: 883 8697 5802, Password: 8f7F16

Youtube link for National live Webinar on Yoga: <https://youtu.be/ap2wL36mWak>

Register for Online Yoga Quiz: <https://forms.gle/7RGUDBR9DSZBqLex5>

Link for Yoga Quiz: <https://onlinequiz.nau.in>

Register for Online Yoga Competition: <https://forms.gle/b52jTkT6VBdfUtC58>

Link for Online Yoga Competition: <https://eclass.nau.in/join/nP8BDh1750>

Register for 21<sup>st</sup> June IDY-2020: <https://forms.gle/sEv4GfLFvmvKQ7Qt7>

Zoom link for 21<sup>st</sup> June IDY-2020: <https://us02web.zoom.us/j/89231218257?pwd=UUpNWUVRT0xBMnBubmdWOTg4MHdOdz09>

Meeting ID: 892 3121 8257, Password: 2q7Uuk

Youtube link for 21<sup>st</sup> June IDY-2020 celebration: <https://youtu.be/MWLMkguzv9g>

Director

No. NAU/DSW/T-8/1233/2020

Dated: 12.06.2020

**Please see attachments for detail of different events**



# ONLINE YOGA CLASSES (Yoga@Home)



**June 14 to 21, 2020**

**All students, faculties and staff members of Navsari Agricultural University are hereby informed that online yoga sessions are arranged to commemorate International Day of Yoga 2020 as mentioned below:**

## Venue

**At your home**

## Link to Join

For registration <https://forms.gle/k5pR6VG3CVtgiesc7>  
For Joining Yoga class <https://eclass.nau.in/join/nP8BDh1750>

## Time

**6:15 to 7:00 AM daily  
(7:00 to 7:45 AM on  
21<sup>st</sup> June, 2020)**

## Trainer

**Dr. Diwakar Singh**

**Nodal Officer - Yoga,  
Directorate of Students' Welfare, NAU, Navsari  
and National Yoga Referee  
([diwakar@nau.in](mailto:diwakar@nau.in), 9979246301)**



# National Live Webinar on Yoga for immunity buildup and fight against COVID-19

14<sup>th</sup> June, 2020 (10:00 AM to 12.30 PM)



## Speakers



**Dr. Ramakant Mishra**

Assistant Professor (Yoga)  
Dept. of Physical Education  
University of Rajasthan  
Jaipur, Rajasthan



**Dr. Ajay Pal**

Assistant Professor (Yoga)  
Central University of Haryana  
Mahendragarh, Haryana



**Shri Pareshbhai Bhatt**

NIS Coach (Yoga)  
International Referee (Yoga/Karate)  
Yoga Teacher's Trainer for GCERT and GSEB  
Surat, Gujarat



**Shri Chow Siddhartha**

Yoga Expert  
SVYASA Yoga University  
Bangalore, Karnataka



**Dr. Diwakar Singh**

Nodal officer – Yoga and  
Assistant Professor  
Dept. of PMBB, ACHF  
Navsari Agricultural University  
Navsari, Gujarat

## Organizing Committee

### Organizing Secretary

**Dr. Diwakar Singh**

Nodal Officer – Inter Univ. Center on Yoga Science  
And Assistant Professor (Biochemistry)  
Department of Plant Molecular Biology & Biotechnology  
ACHF, NAU, Navsari - 396 450

### Chairman

**Dr. C.V. Savalia**

Director  
Directorate of Students Welfare  
NAU, Navsari – 396 450

### Co- Organizing Secretaries

**Dr. Ankur Chaudhary**

Physical Instructor  
DSW Office, NAU, Navsari – 396 450

**Dr. Krunal Patel**

Physical Instructor  
DSW Office, NAU, Navsari – 396 450

## Links to join

### Through zoom

<https://us02web.zoom.us/j/88386975802?pwd=ZEVQSUU1Q19jTU2bMSTGK2K0ZMQT09>  
Meeting ID: 883 8697 5802  
Password: 817F16

### Through youtube

<https://youtu.be/ap2wL36mWak>

### For Registration

<https://forms.gle/JDAgmX8XP1Gxv6YS7>

### Address for correspondence:

Organizing Secretary, email:  
[diwakar@nau.in](mailto:diwakar@nau.in) Contact no. 9979246301



# National Live Webinar on Yoga for immunity buildup and fight against COVID-19

14<sup>th</sup> June, 2020 (10:00 AM to 12.30 PM)



## Program Schedule

### Inaugural Session

10:00-10:10	Welcome Address by Organizing Secretary	Dr. Diwakar Singh
	Address by Chairman	Dr. C.V. Savaliya
	Vote of Thanks	Dr. Krupal Patel

### Technical session

10:10-10:30	Shatkarm kriyas for immunity buildup and fight against COVID-19	Dr. Ramakant Mishra, Assistant Professor (Yoga), Dept. of Physical Education, University of Rajasthan, Jaipur, Rajasthan
10:30-10:35	Question and answer session	
10:35-10:55	Pranayam for immunity buildup and fight against COVID-19	Dr. Ajay Pal, Assistant Professor (Yoga), Central University of Haryana, Mahendragarh, Haryana
10:55-11:00	Question and answer session	
11:00-11:20	Yogasana for immunity buildup and fight against COVID-19	Shri Pareshbhai Bhatt, NIS Coach (Yoga), International Referee (Yoga/Karate), Yoga Teacher's Trainer for GCERT and GSEB, Surat, Gujarat
11:20-11:25	Question and answer session	
11:25-11:45	Meditation for immunity buildup and fight against COVID-19	Shri Chow Siddhartha, Yoga Expert, SVYASA Yoga University, Bangalore, Karnataka
11:45-11:50	Question and answer session	
11:50-12:10	Kayotsarg (Relaxation) for immunity buildup and fight against COVID-19	Dr. Diwakar Singh, Nodal officer – Yoga and Assistant Professor Dept. of PMBB, ACHF, Navsari Agricultural University, Navsari, Gujarat
12:10-12:15	Question and answer session	

### Plenary session

12:15-12:20	Report of Webinar	Organizing Secretary, Dr. Diwakar Singh
12:20-12:25	Concluding Remarks	Chairman, Dr. C.V. Savaliya
12:25-12:30	Vote of Thanks	Dr. Ankur Chaudhary
12:30-17:00	Feedback –Compulsory give feedback on this link <a href="https://forms.gle/Cqucka2bR1xw5Vbi8">https://forms.gle/Cqucka2bR1xw5Vbi8</a>	

**e-Circular**  
**(Yoga@Home)**

**Schedule of Events**  
**International Day of Yoga Celebrations**  
June 21, 2020



Navsari Agricultural University will be celebrating International Day of Yoga on June 21, 2020, with the following yogic events. The real purpose of yoga day celebration is to generate awareness about benefits of yoga, among people especially youth. Students of all colleges/ Polytechnics, staff of various units/subunits of the University should participate in the same.

Events	Participants	Time	Venue
Yogic Exercises (Common Yoga Protocol)	All students and staff with their family members	7.00 to 8.00 AM	At Home (Online)
Competition of Yoga asana (Boys and Girls)	Students of all colleges / Polytechnics	10.00 AM to 12.30 PM	At Home (Online)
Competition of Yoga Quiz (Boys and Girls)	Students of all colleges / Polytechnics	3.00 to 3.15 PM	At Home (Online)



# Online Yoga Quiz Competition (International Day of Yoga - 2020) 21<sup>st</sup> June, 2020



(Organized by Directorate of Students' Welfare, NAU, Navsari)

## Venue

**At your home**

## Link to Join

For registration <https://forms.gle/7RGUDBR9DSZBqLex5>  
For Online Quiz <https://onlinequiz.nau.in>

## Contact Person

## Time

**03:00 PM  
to  
03:15 PM**

**Dr. Diwakar Singh**

Nodal Officer - Yoga,  
Directorate of Students' Welfare, NAU, Navsari  
and National Yoga Referee  
([diwakar@nau.in](mailto:diwakar@nau.in), 9979246301)



**Online Inter Collegiate Yogasana Competition**  
**(International Day of Yoga - 2020)**  
**21<sup>st</sup> June, 2020**



**(Organized by Directorate of Students' Welfare, NAU, Navsari)**

**Syllabus and Guidelines for Yogasana Competition**  
**is available on [www.nau.in](http://www.nau.in) (e-circular for**  
**International Yoga Day 2020 Celebration)**

**Venue**

**At your home**

**Link to Join**

For registration <https://forms.gle/b52jTkT6VBdfUtC58>  
For Yogasana competition <https://eclass.nau.in/join/nP8BDh1750>

**Time**

**10:00 AM**  
**to**  
**12:30 PM**

**Contact Person**

**Dr. Diwakar Singh**

**Nodal Officer - Yoga,**  
**Directorate of Students' Welfare, NAU, Navsari**  
**and National Yoga Referee**  
**([diwakar@nau.in](mailto:diwakar@nau.in), 9979246301)**

**International Day of Yoga – 2020**  
**Navsari Agricultural University Yogasana Competition – 2020**

**Yoga@Home**

**Judgment Criteria**



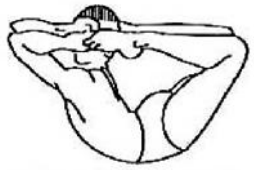



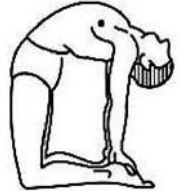
1. The efficiency of the Yogasana in the Yogasana competition will be judged on the following basis:
  - i. Way of performance to achieve the final position
  - ii. Correct position of Yogasana.
  - iii. Retention maintained during the final position.
  - iv. Degree of flexibility, balance and calmness maintained during the retention of final position.
  - v. Way of performance to come back from final position.
2. The referees will see online live performance so give side pose 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 10 asanas.
  - 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 50% 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			
	<b>1. Pashchimottanasana</b>	<b>2. Sarvangasana</b>	<b>3. Purnadhanurasana</b>
			
<b>4. Karnapidasana</b>	<b>5. Vrikshasana</b>	<b>6. Padhastasana</b>	<b>7. Ushtrasana</b>
Optional Yogasanas - Select any three respectively			

For Boys	For Girls
<b>1. Mayurasana</b> 	<b>1. Vatayanasana</b> 
<b>2. Padambakasana (Urdhva Kukuttasana)</b> 	<b>2. Purna Bhujangasana</b> 
<b>3. Hanumanasana</b> 	<b>3. Purna Matasendrasana</b> 

4. Titiabhasana



4. Ekapad Shirasana



5. Purna Chakrasana



5. Ardha Badh Padmotanasana



6. Setubandh Sarvangasana



6. Vibhakta Paschimottanasana



7. Vrischikasana



7. Natrajasana



8. Purna Shalabhasana



8. Ekpada Rajkapotasana

