



CIRCULAR

9th International Day of Yoga - 2023 Celebration

Navsari Agricultural University is celebrating International Day of Yoga (IDY) on June, 21, every year since 2015, 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, six (06) days Yoga camp has been planned for Navsari campus colleges from June 12 to 17, 2023 under the expert guidance of Yoga Trainer Dr. Diwakar Singh in the morning from **6.00 AM to 7.00 AM at Gymnasium hall**. Similar Yoga camps should be planned and executed at different out of Navsari campus colleges by Yoga coordinators and the information of same should be send to Nodal Officer – Yoga through e-mail on diwakar@nau.in.

All Yoga Coordinators are requested to motivate the students and unit/sub-unit heads are requested to inform staff with their family members concerned, to join actively this six days Yoga camp in Navsari campus.

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. (A) 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.
(B) Any person having COVID-19 symptoms or COVID-19 RT-PCR/Antigen positive result or post COVID-19 complications should compulsory inform to Dr. Diwakar Singh and should follow all instructions before joining yoga camp.
4. Please take bath or food after 20-30 minutes of completion of yogic exercises.
5. Do not over stress for any yogic exercise.

Note: Please come with your Yoga mat or thick sheet to do Yoga practice.

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Dated: 08.06.2023

Directorate of Students' Welfare
Navsari Agricultural University
Navsari-396450