



NAVSARI AGRICULTURAL UNIVERSITY

Prof. Jaimin R. Naik
Director

DIRECTORATE OF STUDENTS' WELFARE
NAVSARI AGRICULTURAL UNIVERSITY
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CIRCULAR

Schedule of Events
International Day of Yoga 2026 Celebrations

Navsari Agricultural University will be celebrating International Day of Yoga with the following yogic events for the year 2026. The real purpose of the Yoga Day celebration is to generate awareness about the benefits of yoga, among people, especially youth. Students of all colleges/ Polytechnics and staff of various units/subunits of the University should participate in the same.

Sr. No.	Events	Participants	Date	Time	Venue
1	Yoga asana competition	Students of all colleges / Polytechnics	19/06/2026	9.00 AM onwards	Central Examination Hall
2.	Surya namaskar competition	Students of all colleges / Polytechnics	19/06/2026	9.00 AM onwards	
3.	Yogic Exercises (Common Yoga Protocol)	All students and staff with their family members	21/06/2026	7.00 to 8.00 AM	Gymnasium Hall
		Sub-campus institutes/ Colleges/Polytechnics	21/06/2026		Concerned colleges / polytechnics/ subunits/ centers

All Units/Sub-Units are instructed to celebrate International Day of Yoga as below mentioned guidelines:

1. All Students, Staff and family members should participate in the celebration of International Day of Yoga on June 21, 2026.
2. All Offices (except main campus) should decide the place for celebration of International Day of Yoga and to put the notice regarding the same at respective notice boards.
3. All Offices should make arrangements for Photography / Videography of the celebration of International Day of Yoga.
4. Yoga coordinators are informed to send list of students who are participating in Yoga asana competition and Surya namaskar competition. Three Participants (Boys and Girls separately) from each college/polytechnics can participate in above competitions.
5. Yoga coordinators are informed to send list of participants (students and staff) soon after celebration is over along with 4-5 good quality photographs via e-mail to : dswnavsari@nau.in & aamehta@nau.in

No. NAU/DSW/T-5/1865/2026

Dated:12.06.2026


Director

Navsari Agricultural University Yoga Competition - 2026

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 be free to move about in order to see the different aspects of posture from different angles 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 / certificates** -
 - i. First, Second and Third position holders will be awarded along with Merit Certificates.



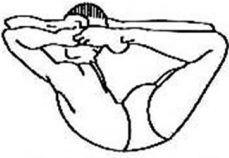




Dress: The boys and girls competitors will wear the following dresses:

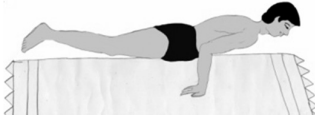





Boys: Short and vest/sports shirt.

Girls: Short and sports shirts/Gymnastic costume (full length).

Note: For any query, you may please contact Dr. Abhishek Mehta, Associate Professor, COF, NAU, Navsari on 8128699081

Syllabus for Yogasana Competition

Compulsory Yogasanas for Boys and Girls			
1. Pashchimottanasana 2. Sarvangasana 3. Purnadhanurasana 4. Karnapidasana 5. Vrikshasana 6. Padhastasana 7. Ushtrasana			
	1. Pashchimottanasana	2. Sarvangasana	3. Purnadhanurasana
			
4. Karnapidasana	5. Vrikshasana	6. Padhastasana	7. Ushtrasana

Optional Yogasanas - Select any three respectively	
For Boys	For Girls
1. Mayurasana 	1. Vatayanasana 
2. Padambakasana (UrdhvaKukuttasana) 	2. PurnaBhujangasana 
3. Hanumanasana 	3. PurnaMatasendrasana 

4. Titiabhasana



4. EkpadShirasana



5. PurnaChakrasana



5. ArdhaBadhPadmotanasana



6. SetubandhSarvangasana



6. VibhaktaPaschimottanasana



7. Vrischikasana



7. Natrajasana



8. PurnaShalabhasana



8. EkpadRajkapotasana



Navsari Agricultural University *Surya namaskarasana* Competition - 2026

Judgment Criteria

1. The efficiency of the asana in the *Surya namaskar asana* competition will be judged on the following basis:
 - i. Way of performance to achieve the final positions of *Surya namaskar asana*.
 - ii. Correct position of *Surya namaskar asana*.
2. The referees will be free to move about in order to see the different aspects of posture from different angles during the *Surya namaskar asana*.
3. **Marking System** - All the referees will only count the number of *Surya namaskar asana* performed by each competitor.
4. **Positions** -
 - i. In *Surya namaskar asana* competition first three positions will be declared in each group (boys and girls) on the basis of correctly and perfectly performed number of times *Surya namaskar asana*.
5. **Awards / certificates** -
 - i. First, Second and Third position holders will be awarded.

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).

Postures for *Surya namaskar asana*

