



ASPEE SHAKILAM BIOTECHNOLOGY INSTITUTE
NAVSARI AGRICULTURAL UNIVERSITY
GHOD DOAD ROAD, ATHWA FARM,
SURAT-395 007



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Principal and Dean

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No.NAU/ASBI/ VNM/ IYD/1127/2024

Date: 18/06/2024

Read: Circular form the office of Directorate of Students' Welfare; No. NAU/DSW/T-5/2317/2024; Date: 11/06/2024

CIRCULAR

10th International Day of Yoga-2024 Celebration

In the context to the celebration of 10th International Yoga Day-2024, all the faculties and research scientist of Surat campus and students with their families are informed to remain present at the below mentioned time and schedule to participate in the celebration of 10th IDY-2024.

Venue: ASPEE SHAKILAM Biotechnology Institute, NAU, Surat.

Time: 7:15 AM to 8:00 AM, 21.06.2024 (Practice of Common Yoga Protocol)

Common Instruction for Yogic exercise:

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 exercise.
2. Keep water bottle.
3. Dress: Loose clothes as indicated below
 - a. For boys/men: T-Shirt and half pant/lower
 - b. For girls: T-shirts and lower or *Kurta* and *Leggings*
 - c. For women: *Kurta* and *Pazama/legging* or *Salwar*
4. Any person with illness/disease (viz. high/low BP, cardiac problem, stomach ache, lung problem, arthritis, migraine. etc.) should consult physician or a Yoga therapist prior to performing Yogic Practices.
5. Please take bath or food after 20-30 minutes of completion of yogic exercise.
6. Do not over stress for any yogic exercise.
7. Please reach at venue atleast 10 minutes before schedules time.

Principal and Dean