



DIRECTORATE OF STUDENTS' WELFARE
NAVSARI AGRICULTURAL UNIVERSITY
NAVSARI-396450

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Circular

International Yoga Day Celebration – 2018

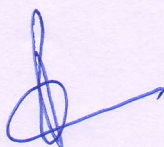
We are celebrating International Yoga Day on June 21, since 2015, this year also the day will be celebrated in the University. The real purpose of yoga day celebration is to generate awareness about benefits of yoga, among public especially young generation. To prepare for the day and to derive the real benefits, yoga sessions are planned daily from May 1, 2018, under the expert guidance of our faculties in morning from 6.30 AM to 7.00 AM, in the lawn, in front of N M College of Agriculture.

Students of all colleges, faculty members of the University including those in Research Centers could participate in yogic sessions. On similar lines Principals / Deans of Colleges / Poly technique colleges / Unit Heads, outside Navsari campus may also make similar arrangements at their respective campuses. Further, interested family members of University staff may also join yogic exercises.

Benefits for students

- Regular exercise develops agility, improves mental and physical health.
- Participation certificates to all University students who attend at least 21 day yoga sessions held in the University from May 1, 2018 onwards till the yoga day on June 21, 2018, however, attendance will be compulsory on yoga day.
- Certificate to students who complete more than 108 *surya namaskars*
- Shield-Cup will be awarded to the student who does maximum number of *surya namaskars*.
- First three performers of yogic exercises will be awarded Cups in both boys and girls categories.

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Dated : 26.04.2018


Director Student Welfare
Navsari Agriculture University
Navsari