



e - CIRCULAR

International Day of Yoga Celebration
June 21, 2019

Navsari Agricultural University is celebrating International Day of Yoga (IDY) on June, 21, since 2015, this year also IDY will be celebrated in our 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, regular yoga sessions are planned daily from June 6, 2019 under the expert guidance of our faculties in morning from **6.15AM to 7.00 AM**, in the lawn, in front of N.M. College of Agriculture building.

Students of all colleges, staff members of the University including those in research stations can participate in yogic sessions. On similar lines Deans / Principals of all Colleges including 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 and improves mental and physical health.
- ✓ Participation certificates will be provided to all University students who attend at least 10 days yoga sessions held in the University from June 6, 2019 onwards till the IDY-2019 on June 21, 2019, however, attendance will be compulsory on IDY-2019.

Common instructions for yogic exercises:

1. Come with empty and clean stomach. If weakness felt, 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 Kameez
3. *Daree* / yoga mat of 6' x 2' or 6' x 4' and handkerchief desirable while yoga practice.
4. Any pre illness/disease (high BP, low BP, cardiac problem, stomach ache, lung problem, arthritis, migrane, pregnancy, etc.) should be disclosed to the yoga trainer before yogic exercises.
5. Please take bath or light food after 20-30 minutes of yogic exercises.
6. Do not over stress for any yogic exercise.
7. Reach at least 10 minutes before scheduled time at the venue.

Note: Any UG/PG examination shall not be scheduled on 21.06.2019.