ESTD - 2001

GUJARAT TECHNOLOGICAL UNIVERSITY

(Established by Government of Gujarat under Gujarat Act No.: 20 of 2007)

ગુજરાત ટેકનોલોજીકલ યુનિવર્સિટી

(ગુજરાત સરકારના ગુજરાત અધિનિયમ ક્રમાંક : ૨૦/૨૦૦૭ દ્વારા સ્થાપિત)

Ref: GTU/UGC/Yoga_Day/2016/4060

CIRCULAR

Please find the enclosed UGC Letter D.O. No. F.1-1/2016 (Secy) regarding celebration of International Day of Yoga on 21st June, 2016 for compliance.

It is requested to ensure your personal indulgence in celebrating the Yoga Day with wide participation of faculty members, students and staff.

Further, you are requested to draw an Action Plan befitting with the guidelines of the UGC and the University.

-Sd-I/c Registrar

Date: 30-05-2016

To:

- 1. Principals/Directors of all Colleges/Institutes affiliated to GTU
- 2. GTU PG School, BISAG

Winners of: ICT Enabled University Award E-India - 2009 Manthan Award - 2009 GESIA Award - 2011
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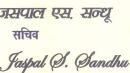
Chandkheda: Nr. Campus of Vishwakarma Government Engineering College, Sabarmati - Koba Highway, Nr. Visat Three Roads,

Chandkheda, Ahmedabad - 382 424. Gujarat, India Ph.: 079 - 232 67 500 Fax: +91 - 79 232 67 580

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Prof. Dr. Jaspal S. Sandhu MBBS, MS (Ortho), DSM, FAIS, FASM, FAFSM, FFIMS, FAMS Secretary



विश्वविद्यालय अनुदान आयोग **University Grants Commission**

(मानव संसाधन विकास मंत्रालय, भारत सरकार) (Ministry of Human Resource Development, Govt. of India)

बहादरशाह जुफ़र मार्ग, नई दिल्ली-110002 Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23239337, 23236288, Fax: 011-23238858, email: jssandhu.ugc@nic.in

D.O.No.F.1-1/2016(Secy)

9th May, 2016

Dear Sir/Madam.

This is in continuation of my earlier letter dated 17th March, 2016 regarding celebration of International Day of Yoga on 21st June. In this regard, Ministry of AYUSH has provided Common Yoga Protocol which may be followed during the Yoga Day celebrations (available on UGC website www.ugc.ac.in).

I request you to draw Action Plan for International Day of Yoga and also ensure wide participation of students and teachers of your esteemed university in the Yoga Day celebrations. You are also requested to ensure these activities in the affiliated colleges.

Keeping in view the importance of Yoga, may I request your personal indulgence in celebrating the Yoga Day in your esteemed University as well as in affiliated colleges on 21st June in a befitting manner.

With kind regards,

Yours sincerely,

(Jaspal S. Sandhu)

The Vice-Chancellors of all the Universities.

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Copy to:

The Publication Officer, Website Division, UGC (for uploading on the UGC Website)

(Jaspal S.Sandhu)

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INTERNATIONAL DAY OF YOGA

21ST JUNE, 2016

COMMON YOGA PROTOCOL

(Duration: 45 minutes)

I. Prayer in any Meditative Posture with Namaskara Mudra and ending with Yoga Mudrasana.

2 minutes

PRAYER:

OM... OM... OM... Sangachhadhwamsamvadadhwa Samvomanaansijaanataam\

Devaabhaagamyathaapoorve Samjanaanaaupaasate**U**

OM Shantih Shantih Shantih

II. Sadilaja / ChaalanKriyas/ Loosening Practices (Neck, Shoulders, Trunk & Knees movements)

6 minutes

III. Yogaasana(Yoga Postures)

18 minutes

- A. Standing Postures
- (i) Taadaasana
- (ii) Vrikshaasana
- (iii) Pada-hastaasana / Uttaanaasana
- (iv) ArdhaChakraasana
- (v) Trikonaasana
- B. Sitting Postures
- (vi) Bhadraasana/ Baddhakonaasan
- (vii) Vajrasana/Veerasana
- (viii) Ushtraasana
- (ix) Shashankaasan
- (x) Utthana Mandukasana
- (xi) Marichyaasana / Vakraasana

C. Prone Lying Postures

- (xii) Makaraasana
- (xiii) Bhujangaasana
- (xiv) Shalabhaasana
- (xv) Dhanurasana

D. Supine Lying Postures

(xviii) Ardha Halasana

PawanaMuktaasana

Kapaalabhaati(20-40 strokes each - 3 cycles) Each cycle will be followed deep breathing

2 minute

Pranayama:

6 minutes

- NadiShodhana / Anuloma Viloma Pranayama (5 rounds)
- Sheetali Pranayama (5 rounds)
- Bhraamari Pranayama (BhramariRechaka) (5 rounds)
- Dhyana/Meditation in any Meditative Posture with Shambhavi Mudra (eyes closed) and hands in Juana / Gyana Mudra

9 minutes

End the Yoga practice session with a Sankalpa

2 minutes

fallowed by Shaanti Paatha

I commit myself to always be in a balanced state of mind. It is in this state that my self-development reaches its greatest possibility. I commit to do my duty to self, family, at work, to society and to the world, for the promotion of peace, health and harmony.

> Hame hamare man ko hamesha santulit rakhana hai, Isi main hi hamara atma vikas samava hooa hai.

Shanti Path

OM

Sarve Bhavantu Sukhinah Sarve Santu Niramayah Sarve Bhadrani Pashyantu Maa Kaschit Dukha Bhagbhavet OM Shantih Shantih Shantih

Note: Classical textual references, technology to perform, benefits, salient points, Caution/precautions etc. will be provided for each practice.

> MINISTRY OF AYUSH. GOVT. OF INDIA

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¹6. Dr. Ishwar V. Basavaraddi, Director, MDNIY, New Delhi. 17. Sh. I.N.Acharya, Director (CCRYN) 18. B.K. Asha, Director, Bramha Kumaris, Delhi Zone.

Copy for Information also to:

- a. PS to MOS (IC), Ministry of AYUSH
- b. PPS to Secretary (AYUSH)
- c. PPS to JS(JS)
- d. PPS to JS(AKG)
- e. DS(RNM)

Alvinda