



# 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

Date: 30-05-2016

### CIRCULAR

Please find the enclosed UGC Letter D.O. No. F.1-1/2016 (Secy) regarding celebration of International Day of Yoga on 21<sup>st</sup> 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

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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ज्ञान-विज्ञान विमुक्तये

प्रो. (डॉ.) जसपाल एस. सन्धू

सचिव

*Prof. Dr. Jaspal S. Sandhu*

MBBS, MS (Ortho), DSM, FAIS, FASM, FAFSM, FFIMS, FAMS

Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग  
**University Grants Commission**

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

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

9<sup>th</sup> May, 2016

Dear Sir/Madam,

This is in continuation of my earlier letter dated 17<sup>th</sup> March, 2016 regarding celebration of International Day of Yoga on 21<sup>st</sup> 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](http://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 21<sup>st</sup> June** in a befitting manner.

With kind regards,

Yours sincerely,

(Jaspal S. Sandhu)

The Vice-Chancellors of all the Universities.

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

21<sup>ST</sup> 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*  
*SamvomanaansijaanataamI*
- Devaabhaagamyathaapoorve*  
*SamjanaanaaupaasateII*
- 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 / Uttanaasana  
(iv) ArdhaChakraasana  
(v) Trikonaasana
- B. Sitting Postures
- (vi) Bhadraasana/ Baddhakonaasan  
(vii) Vajrasana/Veerasana  
(viii) Ushtraasana  
(ix) Shashankaasan  
(x) Utthana Mandukasana  
(xi) Marichyaasana / Vakrasana
- C. Prone Lying Postures
- (xii) Makaraasana  
(xiii) Bhujangaasana  
(xiv) Shalabhaasana  
(xv) Dhanurasana

D. Supine Lying Postures

- (xvi) Setubandhasana
- (xvii) Utthanapaadaasana
- (xviii) Ardha Halasana
- (xix) PawanaMuktaasana
- (xx) Shavaasana

- IV. Kapaalabhaati(20-40 strokes each – 3 cycles) 2 minute  
Each cycle will be followed deep breathing
- V. Pranayama: 6 minutes
- (i) NadiShodhana / AnulomaViloma Pranayama (5 rounds )
  - (ii) Sheetal Pranayama (5 rounds )
  - (iii) Bhraamari Pranayama (BhramariRechaka) (5 rounds)
- VI. Dhyana/Meditation in any Meditative Posture with Shambhavi Mudra (eyes closed)and hands in Jnana / Gyana Mudra 9 minutes
- VII. End the Yoga practice session with a Sankalpa followed by Shaanti Paatha 2 minutes

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.

*Hare hamare man ko hamesha santulit rakhana hai,*

*Isi main hi hamara atma vikas samaya hooa hai.*

*Shanti Path*

*OM*

*Sarve Bhavantu Sukhinah*

*Sarve Santu Niramayah*

*Sarve Bhadrani Pashyantu*

*Maa Koschit 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.

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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)

*[Handwritten signature]*