



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)

No: GTU/YOGA-Celebration/2016/4525

Date: 13th June-2016

Circular

For all the Principals/Directors/Trustees/Students/Faculties of affiliated colleges

Subject: International YOGA DAY Celebration for GTU affiliated Colleges and Institution's Students and Faculties of all disciplines on 21st June 2016

Under the visionary Leadership of Hon. Prime Minister Shri Narendrabhai Modi, 21st June has been declared as INTERNATIONAL YOGA DAY. Yoga has not been limited and restricted to any community, religion, area, nation, society or any individual economy, but today the entire world has accepted and started practicing yoga. The whole credit for this completely vested to our culture roots. It has been decided and declared to celebrate at national state, district, taluka, villages as well as individual, Institutions, Universities and NGOs too. As per the circular [D.O.F.No. 1-1/2016(secy) dated 29th February 2016] issued by UGC, GTU affiliated colleges will celebrate International Yoga Day. It will be privilege for all the Gujarati's and Indians scattered in the whole world to be the part of international initiations. The international yoga day is also noticed and accepted to celebrate by the whole world.

The detail guidelines for celebrating international day of yoga in benefiting manner.

A. Training / Demonstration and Celebration of International Yoga Day

1. All GTU affiliated colleges/institutions may organize the **basic training program of YOGA** for all the students of all the disciplines from 15th to 20th June, 2016.
2. Every day, all students, academic and nonacademic staff may be trained for yoga and practice as per convenient time during these days.
3. After training affiliated colleges, institutions have to celebrate international yoga day on 21st JUNE 2016 in colleges/ institute campus.
4. Institutes are directed to submit Detail Report in enclosed format of Training of Yoga and 21st June International Yoga day Celebration.

B. Essay Competition and Award

1. All GTU affiliated colleges and Institutions has to organize essay Competition on following topic between 15th to 18th June 2016.
2. Colleges and Institutions need to submit best three essays on respective section email ids.
 - BE/ME Institute (be@gtu.edu.in)
 - Pharmacy Institute (bph@gtu.edu.in)
 - MBA Institute (mba@gtu.edu.in)
 - Diploma Institute (diploma@gtu.edu.in)
 - MCA Institute (mca@gtu.edu.in)

**Winners of : ICT Enabled University Award E-India - 2009 ❖ Manthan Award - 2009 ❖ GESIA Award - 2011
❖ Digital Learning WES - 2011 Award ❖ AIMS International Innovative University Award - 2013**

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

Ahmedabad : 2nd Floor, ACPC Building, L. D. College of Engineering Campus, Navrangpura, Ahmedabad, (Gujarat) India - 380 015.



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3. Out of all submitted essays, best five would be felicitated on International yoga Day celebration at GTU CAMPUS on 21st June 2016 by hon. Vice Chancellor.
4. Strictly follow the attached Guidelines format before submitting Essay.

C. Best Yoga Practitioner Certificate And Award For Individual Students (Male/Female) And Staff Member Of Affiliated Institute And Colleges By GTU

1. All GTU affiliated colleges and institutions need to select the Best three individual entry during the training of YOGA as mentioned in point A.
2. Institute are informed to select 2 Persons from students category (1 individual Male and 1 Female) Category and 1 from Staff Members.
3. Institutes needs to submit three selected names for certification and award from GTU before 20th June 2016 on below mentioned link and they have to remain present at 8.00am at GTU CAMPUS, CHANDKHEDA on 21st JUNE 2016.

<https://docs.google.com/a/gtu.edu.in/forms/d/1CVhurwmNrlz4gg62KN6Nesx7dyzflxHIDHK11QuNEzE/viewform>

NOTE:

- Individual Students and staff members from affiliated colleges have to register their name on above mentioned link to participate.
- The Colleges and Institutes may Record the programs and the YOGA clips into CDS for circulations in the society for creating awareness about the importance of yoga in human life.
- They may also circulated the details about their programs among media too.
- On 21st June, 2016, all GTU affiliated colleges and institutions have to celebrate the International yoga day.

For any communication regarding or query related to the international yoga day celebration, you may please contact following.

Mr. Jaimin Dave, Assistant Professor GTU on: 079 23267502, 9016680067

Mr. Darshan Patel, Assistant professor GTU on: 079-23267509, 9978983688

Mr. Vagmin Joshi, Assistant professor GTU on: 079-23267546, 7874660075

-S/D-

I/C Registrar

Enclosure:

1. UGC Letter for International Yoga day Celebration.
2. Common Yoga Protocol for International Yoga day Celebration from Ministry of AYUSH.
3. Topics of Essay Competition and Detailed Guidelines.
4. Institute/Colleges Report submission format for International Yoga day Celebration.

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ज्ञानं विद्यानं 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)

बहादुरशाह ज़फ़र मार्ग, नई दिल्ली-110002
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Ph.: 011-23239337, 23236288,

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

29th February, 2016

Dear Sir/Madam,

This is in continuation of my earlier letters of even number dated 17th April, 2015 and 14th May, 2015 regarding observance of **International Day of Yoga on 21st June** in a befitting manner. It is desired to adopt the following activities during the celebration of International Day of Yoga on 21st June, 2016:

- (i) **Yoga Practitioners may give a demonstration to the faculty and students in the morning.**
- (ii) A competition should be held amongst the students on practices of Yoga and the best participants should be duly awarded with **prizes & certificates** in the main function to be organized.
- (iii) Films on Yoga be screened and Posters be put exhibiting Yoga postures to bring awareness among the students and faculty.
- (iv) **Online Essay Competition on Yoga** be organized and the best students be awarded with prizes and certificates.
- (v) Promotional literature on Yoga and benefits of Yoga be distributed amongst the student population and faculty.

You are requested to kindly observe the International Day of Yoga on 21st June, 2016 by adopting the above mentioned activities in your esteemed University and affiliated Colleges.

With kind regards,

Yours sincerely,

(Jaspal S. Sandhu)

The Vice-Chancellor of all Universities.

Copy to :

The Publication Officer, UGC, New Delhi for uploading on UGC website.

(Jaspal S. Sandhu)

Government of India
Ministry of AYUSH

21st JUNE

INTERNATIONAL DAY OF YOGA
COMMON YOGA PROTOCOL (CYP)
Duration: Forty Five Minutes (45mts.)

- I. Prayer in any Meditative Posture with Namaskara Mudra and ending with Yoga Mudrasana. 2 minutes

PRAYER :

ॐ.... ॐ.... ॐ

Sanghachhadhwam samvadadhvam
Sam vo manaamsi jaanataam

Devaa bhaagam yathaa poorve
Samjaanaanaa upaasate

ॐ *Shantih Shantih Shantih*

- II. Sadilaja / Chaalan Kriyas/ Loosening Practices (Neck, Shoulders, Trunk& Knees movements) 6 minutes
- III. Yogaasana (Yoga Postures) 18 minutes
- A. Standing Postures
- (i) Taadaasan
 - (ii) Vrikshaasan
 - (iii) Pada-hastaasana / Uttanaasana
 - (iv) Ardha Chakraasana
 - (v) Trikonaasana
- B. Sitting Postures
- (vi) Bhadrasana/Baddha konaasan
 - (vii) Vajrasana/Veerasan
 - (viii) Ushtraasana (Ardha for bigginers)
 - (ix) Shashankaasan
 - (x) Utthana Mandukasana
 - (xi) Marichyaasana/Vakraasana
- C. Prone Lying Postures
- (xii) Makaraasana
 - (xiii) Bhujangaasana
 - (xiv) Shalabhaasana
- D. Supine Lying Postures
- (xv) Setubandhasana
 - (xvi) Utthanapaadaasana
 - (xvii) Ardha Halasana
 - (xviii) Pavana Muktaasana
 - (xix) Shavaasana

- IV. Kapaalabhaati (3 cycles of 40 strokes each)
Each cycle will be followed deep breathing 3 minute
- V. Pranayama: 6 minutes
- (i) Nadi Shodhana / Anuloma Viloma Pranayama (5 rounds)
(ii) Sheetal Pranayama (5 rounds)
(iii) Bhraamari Pranayama (Bhramari Rechaka) (5 rounds)
- VI. Dhyana/Meditation in any Meditative Posture (eyes closed)
and hands in Jnana / Gyana Mudra 8 minutes
- VII. End the Yoga Practice Session with a Sankalpa 2 minutes

*Hame apne man ko hamesha santulit rakhana hai,
Isi main hi hamara aatma vikas samaay ahai.
Main apne kartavya khud ke prati, kutumb ki prati,
kaam, samaj aur vishwa ke prati, shanti,
anand aur swasthya ke prachar keliye baddh hun*

I commit myself to always be in a balanced state of mind. It is in this state that my highest 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.

- VIII. Followed by Shaanti Paatha

Shanti Patha

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

Note:

1. Classical textual references, technology to perform, benefits, salient points, Caution/precautions etc. will be provided for each practice.
2. INSTITUTIONAL YOGA PRACTICES (IYP) (15 Minutes)

(preferably Pranayama , Dhyana , Yoga Nidra and Satsang etc.)

shall be introduced after the practice of Pranayama or Dhyana/Meditation Session but before the Sankalpa

(Dr. I.V. BASAVARADDI)
Member Secretary,
IDY-2016, Yoga Experts Committee
MINISTRY OF AYUSH,
GOVT. OF INDIA