



# Global Institute of Ayurveda

Gadhaka Patiyu, Rajkot Bhavanagar Highway, Tramba 360020

Managed by Shri P. J. Mangaroliya Charitable Trust

OWN:-GIA/PRI/2026/ 112

Date:-13-03-2026

## 100 days Yoga Practice Activity under NSS

In accordance with the guidelines for the **100-Day Yoga Programme** for the upcoming **International Yoga Day 2026**, the NSS Unit of Global Institute of Ayurveda will conduct **daily yoga awareness and practice activities starting from 14 March 2026** as part of the countdown to International Yoga Day.

All students of **BAMS Batch 2023-24** will participate in this programme. Each student will be allotted a specific day according to the schedule.

### Activity Plan

On the allotted day, the student must:

1. Practice and demonstrate **one Yoga Asana or Pranayama**.
2. **Demonstrate the yoga practice** to classmates and junior students.
3. Prepare a **Yoga Awareness Poster** in the prescribed format.
4. Take **one photograph while performing the asana/pranayama** as activity proof.
5. Submit the **photo and activity details to the NSS Coordinator** for reporting.

### Special Instruction for Sundays / Holidays / Vacation Days

If a student's allotted day falls on **Sunday, holiday, or vacation**, the student must:

- **Create a Zoom meeting for the yoga session**
- **Share the Zoom meeting link with the NSS Coordinator at 7:00 AM** on the same day
- **Yoga practice must start at 8:00 AM**
- **Demonstrate the asana or pranayama online** and submit the **screenshot/photo of the session** as proof


All students are instructed to follow the schedule sincerely and actively participate in promoting yoga awareness.

NSS coordinators:

For The Roll No. 1 to 17: Vd. Deepti Pandya

For The Roll No. 18 to 34: Vd. Aakash K.

For The Roll No. 35 To 51: Vd. Riddhi Sardhara

  
14/03/26

## Yoga Demonstration Schedule (51 Days) for 2023-24 batch

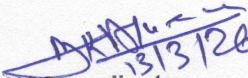
Sr.no.	Date	Day	Roll No.	Asana / Pranayama
1.	14/03/2026	Saturday	1	Tadasana
2.	15/03/2026	Sunday	2	Vrikshasana
3.	16/03/2026	Monday	3	Padahasthasana
4.	17/03/2026	Tuesday	4	Trikonasana
5.	18/03/2026	Wednesday	5	Ardha Chakrasana
6.	19/03/2026	Thursday	6	Vajrasana
7.	20/03/2026	Friday	7	Ushtrasana
8.	21/03/2026	Saturday	8	Shashankasana
9.	22/03/2026	Sunday	10	Bhujangasana
10.	23/03/2026	Monday	11	Shalabhasana
11.	24/03/2026	Tuesday	12	Dhanurasana
12.	25/03/2026	Wednesday	13	Pavanamuktasana
13.	26/03/2026	Thursday	14	Setubandhasana
14.	27/03/2026	Friday	16	Ardha Matsyendrasana
15.	28/03/2026	Saturday	17	Paschimottanasana
16.	29/03/2026	Sunday	18	Baddha Konasana
17.	30/03/2026	Monday	19	Gomukhasana
18.	31/03/2026	Tuesday	20	Marjariasana
19.	01/04/2026	Wednesday	21	Balasana
20.	02/04/2026	Thursday	22	Surya Namaskar
21.	03/04/2026	Friday	23	Kapalbhati
22.	04/04/2026	Saturday	24	Anulom Vilom
23.	05/04/2026	Sunday	25	Bhramari
24.	06/04/2026	Monday	26	Ujjayi Pranayama
25.	07/04/2026	Tuesday	28	Sheetali Pranayama
26.	08/04/2026	Wednesday	29	Sheetkari Pranayama
27.	09/04/2026	Thursday	30	Nadi Shodhana
28.	10/04/2026	Friday	31	Tadasana
29.	11/04/2026	Saturday	32	Trikonasana
30.	12/04/2026	Sunday	33	Vajrasana
31.	13/04/2026	Monday	34	Bhujangasana
32.	14/04/2026	Tuesday	36	Pavanamuktasana
33.	15/04/2026	Wednesday	37	Paschimottanasana
34.	16/04/2026	Thursday	38	Ardha Matsyendrasana
35.	17/04/2026	Friday	39	Shashankasana
36.	18/04/2026	Saturday	40	Ushtrasana
37.	19/04/2026	Sunday	41	Setubandhasana
38.	20/04/2026	Monday	45	Marjariasana
39.	21/04/2026	Tuesday	46	Balasana




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40.	22/04/2026	Wednesday	47	Surya Namaskar
41.	23/04/2026	Thursday	48	Kapalbhati
42.	24/04/2026	Friday	49	Anulom Vilom
43.	25/04/2026	Saturday	50	Bhramari
44.	26/04/2026	Sunday	51	Ujjayi
45.	27/04/2026	Monday	52	Sheetali
46.	28/04/2026	Tuesday	53	Sheetkari
47.	29/04/2026	Wednesday	54	Nadi Shodhana
48.	30/04/2026	Thursday	55	Tadasana
49.	01/05/2026	Friday	56	Vrikshasana
50.	02/05/2026	Saturday	57	Trikonasana
51.	03/05/2026	Sunday	58	Vajrasana

  
NSS coordinator  
Global Institute Of Ayurveda

N.S.S.  
Program Officer  
Global Institute of Ayurveda Rajkot

  
HOD Dep. of  
Swasthavritta

  
Principal  
Global Institute Of Ayurveda

Principal  
Global Institute of Ayurveda

