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4TH INTERNATIONAL DAY OF YOGA 2018
NATIONAL INSTITUTE OF TECHNOLOGY DURGAPUR
MAHATMA GANDHI AVENUE, DURGAPUR – 713209 (WEST BENGAL), INDIA

Sub.: 4th International Day of Yoga on 21.06.2018 at SAC

National Institute of Technology Durgapur will observe the International Day of Yoga on 21st June 2018.

All the faculties, staffs, officers, and their family members along with UG, PG and Ph.D. students of NIT Durgapur are requested to participate in this program in the Student Activity Centre (SAC) of our Institute on **21.06.2018** as per the following schedule:

| Time | Event |
|---------------------|--|
| 7.00 am – 7.30 am | Registration |
| 7.30 am – 7.35 am | Welcome and Flower bouquet to the Guests |
| 7.35 am – 7.40 am | Welcome address on the theme of International Day of Yoga by Dr. Durbadal Mandal, Nodal officer for Yoga |
| 7.40 am – 7.50 am | Address by Prof. Anupam Basu, Director, NIT Durgapur |
| 7.50 am – 8.15 am | Speech on the "Importance of Yoga for Youth" by the External Expert, Prof. Parimal Debnath, Jadavpur University, Kolkata |
| 8.15 am – 9.00 am | Mass Yoga Participation |
| 9.00 am – 9.30 am | Special Yoga Performance by NITD Faculties, Staffs, Officers, and their family members |
| 9.30 am – 9.45 am | Special Yoga Performance by UG, PG and Ph.D. students |
| 9.45 am – 10.00 am | High Tea |
| 10:00 am – 10.45 am | Yoga Competitions for all (Except Children) |
| 10.45 am – 11.15 am | Memento for participants for Yoga Competition and Exhibition |
| 11.15 am – 11.20 am | Vote of thanks by Dr. Rajib. Kar, Convener, IDY 2018 |
| | |
| 4.00 pm – 4.30 pm | Yoga Competitions for Children |
| 4.30 pm – 5.30 pm | Competition: Sit and Draw (Theme: Yoga and its usage) for NITD Family members |
| 5.30 pm – 5.40 pm | Memento for participants for Sit and Draw and Yoga competition |
| 5.40 pm – 5.45 pm | Valedictory Session |

Dr. D. Mandal, ECE Dept.,
Nodal Officer for Yoga
NIT Durgapur

Dr. R. Kar, ECE Dept.,
Convener, IDY 2018
NIT Durgapur



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List of Yoga Asanas for the competitions on IDY 2018:-

| Age Groups | Category | | |
|-------------------|---|--|---|
| | Front Bending Asanas | Back Bending Asanas | Balancing Asanas |
| Up to age 10 yrs. | Paschimottanasana, Gomukhasana, Ardha Kurmasana | Ustrasana, Matsyasana, Dhanurasana | Utkatasana, Vrikshasana, Utthita Padmasana |
| 11 yrs. - 18 yrs. | Baddha Padmasana, Padahastanasana, Halasana | Chakrasana, Ardha Chandrasana, Bhujangasana | Ardha Matsyendrasana, Kukkutasana, Akarna Dhanurasana |
| 19 yrs. - 30yrs. | Padahastanasana, Halasana, Ardha Kurmasana | Salabhasana, Bhujangasana, Ustrasana | Sarvangasana, Utkatasana, Utthita Padmasana. |
| Above 30 yrs. | Vakrasana, Gomukhasana, Bhadrasana | Supta Vajrasana, Bhujangasana, Ardha Salabhasana | Vrikshasana, Trikonasana, Tuladandasana |
| All age groups | One Optional Asana | | |

Each participant need to perform Four Asanas (One Asana from each Category and one Special Asana)

