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NATIONAL INSTITUTE OF TECHNOLOGY DURGAPUR

MAHATMA GANDHI AVENUE, DURGAPUR – 713209 (WEST BENGAL), INDIA

YOGAASANA COMPETITION

SIT & DRAW COMPETITION ON

Yoga for one earth one health

1. UPTO CLASS- V (Boys & Girls)

- A) Gomukhasana
- B) Ustrasana
- C) Vrikshasana
- D) Optional (Any one)

2. Above Class – V to Class –X (Boys & Girls)

- A) Janusirasana
- B) Chakrasana
- C) Utthito Padmasana
- D) Optional (Any one)

3. Above Class - X to UG, PG, PhD (Boys & Girls)

- A) Paschimuttanasana
- B) Supta Vajrasana
- C) Sarvangasana
- D) Optional (Any one)

4. Employees & Spouse (Men & Women)

- A) Janusirasana
- B) Dhanurasana
- C) Tuladandasana
- D) Optional (Any one)