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**8<sup>TH</sup> INTERNATIONAL DAY OF YOGA 2022**  
**NATIONAL INSTITUTE OF TECHNOLOGY DURGAPUR**  
**MAHATMA GANDHI AVENUE, DURGAPUR – 713209 (WEST BENGAL), INDIA**

**Sub.: Invitation for Inauguration program for 8<sup>th</sup> International Day of Yoga on 21.06.2022**

Dear Sir,

On behalf of the organizing committee, it is a great pleasure to inform you that the National Institute of Technology Durgapur will observe the 8<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2022.

All the faculties, staff, officers, and their family members, along with UG, PG and PhD students of the Institute, will participate in this program.

It has been decided to conduct the said Yoga program in the Oval Ground (or Student Activity Centre (SAC) of our Institute, depending on weather conditions).

Accordingly, you are kindly requested for your gracious presence at the **Inauguration Program on 21.06.2022 at 05.30 A.M.**

• **Tentative Schedule of the Events on 21<sup>st</sup> June 2022**

Time	Event
05.30 A.M to 06.00 A.M	Assembly of participants
06.00 A.M to 06.40 A.M	Welcome, Messages by Hon'ble Union Minister and other Dignitaries
<b>6:40AM-7:00AM</b>	<b>*Address by Hon'ble Prime Minister (Live streaming from Mysuru)</b>
07.00 A.M to 07.10 A.M	Address by Director, NIT Durgapur
07.10 A.M to 07.45 A.M	Mass Yoga participation by NIT Durgapur Students, faculties, Officers, Staff and their family members.
<b>07.46AM</b>	<b>National Anthem</b>
07.46 A.M to 08.15 A.M	High Tea
08.15 A.M to 10.15 A.M	Yoga Competition
10.15 A.M to 10.25 A.M	Prize distribution
10.25 A.M to 10.30 A.M	Vote of thanks by Convener, IDY Organizing Committee 2022
04.00 P.M to 05.30 P.M	Sit & Draw Competition (Theme: Yoga and its benefits) for NIT Durgapur family members
05.30 P.M to 06.00 P.M	Yoga competition for NIT Durgapur campus children (Annexure is attached)
06.00 P.M to 06.25 P.M	Prize distribution
06.25 P.M to 06.30 P.M	Valedictory Session

s/d  
Prof. R. Mahapatra,  
Chairman IDY-2022

s/d  
Dr. D. Mandal  
Nodal Officer Yoga

s/d  
Dr. R Kar  
Convener, IDY 2022



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**List of Asanas (For different groups)**

1. NIT STUDENTS (GIRLS & BOYS)
  - a. Gomukhasana
  - b. Ustrasana
  - c. Vrikshasana
  - d. One optional Asana
2. UPTO CLASS – VI
  - a. Ardha kurmasana
  - b. Chakrasana
  - c. Vrikshasana
  - d. One optional Asana
3. CLASS – VII & ABOVE
  - a. Paschimottanasana
  - b. Supta-vajrasana
  - c. Sarvangasana
  - d. One optional Asana
4. NIT STAFFS (TEACHING & NON TEACHING)
  - a. Naukasana
  - b. Bhujangasana
  - c. Vrikshasana
  - d. One optional Asana
5. NIT'S FAMILY MEMBERs (FEMALE)
  - a. Janusirsasana
  - b. Chakrasana / Ustrasana
  - c. Tuladandasana
  - d. One optional Asana

Prof. R. Mahapatra,  
Chairman IDY-2022  
IDY 2022

Dr. D. Mandal  
Nodal Officer Yoga

Dr. R Kar  
Convener,