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9th INTERNATIONAL DAY OF YOGA 2023
NATIONAL INSTITUTE OF TECHNOLOGY DURGAPUR
MAHATMA GANDHI AVENUE, DURGAPUR – 713209 (WEST BENGAL), INDIA

Sub.: Invitation for 9th International Day of Yoga on 21.06.2023

On behalf of the organizing committee, it is a great pleasure to inform you that the National Institute of Technology Durgapur will observe the 9th International Day of Yoga on 21st June 2023.

All the faculties, staff, officers, and their family members, along with UG, PG, PhD students of the Institute, and students from nearby Schools 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).

We cordially invite your gracious presence for the IDY 2023 on **21.06.2023**.

If you are interested to upload your Yoga performances use the following link:

[Yoga Day | NIT Durgapur \(nitdgp.ac.in\)](http://YogaDay|NITDurgapur(nitdgp.ac.in))

• Tentative Schedule of the Events on 21st June 2023

Time	Event	Venue
06.00 AM To 06.30 AM	Registration	SAC
06.30 AM to 06.35 AM	Welcome address on the theme of International Day of Yoga by Nodal Officer, Yoga	Basketball Court
06.35 AM to 06.40 AM	Address by Dean (Student Welfare), NIT Durgapur	Basketball Court
06.40 AM to 06.45 AM	Address by Registrar, NIT Durgapur	Basketball Court
06.45 AM to 07.00 AM	Address by Prof Asok De, Former Director NIT Durgapur, Chief guest of IDY 2023	Basketball Court
07.00 AM to 07.15 AM	Speech by Director, NIT Durgapur	Basketball Court
07.15 AM to 08.00 AM	Mass Yoga Participation by NIT Durgapur students, faculties, officer, staff and their family members and school children from nearby schools of the Institute	Basketball Court
08.00 AM to 08.30 AM	High Tea	SAC
08.30 AM to 09.00 AM	Performance by NIT Durgapur Family members on Yoga	SAC Auditorium
09.00 AM to 09.30 AM	Yoga Exhibition by External members	
09.30 AM to 10.30 AM	Yoga Competition for students from nearby Schools	SAC Auditorium
10.30 AM to 10.50 AM	Prize distribution	SAC Auditorium
10.50 AM to 11.00 AM	Vote of thanks by Convener, IDY Organizing Committee 2023	SAC Auditorium
04.00 PM to 05.00 PM	Sit & Draw Competition on Yoga for NIT Durgapur Family	SAC Auditorium
05.00 PM to 05.45 PM	Yoga Competition for NIT Durgapur Family	SAC Auditorium
05.45 PM to 06.10 PM	Tea	SAC
06.10 PM to 06.25 PM	Prize Distribution	SAC Auditorium
06.25 PM to 06.30 PM	Valedictory Session	SAC Auditorium

Prof. Rajat Mahapatra
Dean (Student Welfare)

Dr. Durbadal Mondal
Nodal Officer, Yoga

Dr. Rajib Kar
Convener, IDY 2023



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List of Yoga Asanas for the competitions on IDY 2023:-

SCHOOL CHILDREN

1. UPTO CLASS - V
 - A) Gomukhasana
 - B) Ustrasana
 - C) Vrikshasana
 - D) Optional
2. Above Class - V to Class-VIII
 - A) Ardha Kusmasana
 - B) Chakrasana
 - C) Utthito Padmasana
 - D) Optional
3. Above Class – VIII to Class – X
 - A) Paschimottanasana
 - B) Supta Vajrasana
 - C) Sarvangas
 - D) Optional
4. Above Class –X
 - A) Paschimottanasana.
 - B) Dhanusasana.
 - C) Tulaqdandasana
 - D) Optional

NIT DURGAPUR FAMILY

1. UPTO CLASS- V
 - A) Gomukhasana
 - B) Ustrasana
 - C) Vrikshasana
 - D) Optional
2. Above Class – V to Class –X
 - A) Janusirasana
 - B) Chakrasana
 - C) Utthito Padmasana
 - D) Optional
3. Above Class - X to UG, PG, PhD
 - A) Paschimuttanasana
 - B) Supta Vajrasana
 - C) Sarvangas
 - D) Optional
4. Employees & Spouse
 - A) Janusirasana
 - B) Dhanusasana
 - C) Tulaqdandasana
 - D) Optional

Prof. Rajat Mahapatra
Dean (Student Welfare)

Dr. Durbadal Mondal
Nodal Officer, Yoga

Dr. Rajib Kar
Convener, IDY 2023