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5TH INTERNATIONAL DAY OF YOGA 2019
NATIONAL INSTITUTE OF TECHNOLOGY DURGAPUR
MAHATMA GANDHI AVENUE, DURGAPUR – 713209 (WEST BENGAL), INDIA

Sub.: Invitation for Inauguration program for 5th International Day of Yoga on 21.06.2019

On behalf of the organizing committee, it is a great pleasure to inform you that National Institute of Technology Durgapur will observe the International Day of Yoga on 21st June, 2019. All the faculties, staffs, officers, and their family members along with UG, PG and PhD students of NIT Durgapur 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 condition). Accordingly, you are kindly requested for your gracious presence for the Inauguration Program on **21.06.2019 at 7.00 am**.

Time	Event
7.00 am – 7.30 am	Registration
7.30 am – 7.35 am	Welcome address on the theme of International Day of Yoga by Dr. D. Mandal, Nodal officer Yoga
7.35 am – 7.45 am	Address by Shri Soumya Sen Sharma, Registrar, NIT Durgapur
7.45 am – 8.00 am	Address by Prof. A. Basu, Director, NIT Durgapur
8.00 am – 9.00 am	Mass Yoga Participation by NITD Students, Faculties, Staffs, Officers, and their family members
9:00 am – 9.15 am	High Tea
9.15 am – 10.15 am	Yoga Competitions
10.15 am – 10.25 am	Prize distribution for participants for Yoga Competition
10.25 am – 10.30 am	Vote of thanks by Dr. R. Kar, Convener, IDY 2019
4.00 pm – 5.30 pm	Competition: Sit and Draw (Theme: Yoga and it's benefits) for NITD Family members
5.30 pm – 6.00 pm	Yoga Competitions for Campus children
6.00 pm – 6.25 pm	Prize distribution for participants for Sit and Draw competition & Yoga Competitions for Campus children
6.25 pm – 6.30 pm	Valedictory Session

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

Dr. R. Kar, ECE Dept.,
Convener, IDY 2019
NIT Durgapur



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List of Yoga Asanas for the competitions on IDY 2019:-

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

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

