



INDIAN INSTITUTE OF TECHNOLOGY GOA

At GEC Campus, Farmagudi, Ponda-403401 Goa

Date: 21-06-2018



As per the instructions from MHRD with the order no. F. No. 32-14/2018-TS-1 dated 4th June 2018, all institutes were instructed to celebrate 4th International Day of Yoga. As per the office memorandum, as a part of celebration of IDY-2018 following actions were taken by the IIT Goa.

1. As a part of the preparation of yoga day, Yoga Instructor Shri. Manmohan Sewda took one-hour practice session for three days for IIT Goa students. This also facilitated in the selection of the volunteers for mass demonstration.
2. IIT Goa staff, students and faculty gathered together for the mass demonstration of Yoga on 21st June 2018.

For the celebration of the International Day of Yoga at IIT Goa following agenda was conducted:

1. Welcome speech by Dr. Sachin Kore (Dean, Students Affairs) - 08:00 am to 08:05 am
2. Address to participants by Prof. B K Mishra (Director, IIT Goa) - 08:05 am to 08:15 am
3. Mass Yoga demonstration by Sri. Manmohan Sewda (Jr. Assistant, IIT Goa) - 08:15 am to 08:50 am
4. Refreshments - 08:50 am to 09:00 am

In the Mass Yoga demonstration, we have conducted the following Yoga asana:

1. Prayer	<p>ॐ सर्वे भवन्तु सुखिनः सर्वे सन्तु निरामयाः । सर्वे भद्राणिपश्यन्तु मा कश्चिद्दुःख भाग भवेत् ॥</p>
2. Practice of relaxation: a. Neck Bending b. Shoulder Movement c. Trunk Movement d. Knee Movement	 

3. Standing Postures:

- a. Taḍasana
- b. Vriksasana
- c. Pada-Hastasana



4. Sitting Postures:

- a. Bhadrasana/Vajrasana



5. Prone Postures:

- a. Makarasana
- b. Bhujangasana



6. Supine Postures:

- a. Pavanamuktasana
- b. Savasana



7. Kapalabhati



8. Praṇayama:

- a. Anuloma Viloma Praṇayama
- b. Bhramari Praṇayama



9. Dhyana



10. Sankalpa

- No Photo Available

11. Santih Paṭha





Following decision was made on the International Day of Yoga:

1. Every 3-alternate day of the week, an evening yoga session will be held in the institute.

We are very thankful to MHRD for making this event as an official and letting the Students (Future of India), Young Faculties and Staff (Present of India) understand importance and benefits of yoga.

Organising Committee:

1. Dr. Sachin Kore, Dean (SA)
2. Dr. Rishikesh Narayan, Assistant Professor
3. Mr. Dileep Kumar, Jr. Superintendent
4. Mr. Manmohan Sewda, Jr. Assistant
5. Mr. Amol Kamble, System Administrator
6. Mr. Prabal Bhatnagar, IIT Goa Student