



**OFFICE OF THE DIRECTOR, PSNS
VISVA-BHARATI**

NOTIFICATION

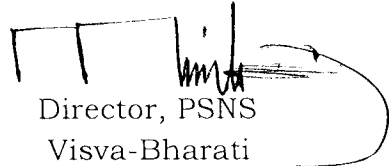
This is for information of all concerned that office of the Director, PSNS is organizing a programme on International Yoga Day on 21 June, 2015. The detailed programme schedule is enclosed herewith.

Respected Upacharya has given his consent to grace the occasion in the evening session at 5:00 pm.

All students, faculty members, staff of the University are requested to join the International Yoga Day Programme to make it a grand success.

Cooperation of all concerned is highly solicited.

Ref.No.Dir/PSNS/Noti/94/15-16/43
Date:16.06.2015


Director, PSNS
Visva-Bharati

Copy to:

1. All Provosts/ Principals of all Bhavana/Vibhaga, Head of the Department/Centre of the University
2. Proctor, Visva-Bharati
3. C.S to V.C, Visva-Bharati
- ✓ 4. Webmaster- with a request to kindly upload it in the University website.
5. P.A to the Registrar, Visva-Bharati

CELEBRATION OF INTERNATIONAL YOGA DAY, 21 JUNE, 2015

PROGRAMME SCHEDULE

MORNING

1. Yoga Demonstration - 06:30 am to 7:00 am at Dwija-Biram Complex
2. Yoga Exhibition - 07:15 am to 08:00 am at Students' Activity Centre

EVENING

3. Yogasana Competition - 02:30 pm to 04:45 pm at Natya-Ghar

Students of different schools from Bolpur area, Siksha-Satra and Patha-Bhavana as well as University students will take part in Yogasana Competition.

4. Yoga Practice - 05:00 pm to 05:30 pm by all students, Faculty members, staff.
5. Prize-distribution - Distribution of prizes to all winners of Yogasana Competition, Essay Competition, participants of Yoga Workshop and Karate Course.
6. Speech by Vice-Chancellor.
7. Arrangement of yogic food for all students, faculty members and staff at the end of the programme.



**OFFICE OF THE DIRECTOR, PSNS
VISVA-BHARATI**

NOTIFICATION

This is for information of all concerned that a '**Yogasana Competition**' has been organized on occasion of 'International Yoga Day' on 21 June, 2015 for all students at University level.

The competition will be held at 2:00 pm on 21 June, 2015 at Natya-Ghar.

ASANAS TO BE PERFORMED DURING COMPETITION

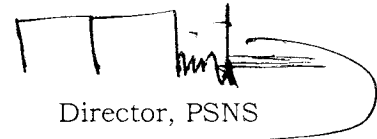
1. BRIKSHASANA
2. USTRASANA
3. PASCHIMUTANASANA
4. HALASANA
5. DANURASANA

RULES OF THE COMPETITION

1. REPORTING TIME: All participants shall reach to the venue by 01:30 pm.
2. There shall be separate groups for boys and girls.
3. DRESS CODE: All participants shall wear Shorts, T-shirt, Track Suit etc.
4. Time allotted to perform each asana is 2 (two) minute.
5. The holding time of final posture is 30 seconds.
6. All participants shall bring their Identity card/proper identification certificate with photograph issued by competent authority/Head of the Institution.
7. There is no registration/entry fee to participate in this competition.
8. Decision of the judges will be the final.

All interested students are requested to kindly register their names at the office of the Director, PSNS till 20 June, 2015.

Ref.No.Dir/PSNS/Noti/94/15-16/42
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