

S.V.NATIONAL INSTITUTE OF TECHNOLOGY, SURAT-7.
PHYSICAL EDUCATION SECTION

ACTION PLAN FOR INTERNATIONAL YOGA WEEK ON 17 JUNE 2019.

EVENT VENUE: LAWN OF ADMINISTRATIVE BUILDING, SVNIT, SURAT.

SR. NO.	TIME	DURATION	DETAIL	NAME OF EXPERT
1.	6:30 am	N/A	Arrival of trainer/s and trainees	
2.	6:31 am	2 min	Introduction of expert by prof. i/c Give away bouquet of flowers by Hon. Director / Dean(s)	Mr. Rajesh Desai
3.	6:33 am	2 min	Prayer	
4.	6:35 am	5 min	Warm-up	
5.	6:40 am	21 min	Yogasana Standing posture Tadasana Vrikshasana Paadhastasana Ardhchakrasana Trikonasana Seating posture Bhadrasana Vajrasana Ardhustrasana Ustrasana Sashankasana Uttanmandukasana Vakrasana Laying posture (p) Makrasana Bhujangasana Shalbhasana Laying posture (s) Setubandhasana Uttanpadasana Ardhhalasana Pawanmuktasana Shavasana	
6.	7:01 am	3 min	Kapalbhati	
7.	7:04 am	3 min	Anulom Vilom Pranayam	
8.	7:07 am	3 min	Shitli Pranayam	
9.	7:10 am	3 min	Bhamri Pranayam	
10.	7:13 am	3 min	Dhyan	
11.	7:16 am	2 min	Shaanti prarthana	
12.	7:18 am	2 min	Vote of Thanks by Dr. N. K. Datta	
13.	7:20 am	30 min	Lecture by Expert no. 2	Mr. J. P. Patel
14.	7:50 am	2 min	Closing Ceremony followed by refreshment	