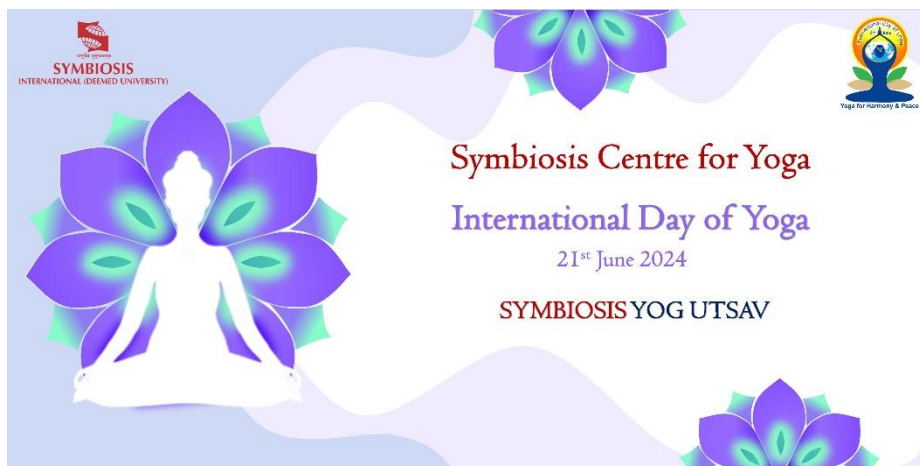


## Symbiosis Centre for Yoga

Celebration of International Day of Yoga on 21st June, 2024



International Day of Yoga (IDY) is celebrated every year on 21st June. It has been worldwide celebration for the past 09 years and has effectively facilitated the global dissemination of the significance of practising Yoga for overall health and well-being and enduring sustainable lifestyle.

In Symbiosis, we have been celebrating International Day of Yoga consecutively for the last 9 years, each year with a specific theme. This day aims to encourage all the stakeholders at SIU to make yoga an integral part of their lives and connect with their inner selves.

Following is a glance at the themes celebrated since 2015:

2015 - Year of ASANAS

2016 - Year of DESK YOGA and YOGA POPUPS

2017 - Year of PRANA & 108 days Yoga Challenge

2018 - "UNITY OF MIND & BODY" & 108 days Yoga Challenge.

2019 - "CYCLIC MEDITATION"

2020 - "Yoga at Home" 2021 - "Yoga at Home and Yoga with Family"

2022 - Yoga for Humanity

2023- Elemental Yoga & Chair Yoga

**2024- Diabetes Management, Virtual Desk Yoga and Symbiosis Yog Utsav**

This year SIU celebrated the 10<sup>th</sup> IDY with three distinct themes

### 1.Virtual Yoga sessions for Diabetes management

- Registered – 88
- Participants-13

### 2.Virtual Desk Yoga session – Pune and all off Campus centres

Total participation-4858 (Pune and all off campus centres)

### 3.Symbiosis Yog Utsav – Lavale Campus

Participation- 650

The third key highlight of the 10th International Day of Yoga 2024 was “Symbiosis Yog Utsav. The theme was Empowerment through Yoga

#### Highlights:

- Live Yoga performance/sessions
- Yoga Stations (Prop Yoga, Chair Yoga, Facial Yoga, Breathing & Trataka)
- Exhibitors
- Yoga Challenges
- Mass Beej Mantra Chanting at intervals
- Chandranamaskar session

The International Day of Yoga celebration at SIU was a resounding success with a **total of 5521** participating enthusiastically in the event. With three distinct themes, the university catered to the diverse needs and interests of the participants.

- **Yoga for diabetes management virtual** sessions equipped participants with practical knowledge of asanas and pranayama to be included in their lifestyle for managing diabetes.
- **The Virtual Desk Yoga** session for all campuses provided an inclusive experience to the participants of performing desk yoga right from their workplaces & classroom settings.
- **Symbiosis Yog Utsav** at Lavale campus allowed participants to immerse into a mindful yogic experience and try out variety of yoga sessions which was the main objective of the Yoga Utsav.

The celebration served as a reminder of the holistic benefits of yoga and its ability to unite people from different backgrounds. SIU’s commitment to promoting physical and mental well-being through yoga was evident throughout the event, leaving a lasting impact on all participants.

### Virtual Desk Yoga Participation Data

	21st June, 2023 Participation across all campuses					
S. No.	Campuses	Institute	Staff	Students	Total Participants	Campus wise participation
1	Lavale Hill top	SSSS	19	54	73	1213
		DSRW	57	-	57	
		SSBF	30	288	318	
		SIBM	38	300	38	
		SIDTM	24	179	203	
		SIMC	30	0	30	
		SSVAP	14	-	14	
		All SIU dept.	180	-	180	
2	Lavale Hill Base	SIT	44	-	44	122
		SSBS	6	-	6	
		SSCA	20	12	32	
		Society	40	-	40	
3	SUHRC	SIHS	66	175	241	782
		SCON	28	120	148	
		SMCW	50	300	350	
		SCHS	17	-	17	
		SSODL	20	-	20	
		SCEW	6	-	6	
4	New Vimannagar	SLS	12	-	12	41
		SSLA	11	-	11	
		SSIS	03	-	03	
		Society	15	-	15	
5	Old Vimannagar	SID	11	-	11	157
		SCMS	12	100	112	
		SCMC	25	-	25	
		Society	9	-	9	
6	Kirkee	SIMS	67	32	99	99
7	S. B. Road	SSI	0	-	0	82
		SSE	28	30	58	
		SIG	4	-	4	
		Society	20	-	20	
8	Model colony	SICSR	24	-	24	24
9	Hinjewadi	SIIB	47	400	447	910
		SCMHRD	60	400	460	
		SCIT	03	0	3	

10	Nagpur	SLS	26	-	26	402
		SIBM	30	250	280	
		SCMS	21	-	21	
		SSPAD	19	-	19	
		SIT	30	15	45	
		SCSD	0	-	0	
		Symbiosis Society Nagpur	11	-	11	
11	Noida	SIBM	9	-	9	49
		SLS	6	-	6	
		SCMS	17	-	17	
		Society	17	-	17	
12	Nashik	SIOM	38	284	322	322
13	Hyderabad	SLS	30	-	30	283
		SIBM	25	210	235	
		Society	18	-	18	
14	Bangalore	SIBM	11	230	241	246
		SCMS	5	-	5	
15	All campus	SCHC	55	-	55	55
		Total	1408	3379	4787	4787
16	You tube attendance					71
			Total participation Desk Yoga			4858

### Yog Utsav participation

	Institute	Staff	Students
1.	Heads, Directors & VIPs	30	
2.	SIBM	46	0
3.	SIMC	23	0
4.	SIDTM	15	0
5.	SSBF	13	0
6.	SSVAP	9	0
7.	SSSS	19	60
8.	SIU	103	-
9.	SIT	12	-
10.	SSBS	10	-
11.	SSCA	48	27
12.	SIHS	28	-
13.	SCON	17	40
14.	SMCW	50	100
	Total	423	227
Total Participation Yog Utsav -650			

## Glimpse of Virtual Desk Yoga session – (9.30am to 10.00am) Pune Campus



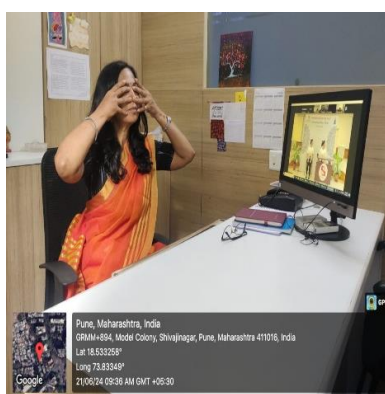
SIMS, Kirkee



Hilltop, SSVAP



New Viman Nagar



Model colony, SICSR



Lavale Hill top, SSBF



Old Viman Nagar,SCMC



Hinjewadi, SCMHRD



## Off Campus Centres in action



SIT Nagpur



SIBM, Nagpur



SIBM, Benaguru



SIBM& SCMS, Hyderabad



SIBM, Nagpur



SIOM, Nashik



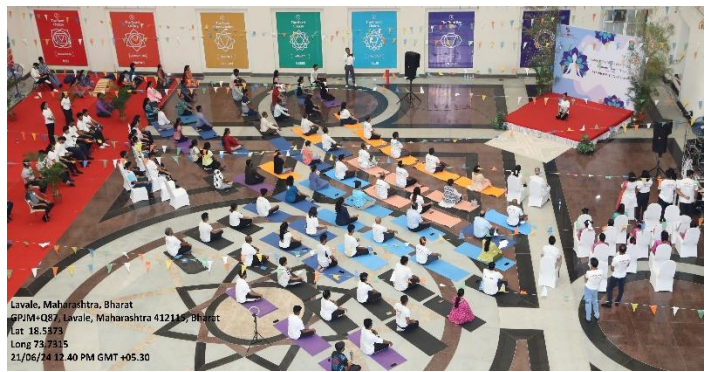
Noida



## Symbiosis Yog Utsav, SMCW courtyard-11.00am to 6.00pm



## Yoga Utsav Inauguration with **Healing sound of Tibetan singing bowls** by SIU Chancellor, Dr.S.B. Mujumdar



## Yoga performance by the Students of Koya academy

## Mass Beej Mantra Chanting



## SIU Yoga champions yoga performance

## Chandranamaskar session



## Yoga stations at Yog Utsav



## Chair Yoga



## Breathing/Trataka



## Yoga with Props

## Facial Yoga



## Yoga challenge

*Nimkar*

Dr. Nayana Nimkar  
Director, DSRW