



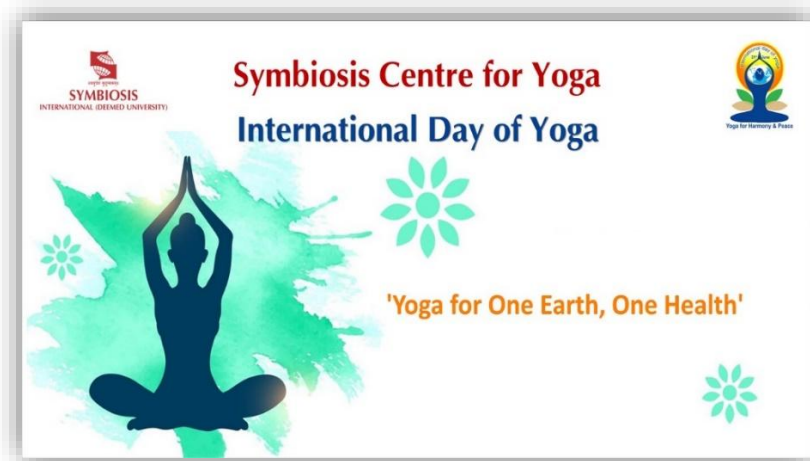
# SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act, 1956)

Re-accredited by NAAC with 'A++' Grade | Awarded Category - I by UGC

Founder: Prof. Dr. S. B. Mujumdar, M. Sc., Ph. D. (Awarded Padma Bhushan and Padma Shri by President of India)

## Symbiosis Centre for Yoga International Day of Yoga (IDY) 2025 Report



The **International Day of Yoga (IDY)** is celebrated every year on **21st June**, marking a global recognition of Yoga as a holistic approach to health, well-being, and sustainable living. For the past **Ten years**, this day has played a pivotal role in spreading awareness about the significance of Yoga in fostering physical, mental, emotional, and environmental harmony.

### **IDY 2025: Yoga for One Earth, One Health**

**Symbiosis International (Deemed University)** celebrated IDY 2025 with yet another unique theme, in alignment with the Ministry of Ayush, carrying forward a decade-long legacy of innovative and meaningful celebrations.

### **Highlights of the Celebrations at Symbiosis**

This year's events have been thoughtfully curated to embody the spirit of inclusivity, sustainability, and reverence for life:

1. **Chair Yoga Session Using Props**
2. **Bhoomi Namaskar**
3. **Vinyasa Yoga Flow on Music**
4. **Sound Healing Session**
5. **Yoga Samavesh**
6. **Yogabhyas Sangam: 21- Day Online Yoga Challenge**

## Virtual Chair Yoga session- 4475 Participants

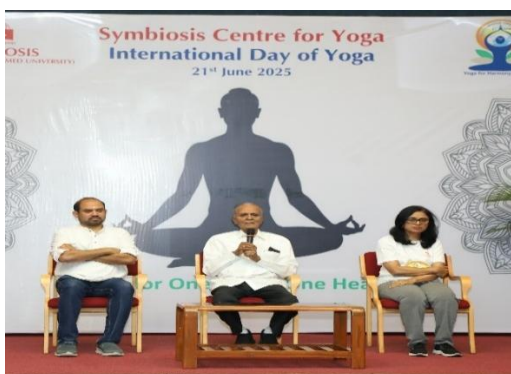
A rejuvenating **Chair Yoga session using prop** was conducted to promote accessibility and ease of movement for all participants. The session focused on gentle stretches, mindful breathing, and posture correction while seated, making it ideal for workplace wellness. Simple props like a napkin were used to enhance engagement and body awareness. It offered a refreshing pause, promoting relaxation and focus.

## Sound Healing for Leaders - 45 participants

A serene **Sound Healing Session** was conducted for **Symbiosis Management**, with **45 leaders** participating. Through healing frequencies and meditative soundscapes, they were guided into deep stillness and reflection.

**The International Day of Yoga celebration at SIU was a resounding success with a total of 4520 participants' enthusiastically taking part in the event.**

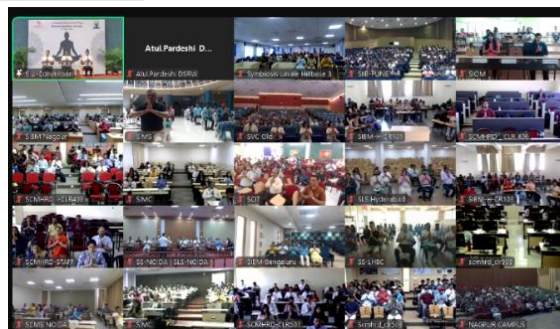
### Glimpses from Pune campus



SIU, Convention Hall



DSRW



Online participation



Viman nagar Campus



SUHRC



## Off Campus Centres in Action



Noida



Nagpur



Bangalore



Hyderabad



Nashik



## Glimpse of Sound Healing session



Rooted in Earth, Blooming in Health — One Earth, One Health.



Stillness Meditation



Vinyasa Flow



Bhoomi Namaskara



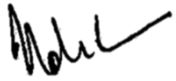
Sound Healing Session



### Virtual Chair Yoga Participation Data

S.No	Campus Name	Institute Name	Students	Staff	Total
1.	Lavale Hill top	SSSS	45	21	<b>66</b>
		DSRW	-	101	<b>101</b>
		SSBF	00	10	<b>10</b>
		SIBM	368	30	<b>398</b>
		SIDTM	185	20	<b>205</b>
		SIMC	122	23	<b>145</b>
		SSVAP	-	08	<b>08</b>
		All SIU dept.	-	100	<b>100</b>
2.	Lavale Hill Base	SIT	-	33	<b>33</b>
		SSBS	-	04	<b>04</b>
		SSCA	1	49	<b>50</b>
		Society	-	23	<b>23</b>
3.	SUHRC	SIHS	165	25	<b>190</b>
		SCON	239	26	<b>265</b>
		SMCW	150	50	<b>200</b>
		SCHS	-	17	<b>17</b>
		SSODL	-	33	<b>33</b>
		SCEW	-	03	<b>03</b>
4.	New Viman nagar	SLS	0	30	<b>30</b>
		SSIS	-	02	<b>02</b>
		Society	-	10	<b>10</b>
5.	Old Viman nagar	SID	1	35	<b>36</b>
		SCMS	23	22	<b>45</b>
		SCMC	16	31	<b>47</b>
		SSLA	0	06	<b>12</b>
		Society	NA	05	<b>05</b>
6.	Kirkee S. B. Road	SIMS	NA	72	<b>72</b>
		SSI	4	11	<b>15</b>
		SSE	-	11	<b>11</b>
		SIG	-	10	<b>10</b>
		Society	-	10	<b>10</b>
7.	Model colony	SICSR	2	24	<b>26</b>
8.	Hinjewadi	SIIB	213	15	<b>228</b>
		SCMHRD	319	48	<b>367</b>
		SCIT	153	15	<b>168</b>
		Society	-	10	<b>10</b>
9.	Nagpur	SLS	2	18	<b>20</b>
		SIT	9	39	<b>48</b>
		SCMS	-	15	<b>15</b>
		SSPAD	-	12	<b>12</b>
		SCSD	-	-	<b>00</b>
		Symbiosis Society Nagpur	-	17	<b>17</b>
10.	Noida	SIBM	66	0	<b>66</b>
		SLS	24	0	<b>24</b>
		SCMS	637	48	<b>685</b>
		Society	-	17	<b>17</b>

11.	Nashik	SIOM	148	23	<b>171</b>
		Society	-	15	<b>15</b>
12.	Hyderabad	SLS	-	28	<b>28</b>
		SIBM	-	28	<b>28</b>
		SCMS	-	5	<b>05</b>
		SIT	9	18	<b>27</b>
13.	Bangalore	SIBM	248	30	<b>278</b>
		SCMS	0	14	<b>14</b>
14.	All campus	SCHC	-	-	<b>0</b>
					<b>4391</b>
	You tube attendance				<b>50</b>
				<b>Total</b>	<b>4475</b>



Dr.Nayana Nimkar  
Director,DSRW