



Celebration of International Day of Yoga on 21st June 2017 with International Students

Introduction

Yoga is a 6,000+-year-old physical, mental and spiritual practice having its origin in India. Unfortunately, for most people, the word Yoga usually conjures up images of twisting the body into difficult, if not impossible postures.

However, the physical aspect of yoga is not the only facet of this multi-dimensional Science. Yoga with its threefold maxim of Relaxing the body (through proper exercise – Asanas), Slowing down the breath (Yogic breathing – Pranayama) and Calming the mind (Positive thinking and meditation) is the ideal medium to promote Wellness. Yoga bring the body and mind to the peak of their capabilities- allowing one to live life to the fullest.

In recognition thereof, the United Nations General Assembly declared 21st June as World Yoga Day. The event is celebrated worldwide by the people of all countries by practicing Yoga. Hon'ble Prime Minister Shri. Narendra Modiji has appealed to all of us to make Yoga an integral part of our daily lives.

As a Health Promoting University (HPU), SIU has been celebrating World Yoga Day on 21st June every year, for the last three years. This year, SIU will celebrate IYD focusing on **PRANA**.

Philosophy

One's body is like the wick of a candle and the mind is like the glow all around it.

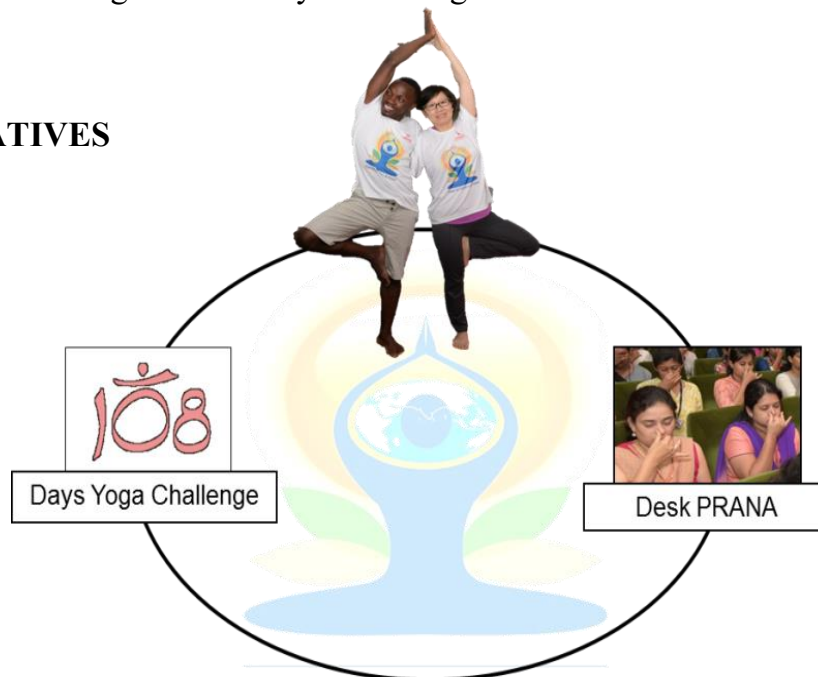
'Prana' / Breath is the vital energy in the body that keeps the body alive and nourishes the mind. Without prana our body would perish.

Pranayama (yogic breathing) is control of Breath. It stimulates and increases this vital energy.

Benefits of regular practice of pranayama

1. Increases and enhances the quantity and quality of prana
2. Clears the whole energy around self and heightens the spirit
3. Makes one energetic, enthusiastic and positive
4. Brings harmony between the body, mind, and spirit, making one physically, mentally and spiritually strong. It brings clarity to the mind and good health to the body
5. Pranayama bestows greater vitality and a longer life.

SIU INITIATIVES



Under the leadership of Dean FoHBS - Dr. Rajiv Yeravdekar and Director SSSS – Dr. Nayana Nimkar, Symbiosis introduced a new concept in Symbiosis Community for making Yoga part of life i.e. 108 days Yoga Challenge.

In conformity to the above, Symbiosis International University (SIU) therefore implemented the following:

1. Conducted of session on Yoga **focusing on Pranayama** at each campus of SIU by the experts from “Param Yoga”, spread across Pune and at Nashik, NOIDA, Bengaluru, and Hyderabad.

2. Conducted a special & exclusive session for International students with a view to popularize and sensitize the international community to the benefits of Yoga, Pranayama & Meditation. **Over 150 International Students from 25 to 30 countries across the World participated in the event.**
3. As part of **continued education / training**, this year we have launched **the 108 days Yoga Challenge@ Symbiosis**.

Why 108 days?

- 108 is a Harshad Number, an integer divisible by the sum of its digits. Harshad in Sanskrit means 'joy-giver'.
- There are 108 marma points, or sacred places of the body.
- There are said to be 108 energy lines, or nadis, converging to form the heart chakra.
- The number 108 has held a multi-dimensional meaning throughout History.
- Astronomical significance: viz. the diameter of the Sun multiplied by 108 equals the distance between Sun and Earth; the diameter of the Moon multiplied by 108 equals the distance between Earth and Moon; the diameter of the Sun is 108 times the diameter of the Earth
- That is why we have 108 beads in a mala!

Procedure for 108 days Challenge

- a This is a voluntary activity where in staff and students would register on event website (registration from 23rd to 30th June 2017).
- b Practice session for Symbiosis Students and staff from 3rd July to 31st July at respective campus in last one hour of duty
- c Yoga Challenge of 108 days begins from 1st Aug 2017 to 4th Dec 2017
- d Participants to upload best yoga workout pictures and data i.e. number of suryanamaskar and pranayama practiced minimum 15 to 20 minutes a day and minimum 6 days a week
- e Those who live up to the challenge will be honored and felicitated on 15th Dec 2017

One can (rather should) continue this challenge even after going strong for 108 days because **THERE IS NO FINISH LINE IN YOGA.**

4. Further, a mobile app will be introduced which can be downloaded on the mobile handsets of staff and students which will serve as a self-training guide to practice Yoga & Pranayama at a time & place convenient to the individual. It will include techniques as well as health benefits of individual asanas.
5. In response to the appeal made by Hon'ble Prime Minister Shri. Narendra Modiji, during his talk 'Man Ki Baat' on 28th May 2017 a picture of 3 generations (Kal, Aaj, Aur Kal – Hon. Chancellor SIU, Padmabhushan Dr.S.B. Mujumdar his wife, Ms.S.S Mujumdar, daughter, Principal Director SIU. Dr. Vidya Yeravdekar, Grandson, Dr. Amay

Yeravdekar) practicing Yoga in commemoration of the 3rd International Yoga Day has been uploaded and sent to the PMO.

Yoga Session at Dr. Babasaheb Ambedkar Memorial, Symbiosis S.B Road Campus, Pune



Hon'ble Chancellor, SIU Dr. S. B. Mujumdar
Felicitating Dr. Renu Mehtani



From Left Dr. S. B. Mujumdar, Dr. Amay Yeravdekar, Mrs. Sanjivani Mujumdar
and Dr. Vidya Yeravdekar



International Students Performing Yoga

Symbiosis SB Road Campus (Pune)



Symbiosis Lavale Campus (Pune)



Hon'ble Vice Chancellor Dr. Rajani Gupte Felicitating Yoga Master Trainer

Symbiosis Hinjewadi Campus



Symbiosis Kirkee Campus





Symbiosis Viman Nagar Campus



Symbiosis Nasik Campus



Symbiosis Bangalore Campus



Symbiosis Hyderabad Campus



Symbiosis Noida Campus



Participation Details at various campuses of Symbiosis

Sr.NO	Campus	Total
1	Lavale	600
2	SB Road	335
3	Hinjewadi	344
4	Vimanagar	585
5	Kirkee	392
6	Nashik	176
7	Hyderabad	296
8	Bangalore	430
9	Noida	51
10	Total	3209

Media Coverage

Sakal 22nd June 2017

पुणे, गुरुवार, २२ जून २०१७ । किंमत ₹ ४

सकाळ

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पावसाळी गारव्यात योगासनांची खुमारी

सकाळी सकाळी आल्हाददायक वातावरणतऱ्म्न त्यातही पावसाळी गारच्यात योगासन करण्यातील खुमारी अस्ते तरी काय, हे बुधवार ङ्हालेल्या आंतरराष्ट्रीय योग दिनाच्या निमित्तते पुणेकरांमऱ्ने अनुभवता आले. शहरातील विविध ठिकाणी ङ्हालेल्या योगासनांच्या प्रात्यक्षिकांनऱ् सराव काही एमआयटी आणि सिम्बायोसिस साखऱ्या काही शिक्षणसंस्थांतही दिसून आला. त्यात विद्यार्थ्यांसोबतच शिक्षकांनीही

योगासनांचा आनंद लुटला.
 एमआयटी महाविद्यालयाच्या
 कोथरूढमधील प्रांगाणवर सकाळ
 सोडेसातच्या सुमारसं योग
 प्रात्यक्षिकांना सुवात झाली. या
 वेळीं पुरुषांसह महिलांचा उपस्थितीही
 मोठ्या प्रमाणावर असल्याचे दिसून
 आले. तज्ञांच्या मार्गदर्शनाखाली
 उपस्थित नियोजनबद्ध पद्धतीने
 योगासने करताना पाहण्यात मिळाले.
 योगाचार्य मास्त्री पांडेकर, डॉ.
 विश्वनाथ काड, जपान येथील

इष्टिभन रिजन ऑफ शाप कोपेराशनचे मुख्य कार्यकारी अधिकारी टोमियो दसोनाई, जापनीज कॅलिग्राफर कच्चुको बार्सिक, पर्यावरणतज्ज्ञ डॉ. राजेंद्र शेंडे आदी या वेळी उपस्थित होते.

सिबायोसिस संस्थेत शिकणाऱ्या सुमारे ८३ देशांतील विद्यार्थ्यांनीही आज योगसाधनेचे घडे मिळवले. संस्थेचे संस्थापक प्रा. डॉ. शां. ब. मुजुमदार, डॉ. विद्या येरवडेकर तसेच शिक्षकवृंद या वेळी उपस्थित होते.

विशेष शराच्या विद्याभ्यासमुळे ही योग
दिवस खऱ्या अर्थात 'आंतराष्ट्रीय'
उत्सव. मोठ्या उत्साहाने या साप्ताह्यात
आपल्या मित्रांच्या सोबतीने योग
प्रात्यक्षिके सादर केली. अनेक जण
तर पहिल्यांदाच योगासने करत होते,
पण त्यांचा कसलाही बाऊ न करता
प्रात्येकाने मन लावून आसने केली.
विशेष म्हणजे काही आसने कठीण
असतानाही आपदी हसतखेळत अशा
वातावरणात ही प्रात्यक्षिके सादर
झाली.



सिम्बायोसिस्टा
डॉ. शां. ब. म.



विश्व विद्यापीठाच्या
जमदार यांनी योग प्र

ग आंबेडकर भवनात
नाट्यशिक्षकात भाग घेत



संस्थापक
माला.

सिम्बायोसिस विश्व विद्यापीठाच्या आंबेडकर भवनात संस्थापक
डॉ. शां. ब. मुजुमदार यांनी योग प्रात्यक्षिकात भाग घेतला.

Sakal 22nd June 2017

पुणे, गुरुवार, २२ जून २०१७ । किंमत रु ४

सकाळ

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योगसाधना ही धर्माच्या पलीकडील!

विविध देशांतील विद्यार्थ्यांनी नोंदवले मत; 'आंतरराष्ट्रीय योग दिन' साजरा

[illegible]

दिव्यनिमित्त कुपुत्री ह्यारोप्य येन
 शत्रुपक्षीरक्षया मलयवेधः सकलः स
 योऽन्यथा विप्रकल्पेन विप्रम संवेष्टे
 शिखया ह्येतिहासे योऽन्यथेकवर्णः
 आसीत् तत्रैव अस्मि विनिष्ठे येन
 केनैः, विप्रमलोचनैः शिख्य अनेक
 विमर्शितोपैतैः वा केनैः मन्यतेऽस्य
 संस्तरं तत्रैव।

हृदिता दम्पती, 'येन हा
 आत्माया शरीरान्ध्रः तन्म आलोचयती
 अस्मि मय्यस्मै यन्मात्रेऽन्यं वापुः
 होयमासीत् तदा तत् आत्मनः
 शरीरं, ते वा तत् एक जीवन्मनुष्यः
 दम्पत्यान् हवैः, येन हा विमर्शित
 शिखः' अत्यन्तमेव मया शरीरं

अन्याचार्य ब्रह्मचर्य, "प्रत्यक्ष रूपतः अपौरुषेयत्ववर्षी योगमाहाती अस्त्येय आध्यात्मिक आरंभ प्रविष्टिचरित्र 'योग' अनुक्रम मर आदि रचित रचित कर्मन ज्ञान ओर काहली आरंभ मर्य योगप्रवर्धन गमनरत, ओर सो मृदुलत, त्वयत्न योगक अण्णन्य विविधतय मर कथिते अस्त्येय होत.

मृदुलता समन मृदुलता, 'मर्य मर्य आध्यात्मिक आदि आध्यात्मिक ओर रचित विविधतय योगप्रवर्धन योगप्रवर्धन होत. योगमा अनुक्रम मर्य योगप्रवर्धन कर्मन प्रवर्धन अण्णन्य आरंभ अनुक्रम अस्त्येय अन्याचार्य

योग देतो आत्मविकास
 सौन्दर्य पुष्पांत शिखापासून
 "व्यापास आणि निरोगी स्व-
 यास आत्मविकास आदर्शपरि-
 पोषणाभ्यास करते. बी ब्रह्म
 प्रतीक संस्कृतीचा तो एक मूल
 पोषाण प्रत्यक्ष वाहक आहे."

अभि नो विकसन्तं काष्ठा होतं
 अप्रसन्नसु पोषाणे कृतं अकाले.
 समस्तसंग पोषाणे कृतसंग
 यथा अहो असंगसंगे मध्यम
 याने सखिते.

आपस!
 आगळेही अतिवसाय प्रचारा,
 कसा हे ता योग्याचे कावले अगळेवा,
 य निपास कण्ठ्याचे महत्वाचे काय
 हीन बर्बादभुन योग करते. भारतात
 नवत्वाचा भाग आहे. चीनमध्येही सध

सिंहबाघोसम : अंतरराष्ट्रीय
देशांमधे विद्यापीठे,

योग विराजित प्रत्यक्षिके करत

लोण! लो



INTE
Students of



INTERNATIONAL
the Symbiosis International



L YOGA D
onal University perform



Y
yoga, in Pune on Wed



uesday. Arul Horizon **REP**

ART PAGE 3

Indian Express 22nd June 2017

INTERNATIONAL YOGA DAY

Students of the Symbiosis International University perform yoga, in Pune on Wednesday. Arul Horizon **REPORT PAGE 3**



The international students of Symbiosis Institutes in Pune celebrated the third [International Yoga Day](#) (June 21) by assembling at the Senapati Bapat Road campus on Wednesday. Close to 120 students from 29 nationalities gathered at the basement of Dr Babasaheb Ambedkar Library, said Shweta Sharma, the fitness expert for the institute's 12 campuses across the country.

Along with the students, 15 faculty members and a team of yoga teachers were present at the event. While a yoga expert conducted the session, the teachers helped students understand the postures and words like 'aasan'.

Last year, over 6,000 students had celebrated the [Yoga Day](#) on Symbiosis campuses across the country, including the Pune centre which is home to over 29 institutes, according to Sharma.

Read more



[International Yoga Day: Nearly 3 lakh perform in Ahmedabad to set world record](#)



[Pune's Iyengar Institute gets first Prime Minister's award for yoga development](#)

Three students from Ethiopia, Tegegn Taweke (26), Minichen Abiye (5) and Getahun Mekuria (25), who are pursuing Masters in Technology from Symbiosis Institute of Technology (SIT) thought yoga was a sport until they took part in the event. They did asanas for the first time.

The other students who took part included Angel Francis and her final year Bachelor in Business Application (BBA) batchmates Lily Louis and Huriyah Melhi. Francis and Louis are from Tanzania, and Melhi is a Yemenite.

Students from Israel, Iraq, China, Spain, Mexico, Ethiopia, Tanzania and Afghanistan also attended the event.

The students were invited to participate in a yoga challenge wherein the participants will have to perform a number of pranayams and suryanamaskars for 15 minutes and six days a week. The challenge, which will be held in August, will be for 108 days, according to Sharma. The competition will be voluntary giving students an opportunity to make yoga a part of their daily lives.

The UN declared June 21 as International Day of Yoga in 2014 after Prime Minister Narendra Modi called for the day as he declared as a global celebration of yoga.

Dr. Nayana Nimkar
Director SSSS