



International Day of Yoga was celebrated at Symbiosis International University (SIU) on 21st June 2016,

**BUT
WITH A DIFFERENCE.**

Rather than just conducting a *one off* session wherein all delegates passively follow demos of a master trainer, the focus this year was on 'Yog literacy' to educate staff and students of SIU on an ongoing and continued basis.

Today's tech savvy generation is gadget friendly. Hence, we leveraged technology for health education. Objective is to sensitize the students and staff to the benefits of Yoga and facilitate inculcating a Yog lifestyle in them.

Initiatives undertaken @ SIU:

1. Conduct of a survey amongst students to understand their background knowledge and attitude towards practice of yoga. Objective is to understand perception of yoga and yog literacy amongst the student community.
2. Conduct of Desk Yoga session at each campus of SIU, spread across Pune, Bangalore, Nashik, Noida & Hyderabad. The session commenced by administering the Yoga pledge as announced by Hon'ble Prime Minister of India Shri. Narendra Modiji to make Yoga an integral part of our daily lives. Individuals were taught asanas which can be practiced at the desk / work space.
3. As part of continued education / training, a *pop up* will appear on the desk / laptop of each staff member at designated timings of the day, reminding him / her about the specific asanas which can be practiced at his/her workplace.
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 these asanas at a time & place convenient to the individual. It will include techniques as well as health benefits of individual asanas.
5. Last year on 21st June 2015, SIU launched the Symbiosis Centre for Yoga. The objective is to promote practice of Yoga and offer training programmes and conduct joint collaborative research in Yoga, Pranayam and Meditation in technical collaboration with S-VYASA University.

Lavale Campus (Pune)

Participation: Women – 360; Men – 335



Dignitaries on Dias



Office Yoga by Staff & Students



Welcome Address by
Dr. S.B. Mujumdar



Dr. Renu Mathani
Yoga Expert



Office Yoga by Staff &
Student

SB Road Campus (Pune)

Participation: Women – 236; Men – 337



Kirkee Campus (Pune)

Participation: Women – 189; Men – 209



Symbiosis Infotech Campus

Participation: Women – 142; Men – 202



Vimannagar Campus (Pune)

Participation: Women – 282; Men – 303



Nasik Campus

Participation: Women – 39; Men – 110



Hyderabad Campus

Participation: Women – 70; Men – 150



Bangalore Campus

Participation: Women – 180; Men – 120



Noida Campus

Participation: Women – 25; Men – 45



Statistics

Campus Wise Participation				
Sr.NO	Campus	Men Participants	Female Participants	Total
1	Lavale	335	360	695
2	Sb Road	337	230	567
3	Hinjewadi	202	142	344
4	Vimanagar	282	303	585
5	Nashik	110	39	149
6	Hyderabad	150	70	220
7	Bangalore	210	180	390
8	Noida	45	25	70
9	SIMS	209	189	398
10	Total	1880	1538	3418


Participation on the 21st June 2016 on the International Day of Yoga at Symbiosis women (1538) and men (1880); total 3418

POP-UPS on the Desk Top

Symbiosis has come up with a series of measures to help its staff and students integrate yoga in their daily lives. To focus on 'Yoga Literacy' and educate the student and staff across SIU at their workstations/desk where they would be taught asanas that can be practiced at desk itself, a pop-up appears on the desktop of each staff at designated timing of the day.

file:///10.10.1.3/yogaday/4_30/1_MIT_4_30.html

Anulom - Vilom Pranayama



Close your right nostril with your right thumb
Breathe in from your left nostril
Close left nostril and open right nostril
Breathe out from right nostril
Breathe in from right nostril, close the right nostril
Open left nostril and breathe out.
Repeat again, steps 1 through 7 – 5 such cycles.
End your break with Relaxation
Sit with your eyes closed and hands on your lap.
Concentrate on your breath
RELAX

4:33 PM
6/20/2016

Media Coverage

Indian Express; 7th June 2016

Prabhat 22nd June 2016

Maharashtra Times 22nd June 2016

Times of India 21st June 2016



Dr. Nayana Nimkar
Advisor – USB
Symbiosis International University