



SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-accredited by NAAC with 'A' Grade (3.58/4) | 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)

Ref/SIU/Sports/U27/2450

Date: 25th Jan, 2021

DEPARTMENT OF SPORTS RECREATION AND WELLNESS (DSRW)

To,

Directors / Heads
Constituent Institute of
Symbiosis International University

Subject: Report – 7th International Day of Yoga, 21st June 2021

Dear Sir/Madam,

Good wishes and warm greetings from DSRW!

International Day of Yoga (IDY) on June 21st, celebrates the physical and spiritual prowess that yoga has brought to the world stage. The day aims to raise awareness worldwide regarding its multiple benefits. The second wave of the pandemic hitting us hard, the need to boost personal immunity has gained a great momentum.

The Department of Sports, Recreation & Wellness, Symbiosis International (Deemed University) conducted a **30-day IDY countdown** program, wherein we offered Yoga sessions to prepare and teach the nuances of Suryanamaskara & Pranayama to the students and staff. The IDY countdown program started on the **24th May 2021** and concluded with a Mass Virtual Yoga Session on the 21st of June 2021 (International Day of Yoga).

The IDY Virtual Yoga Program planner comprised of the following:

1. Yoga program for 30 days

Live yoga sessions were conducted all days of the week with focus on progression of Suryanamaskara and Pranayama. The classes were scheduled for beginner, intermediate and advance level participants with variations in frequency/ intensity and a special batch was scheduled for all Directors and Heads. The classes were conducted by trained DSRW experts and received tremendous response with participants' numbers ranging from 80 to 350 in every session. Since many of the staff and students were at home due to the lockdown, the sessions saw participation from family members too.

2. Virtual Celebration of IDY on the 20st of June 2021 for Faculty & Staff

An hour long live online Yoga Session was held on the 20th of June 2021 with the theme “**Yoga at Home and Yoga with Family**” in consonance with the Ministry of AYUSH guidelines. **Dr. S.B. Mujumdar** graced the occasion as the Chief Guest and delivered a motivating and inspiring address to all participants (staff and family). Other eminent guests present were **Dr. Rajani Gupte (Vice Chancellor)**, **Dr. Vidya Yeravdekar (Pro Chancellor)** and **Dr. Rajiv Yeravdekar (Dean FoHS)**. The honourable Vice Chancellor, Dr. Rajani Gupte performed the entire Yoga routine online along with the Faculty & Staff. The session was streamed live on Zoom.

3. Virtual Celebration of IDY on the 21st of June 2021 for Students

On 21st June 2021 an online celebration was scheduled at 10:00 am for students. The program had approximate 1200 participants from various campuses. The highlight of the program was that the dignitaries **Dr. S.B. Mujumdar, Mrs Mujumdar, Dr. Vidya Yeravdekar (Pro Chancellor), Dr. Rajiv Yeravdekar (Dean FoHS), Dr. Vijay Natarajan (CEO, SUHRC), Dr. Khushali Ratra (Head, Operations, SUHRC)** performed Pranayama live along with the DSRW team and also shared their thoughts with the participants. The live program was led by Ms. Abhishri Rajput (Asian gold medalist in Yoga and Sports officer at DSRW). DSRW units at all campuses performed live.

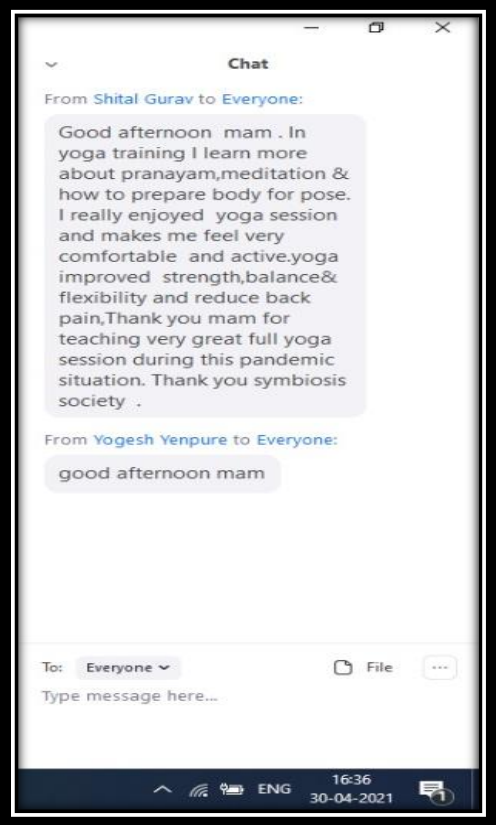
PARTICIPATION STATISTICS for Live Online IDY

Practice session and celebrations held on June 21, 2020

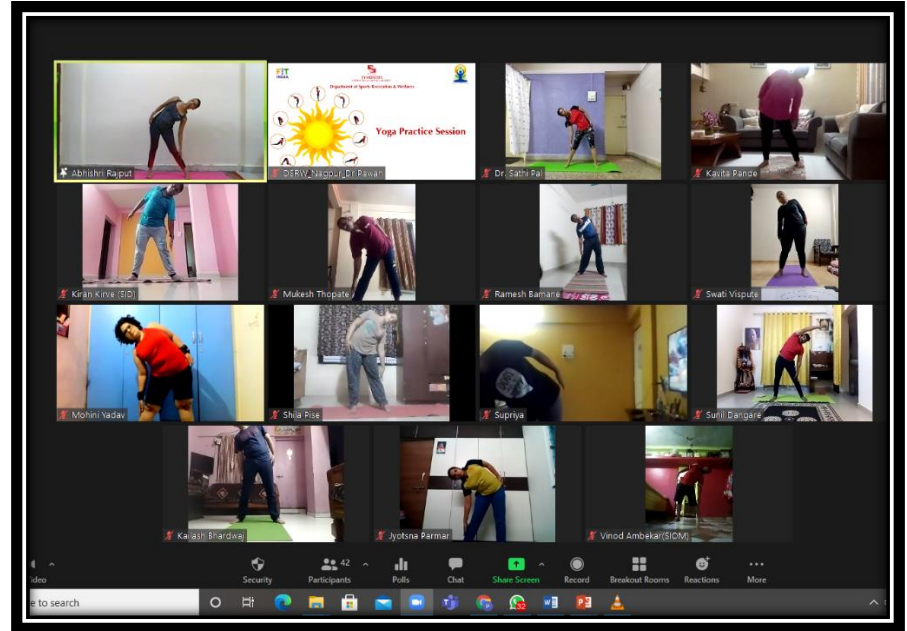
Sr. No	Date	Event/Session	No of sessions conducted	Total Number of Participation in all sessions
1.	20 th April to 30 th April 2021	Practice Yoga session for Class IV employees and their Family	30	2,057
2.	24 th May to 19 th June 2021	All Directors, Heads, staff, Faculty Friends and Family	24	3600
3.	20 th June 2021	IDY celebration for Staff	01	592
4.	21 st June 2021	IDY celebration for Symbiosis family	01	1200
Total Number of Participation			56	7,449

Glimpses of IDY 2021 are affixed below

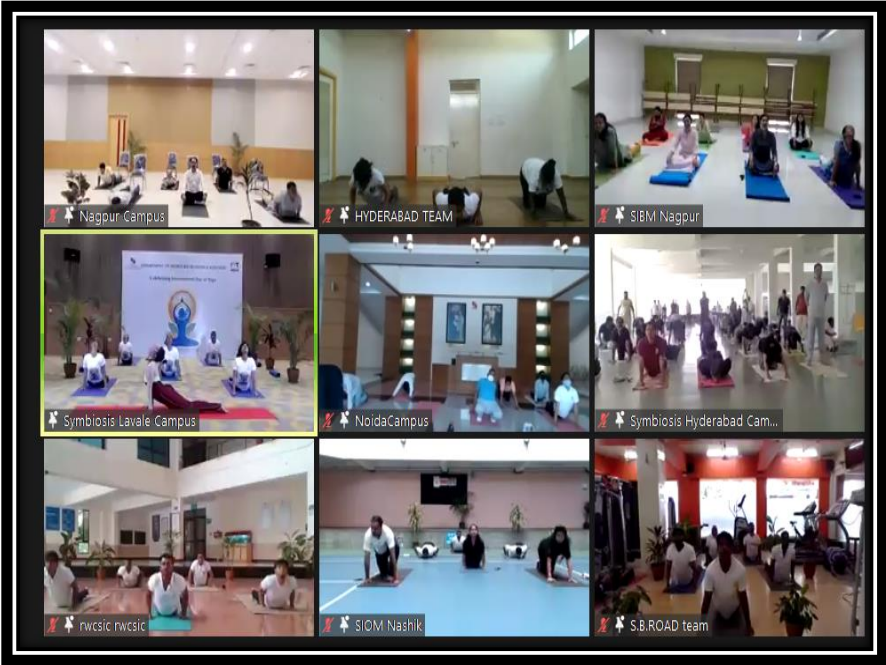
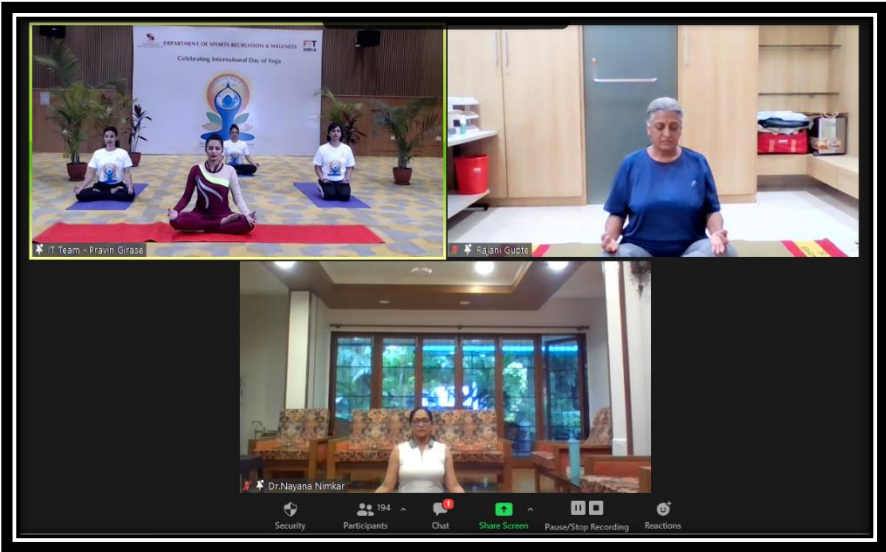
Yoga Practice session for Class 4
Employees and Family



Yoga Practice session for Staff and Family



21st June 2021 IDY Celebration





Regards



Nayana

Dr. Nayana Nimkar
Director, DSRW

CC: PA to Vice Chancellor
Registrar SIU
Head Student Affairs

Controller of Examination
Finance Officer, SIU
Campus Administrator, Lavale Hill Top