



**“YOGA - Free from Illness, a path to Wellness”**

Symbiosis has been celebrating International Day of Yoga (IDY) consecutively for the last four years with our national and international students, staff... IDY 2019 aimed to develop the habit of meditation so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.

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”**

**CYCLIC MEDITATION,**

Cyclic Meditation [CM] is a technique of 'moving meditation', which combines the practice of yoga postures with guided meditation. The CM technique is based on practices to stimulate and relax mind and has its origin in an ancient Indian text, Mandukya Upanishad. An essential part of the practice of CM is being aware of sensations arising in the body.

**21<sup>st</sup> June 2019 @ Symbiosis**

Symbiosis Centre did yoga literacy drive through a team effort - Symbiosis Centre for Yoga (SCY) and Department of Sports Recreation and Wellness (DSRW).

## IDY SCHEDULE FOR VARIOUS CAMPUSES OF SYMBIOSIS

**International Yoga Day 2019 Venue and Time (Pune & Off Campus)**

Sr.No	Campus	Institute	Time	Venue
1	SIMS, Khadki	SIMS	9.15 am to 10.15 am	In Front of Audi
2	S.B.Road	SIHS, BMT, SCON, SSE Society	10.30 am to 11.30 am	Vishwabhavan Parking
3	SIC, Hinjewadi	SIIB, SCIT, SCMHRD	10.00 am to 11.00 am	Class Room Group Activity hall/ Swimming Pool area
4	New Viman Nagar	SLS, SSLA, SSIS, SCMS, SID, SCMC	10.30 am to 11.30 am	Multipurpose Hall, SLS
5	Lavale Up	All Institute	9.30 am to 10.30 am	Badminton Hall
6	SIT	All Institute	9.30 am to 10.30 am	RWC-SIT
7	Model Colony	SICSR, SIG, ELITS	10.00 am to 11.00 am	Hall
8	Nashik	SIOM	10.30 am to 11.30 am	Multipurpose Hall
9	Noida	SLS, SCMS	10.30 am to 11.30 am	Multipurpose Hall
10	Hyderabad	SLS, SIBM	10.30 am to 11.30 am	Multipurpose Hall
11	Bangalore	SIBM, SCMC	10.30 am to 11.30 am	Multipurpose Hall

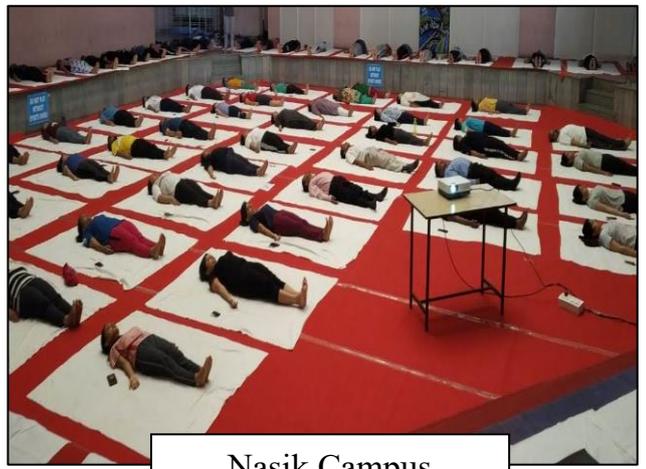
## PARTICIPATION STATISTICS IDY 2019

S.no	Campus	Staff	Students	Total
1.	SIMS	50	23	73
2.	SBRD	29	17	46
3.	Hinjewadi	60	0	60
4.	Viman Nagar	88	-	88
5.	Lavale up	31	86	117
6.	Lavale Down	30	12	42
7.	Model colony	33	40	73
8.	Noida	18	15	33
9	Nashik	67	163	230
10	Hyderabad	99	127	226
11.	Bangalore	2	98	100
	<b>Total</b>	<b>507</b>	<b>581</b>	<b>1088</b>

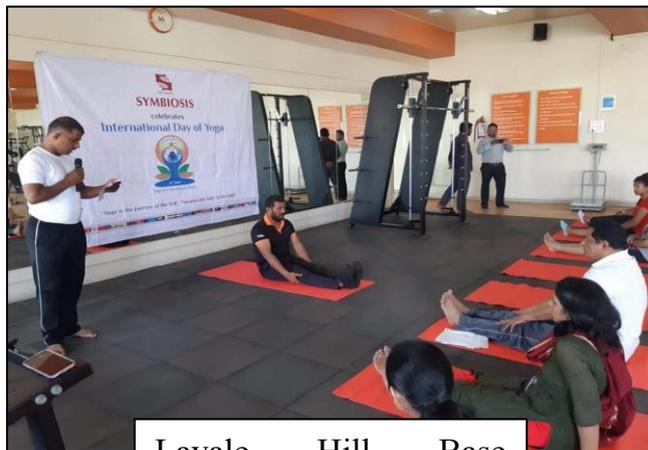
# GLIMPSES OF IDY AT VARIOUS CAMPUSES OF SYMBIOSIS



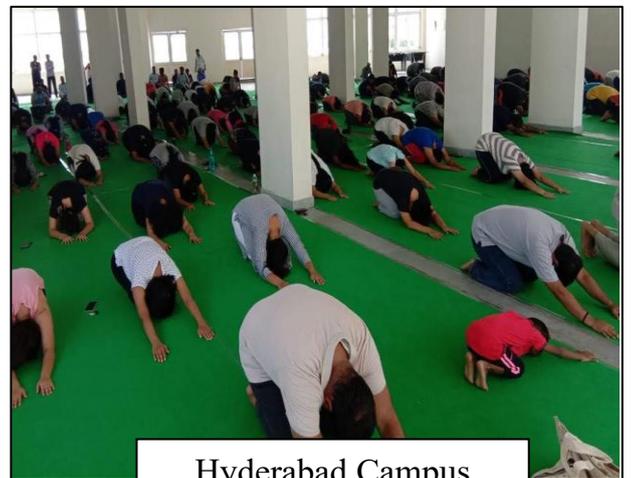
Viman Nagar Campus



Nasik Campus



Lavale Hill Base Campus



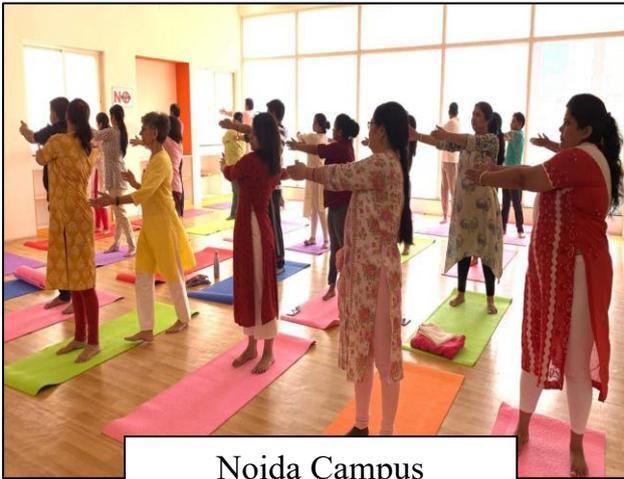
Hyderabad Campus



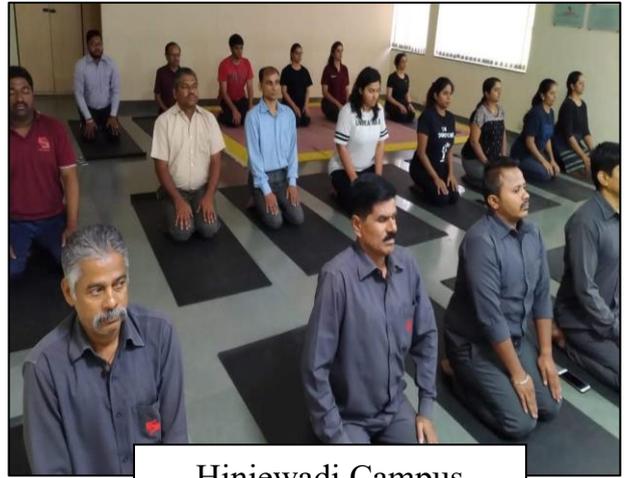
Lavale Hill Top Campus



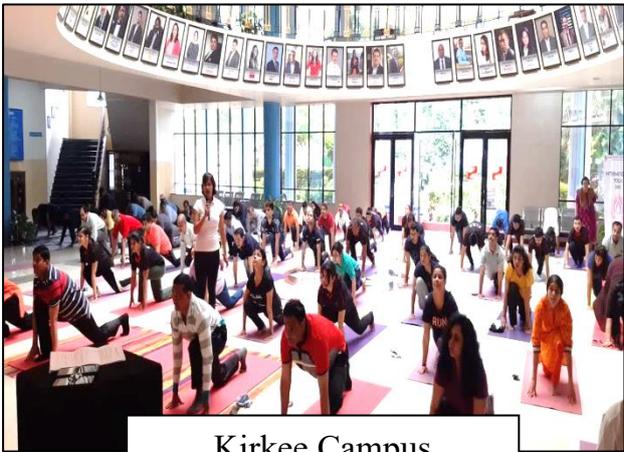
Lavale Hill Top Campus



Noida Campus



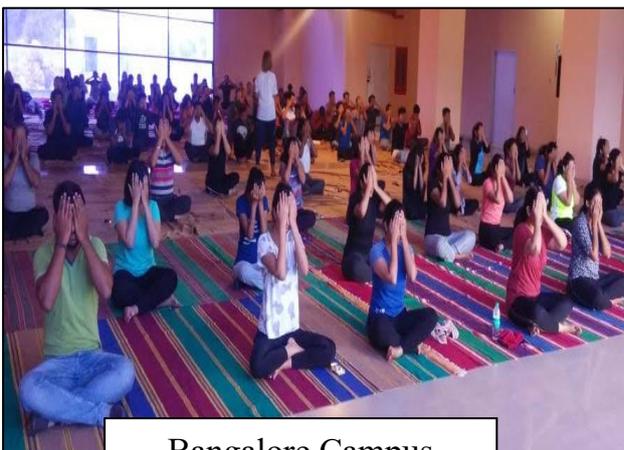
Hinjewadi Campus



Kirkee Campus



SB Road Campus



Bangalore Campus



Viman Nagar Campus



International Students @ IDY



*Symbiosis has drawn up a plan to provide for Yoga classes throughout the year at all the campuses. Specially designed programs for Stress meditation will also be conducted at the institutes so as to make all Symbians Yoga Literate for life.*

*Dr. Nayana Nimkar  
Director SCY*