



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.

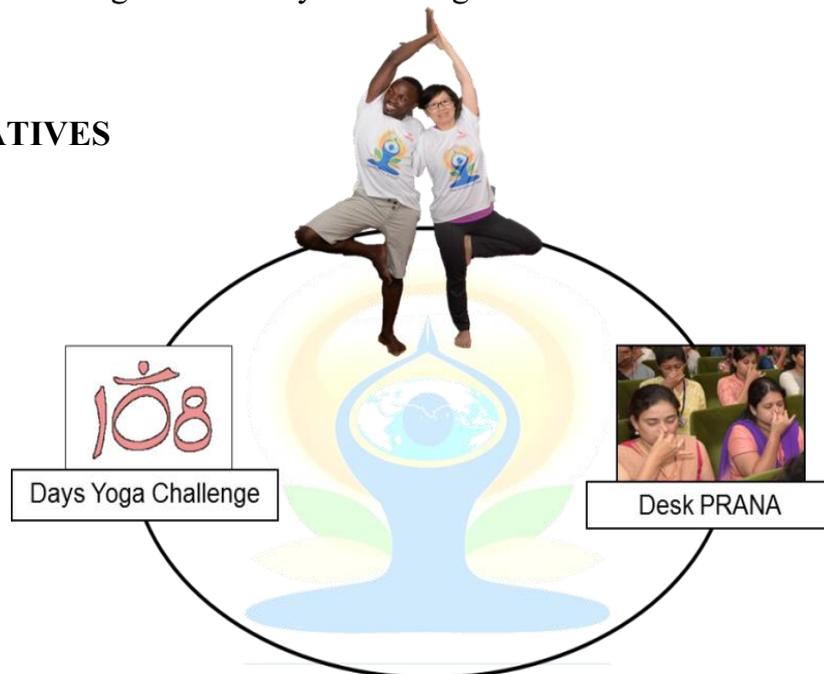
'Prana' / Breath is the vital energy in the body that keeps the body alive and nourishes the mind. Without prana our body would perish.

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 Feliciting 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



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 Huriah 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

Dr. Nayana Nimkar
Director SSSS