



(Established under section 3 of the UGC Act 1956, by notification No.F.9-12/2001-U3 Government of India)

Re-Accredited by NAAC with 'A' Grade

Founder: Prof. Dr. S. B. Mujumdar, M.Sc., Ph.D. (Awarded Padma Bhushan and Padma Shri by President of India)

Ref/SIU/Sports/U101/

Date: 21st December, 2017

Symbiosis Centre of Yoga

To,
Directors / Heads
Constituent Institute of
Symbiosis International University

Subject: Report of 108 Days Yoga Challenge 2017-18

Dear Sir/Madam,

Good wishes and warm greetings from University Sports Board !

The University Sports Board is very glad to inform you that the first 108 Days Yoga Challenge was organized by University Sports Board from 1st August 2017 to 4th December 2017.

We had a total of **569 registrations** (302 students and 267 staff).

The total Pranayam minutes completed by the participants are **34808** mins

The total Suryanamaskars done by the participants are **20255**.

A total of **30** institutes participated in the challenge.

The top **3** Institutes with most number of participants (staff & students combined) are:

Rank	Institute Name	Total no. of participants
1	SIHS	105
2	SSSS	85
3	SIT	50

Winners list:

Names of people who have completed the 108 days challenge (Men and Women)

Sr.No	Name	Category	Institute
1	Dr. Amol Dalavi	Staff	SIT
2	Shruti Maheshwari	Staff	SIT
3	Ramesh Jagtap	Staff	SIOM
4	Anil Sadhale	Staff	SIT
5	Poornima Tapas	Staff	SIBM, Pune
6	Shirish Joshi	Staff	SICSR
7	Shilpa Hudnurkar	Staff	SIT
8	Preeti Mulay	Staff	SIT

Most number of days (Men and Women)

Category	Winners	Institute	Gender	Total Number
STUDENTS	Baljitsingh Vadhera	SSSS	Male	81 DAYS
	Sonanjali	SLS-Hyderabad	Female	64 DAYS
DIRECTOR				
	Dr. Manisha Ketkar	SSBF	Female	92 DAYS

Most Pranayam mins (Men and Women)

Category	Winners	Institute	Gender	Total mins/hrs.
STAFF	Shirish Joshi	SICSR	Male	2929 (48 hrs.)
	Preeti Mulay	SIT	Female	2131 (35 hrs.)
STUDENTS	Raj Mistry		Male	3945 (65 hrs.)
	Sonanjali	SLS-Hyderabad	Female	1527 (25 hrs.)
DIRECTOR				
	Dr. Manisha Ketkar	SSBF	Female	325 (5 hrs.)

Most Suryanamaskars (Men and Women)

Category	Winners	Institute	Gender	Total Number
STAFF	Ramesh Jagtap	SIOM	Male	1878
	Poornima Tapas	SIBM, Pune	Female	1524
STUDENTS	Raj Mistry	SIHS	Male	1015
	Sheetal M	SLS-Hyderabad	Female	990
DIRECTOR				
	Dr. Manisha Ketkar	SSBF	Female	438



Mr. Consistent (Male - Staff):

Dr. Amol Dalavi (SIT)



Miss. Consistent (Female - Staff):

Shruti Maheshwari (SIT)



Most Surya Namaskars (Male - Staff):

Ramesh Jagtap (SIOM)



Most Surya Namaskars (Female - Staff):

Poornima Tapas (SIBM, Pune)



Most Pranayam mins (Male - Staff):

Shirish Joshi (SICSR)



Miss. Consistent & Most Pranayam mins (Female - Students):

Sonanjali (SLS, Hyderabad)

(Dr. Nayana Nimkar)

Director SSSS

CC: PA to Vice Chancellor
Registrar SIU
Head Student Affairs
Controller of Examination
Finance Officer, SIU
Campus Administrator, Lavale Hill Top