



International Day of Yoga

21st June 2018



Symbiosis has been celebrating International Yoga Day consecutively for the last four years with our students, staff for the betterment of society, ultimately to help in building a Prosperous and Mindful Nation.

The first year was the **Year of ASANAS**,

The second year was **the Year of DESK YOGA and YOGA POPUPS**.

The third year was the **Year of PRANA & 108 days Yoga Challenge**

This year it is the year of **“UNITY OF MIND & BODY” & 108 days Yoga Challenge**

On the occasion of International day of Yoga 21st June 2018, along with routine **ASANAS, PRANAYAMAS & RELAXATION**, we wish to inculcate and foster an understanding that the whole world is one family through an innovative practice namely Meditation on **“Vasudhaiva Kutumbakkam”** through the **“Unity of Mind & Body”**. It is a social philosophy emanating from a spiritual understanding that the whole of humanity is made of **one life energy**. This meditation would help release the suppressed energy and negative emotions, so that a feeling of **oneness can be experienced within**.

21st June 2018 @ Symbiosis

Yoga literacy drive execution was done through a team effort by Symbiosis Centre for Yoga, Recreation Wellness Centre (RWC), University Sports Board (USB) and Campus Administrators of respective campuses along with the Director of the Organizing Institute.

Campus Name: **Symbiosis Institute of Operational Management (Nashik)**

Organizing Institute (Director): **Dr. Vanadana Sonwaney**

Campus Admin: **Col.Dr. Romi Naik Jaindari (Retd.)**

Participation: – **Men :188 Women-63**

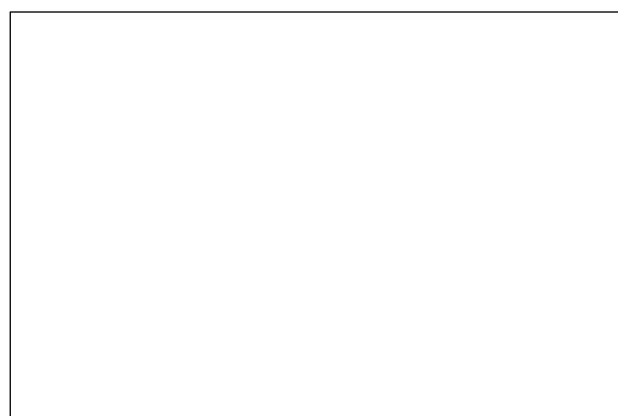
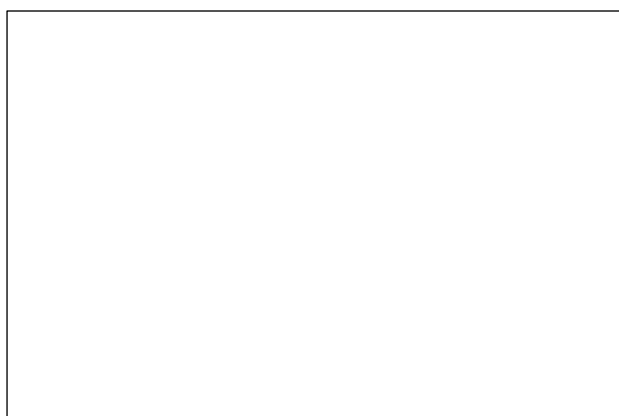


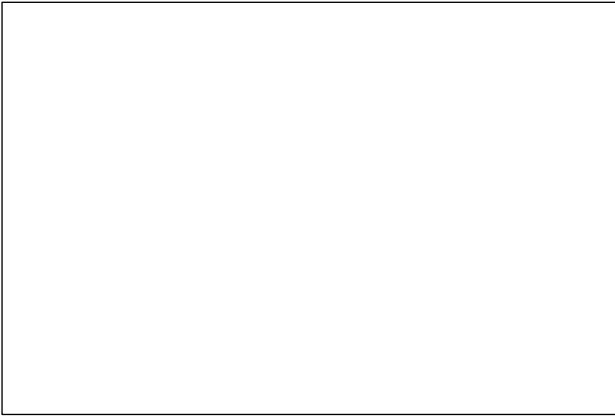
Campus Name: **Bangalore Campus**

Organizing Institute (Director): **Dr. Triveni G Mathur , SSMC-B**

Campus Admin: **Mr. T Sunil Jacob**

Participation: – **Men - 80 , Women- 95**



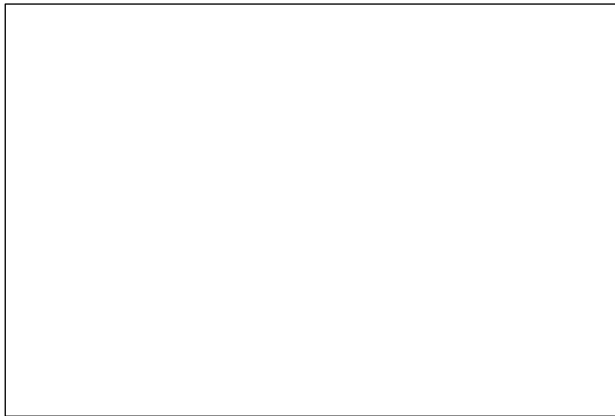
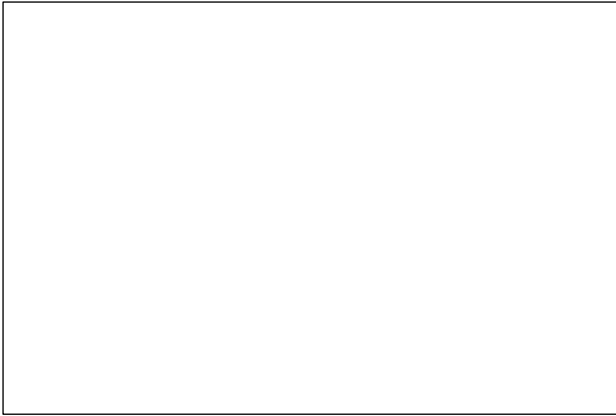
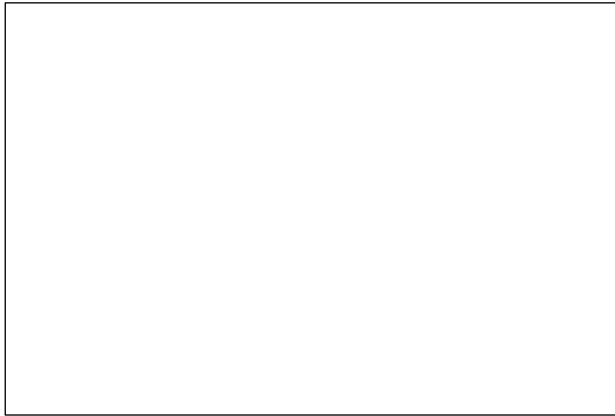
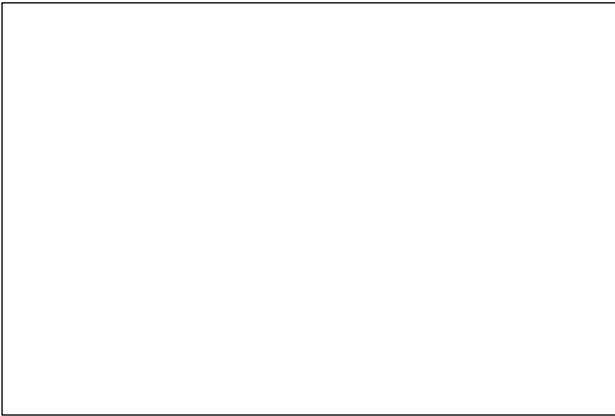


Campus Name: **ELTIS and Atur Centre.**

Organizing Institute (Director): **Prof. Shirish Sahasrabudhe Director ELTIS**

Campus Admin: **Mr. Ahok Yadav (Estate Supervisor)**

Participation: – **Men - 30** , **Women- 40**

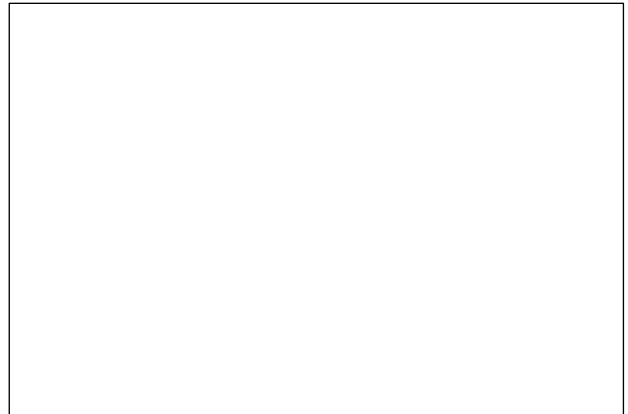
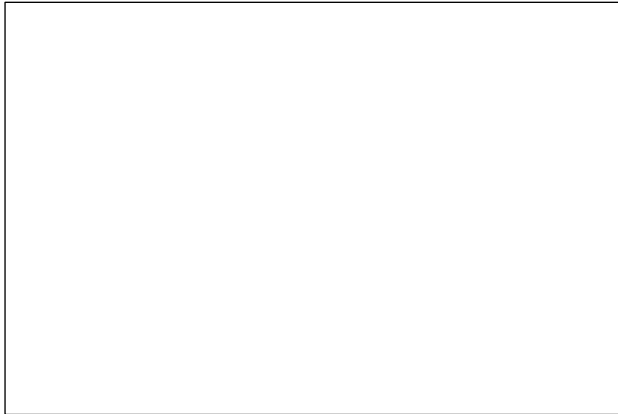


Campus Name: **SYMBIOSIS, HYDERABAD CAMPUS**

Organizing Institute (Director): **Dr RK Jain, Director, SIBMH**

Campus Admin: **Lt Col Patil BRG (Retd)**

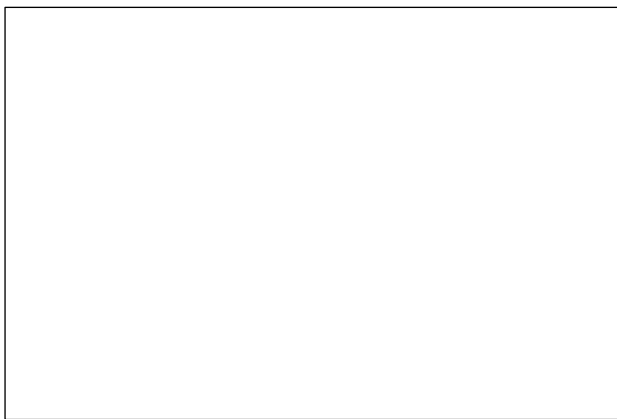
Participation: – Men : 123 Women- : 65 (Including students of SIBMH and all Staff)



Campus Name: **S. B. Road**

Organizing Institute: **SIHS, SSE, SCON & Symbiosis Head Office**

Participation: – **Men-24** **Women-45**

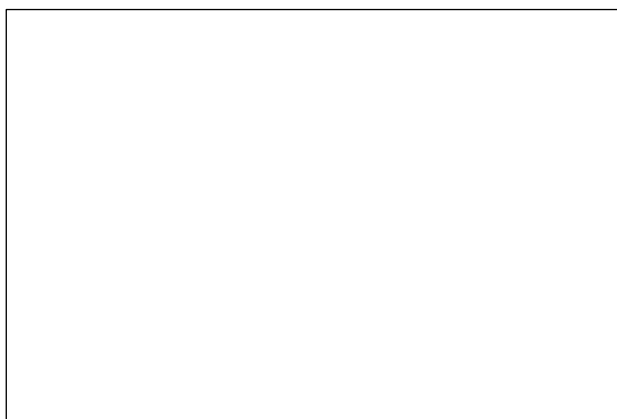
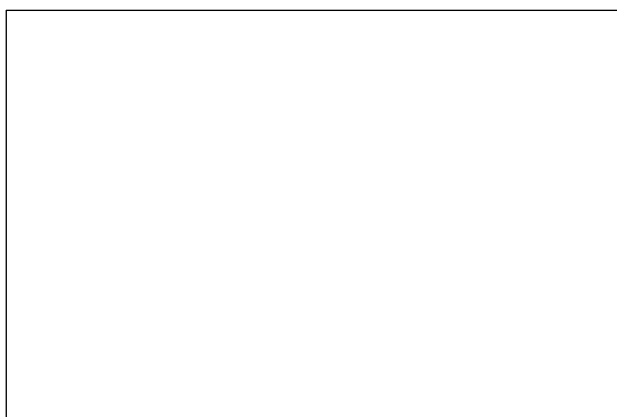
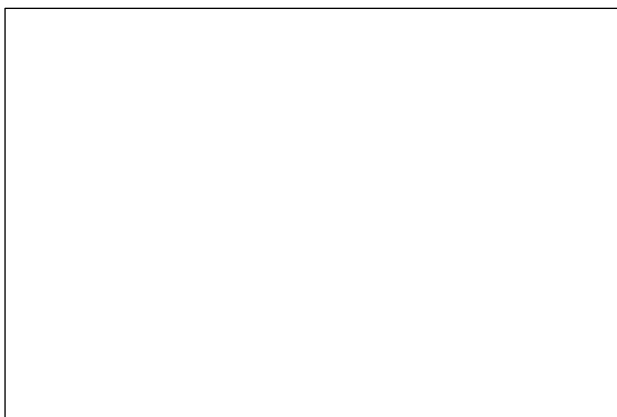


Campus Name: **SIMS Kirkee**

Organizing Institute (Director): **Dr. Rajiv Divekar.**

Campus Admin: **Lt.Col M.N Bade.**

Participation: – **Men-49 , Women-18**

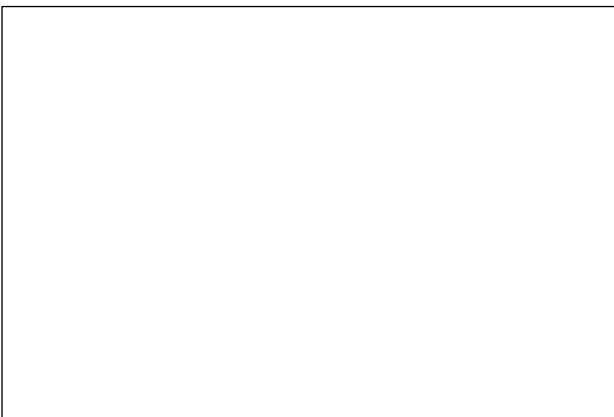


Campus Name: **Lavale Hill top .**

Organizing Institute (Director): **Dr. Nayana Nimkar Director SSSS**

Campus Admin: **Col. Atholi**

Participation: – **Men -37 , Women-32**

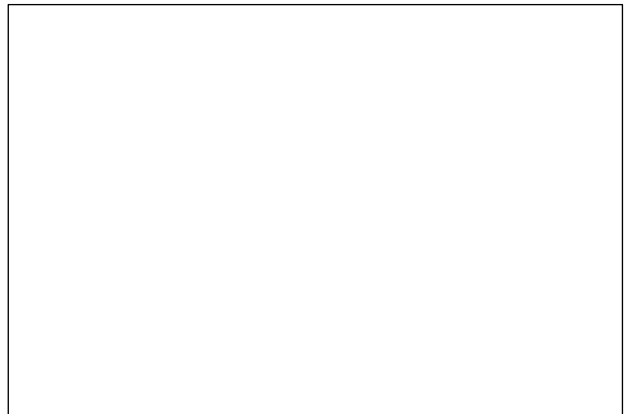
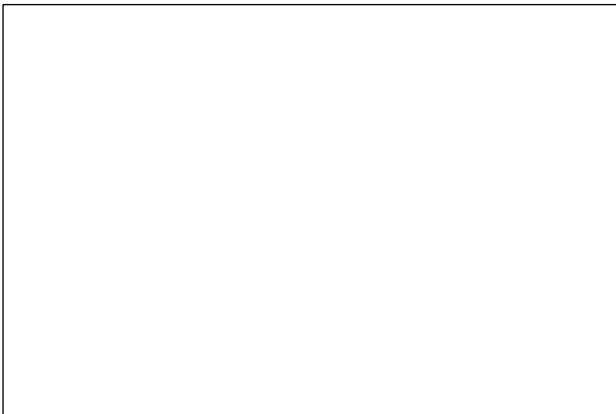
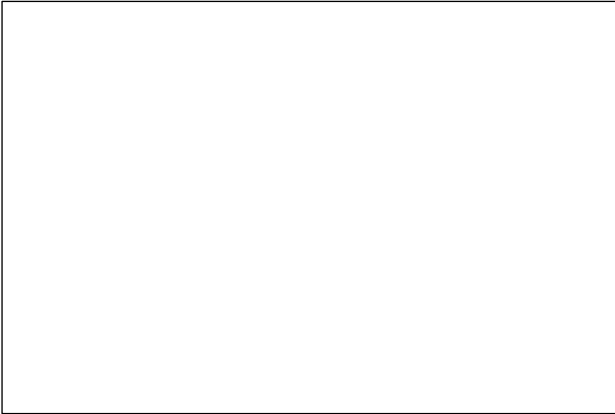


Campus Name: **Noida**

Organizing Institute (Director): **Prof. (Dr.) Shrirang Altekar (SCMS-N)**

Campus Admin: **Lt. Col. Vijay Kumar, Retd.**

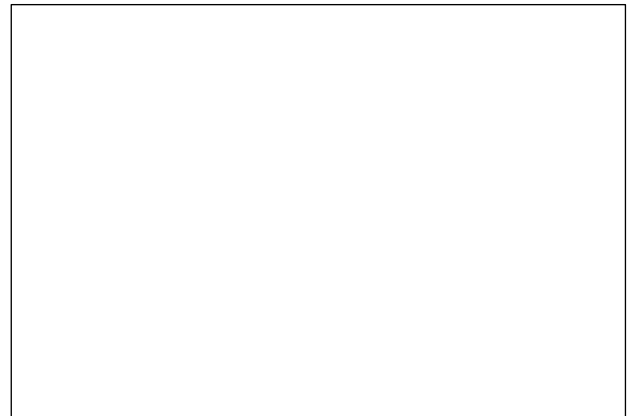
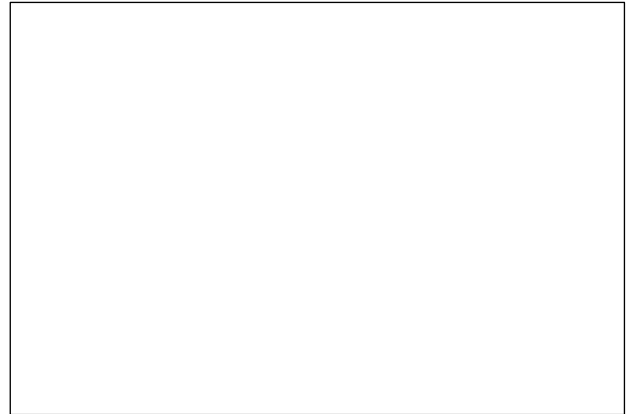
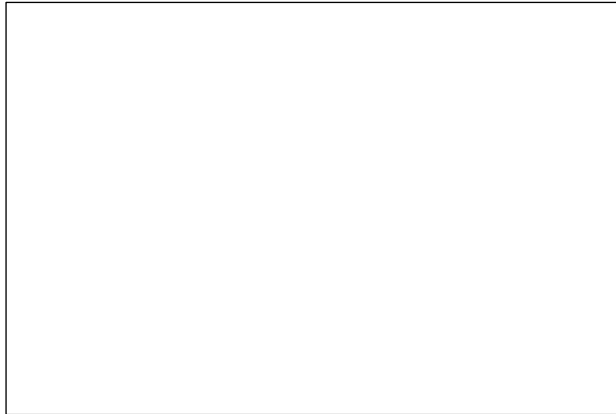
Participation: – **Men - 40** **Women- 21**



Campus Name: **SIC, Hinjewadi**

Campus Admin: **Lt. Col. P.L. Kadam, Retd.**

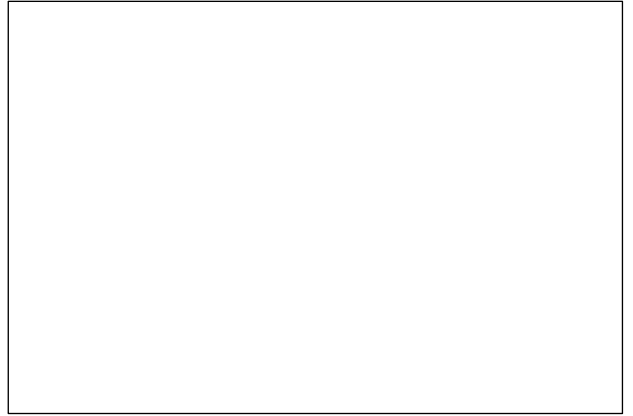
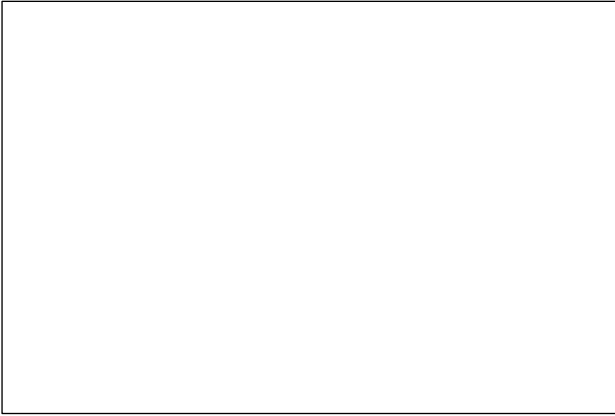
Participation: – **Men- 48 Women- 37 (Staff – 39 and 46 Students from both the three institute including SIC Staff).**



Campus Name: **NEW VIMANNAGAR CAMPUS**

Campus Admin: **COL. MOHAN**

Men- **41** Women- **37**

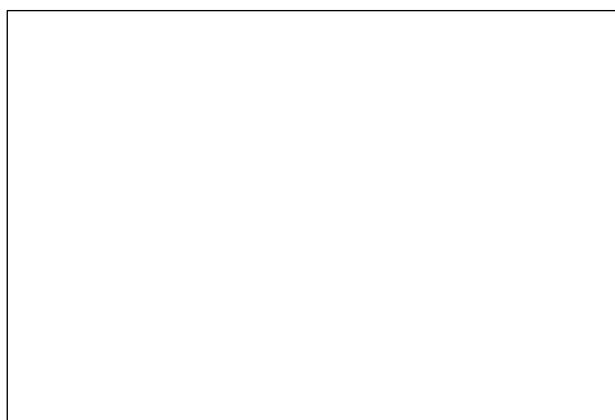
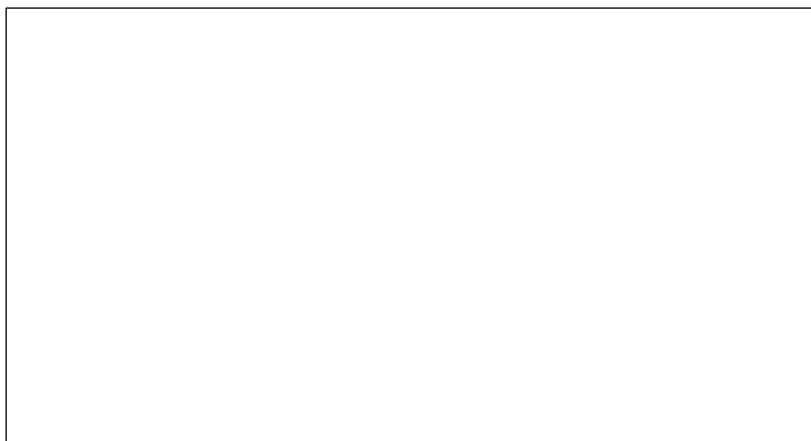


Campus Name: **Old Viman Nagar**

Organizing Institute (Director): **Dr.Adya Sharma, Dr.Anupam Siddharth, Dr.Kedia.**

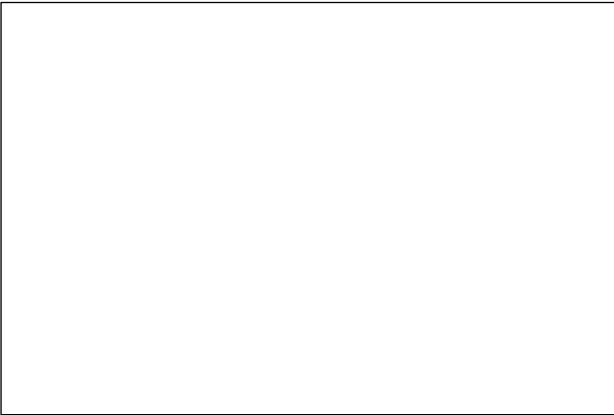
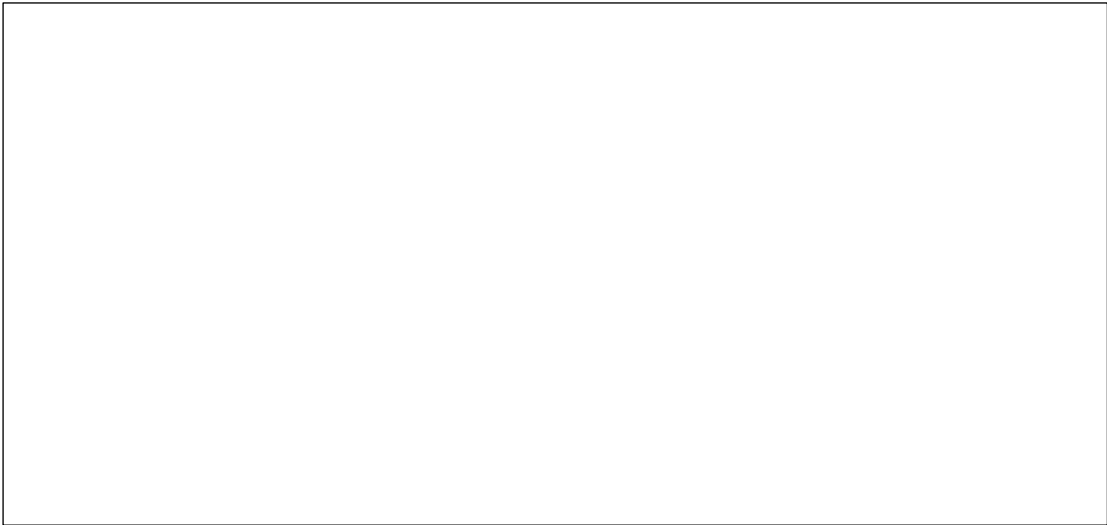
Campus Admin: **Col.Mohan**

Participation: – **Men 35 Women- 50**



Campus Name: **Lavale Hill Base**

Participation: – **Men 35 , Women- 50**



Campus Wise Participation

Sr.NO	Campus	Men Participants	Female Participants	Total
1	Lavale-Hill Top	37	32	69
2	Lavale Hill Base	22	48	70
3	Sb Road	24	45	69
4	Atur Centre	30	40	70
5	Hinjewadi	48	37	85
6	Vimanagar New	41	37	78
7	Viman Nagar Old	35	50	85
8	Nashik	188	63	251
9	Hyderabad	123	65	188
10	Bangalore	80	95	175
11	Noida	40	21	61
12	SIMS	49	18	67
	Total	717	551	1268



International Day of Yoga on 21st June 2018

Yoga Program

Asanas	Mins
Warm-up asanas:- Hand clenching, Wrist bending, Wrist rotation, Elbow bending, Shoulder socket rotation, Dynamic spinal twist.	5
Tadasana	1
Tiryak Tadasana	1
Kati Chakrasana	1
Ardha Titali Asana	1
Poorna Titali Asana	1
Marjari Asana	3
Saral Bhujangasana	2
Bhujangasana	3
Ardha Shalbhasana	3
Matsyakridasana	2
Utthanpadasana	3
Suptaudrakarshanasana	2
Total	28
<u>Breathing Techniques</u>	
Abdominal breathing	2
Total	2
<u>Relaxation Practice</u>	8
<u>Pranayamas</u>	
Nadi Shodhan Pranayama	2
Bhramari Pranayama	2
Total	4
Meditation Technique of Vasudhaiva Kutumbakkam	8
Grand Total	50

