



SYMBIOSIS

INTERNATIONAL (DEEMED UNIVERSITY)

International Day of Yoga

Celebration of International Day of Yoga on 21st June, 2022



International Day of Yoga is celebrated across the globe on the 21st June. It aims to spread awareness among the masses about the importance of Yoga and its effects on human health. It is a celebration of one's mind, body, and soul as the three reach a state of harmony through the practice of Yoga. Following is a glance at the themes celebrated since its inception in 2015:

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”**

2020 - **“Yoga at Home”**

2021 - **“Yoga at Home and Yoga with Family”**

2022 - **Yoga for Humanity**

This year, under the Azadi Ka Amrit Mahotsav the Government of India (GoI) has aggressively propagated the incorporation of Yoga across all Universities. The UGC had conducted meetings discussing the yearlong plan of the universities and mandating the Common Yoga Protocol (CYP) to be conducted on the 21st of June 22.

Symbiosis Centre for Yoga (SCY) conceptualized a plan for IDY which comprised of a 15 days virtual training of CYP, Yoga challenges and mass performance for all stakeholders across all campuses.

To achieve maximum participation a live performance across campuses on the 21st June was planned where we had the participation from the students, teaching and non-teaching staff, heads and directors of the university across all the campuses PAN India.

Events Conducted

1. **Yoga challenges** – The challenges commenced in the month of April, 2022 and continued until the 21st June 2022; weekly Yoga challenges were shared with students, faculty and staff. 348 participants registered for these challenges and the participants also shared their pictures at completion.
2. **15- day pre IDY virtual program-** A well–structured program was designed based on Common Yoga Protocol (CYP) given by GoI, a modern-day take on the centuries-old

Yoga tradition. The aim was to help beginners get initiated into the rewarding world of Yoga. The 15- day pre-IDY virtual program commenced on the 20th May and culminated on the 6th of June. The total registrations for the programme were 1351 this included the students, teaching, non-teaching staff and family & friends.

3. **Virtual session on the eve of IDY '22** - On 20th June a virtual yoga session was conducted for maximum involvement and active participation of all the staff and students of Symbiosis from 7.00 pm to 7.45 pm. Over 837 participants joined via Zoom, Instagram and YouTube.
4. **International Day of Yoga 2022** – A mass event across all campuses was held on the 21st of June in the physical mode wherein 1088 students, staff and representatives of top management participated in the CYP and Suryanamaskar.
5. **The 108 Days Yoga challenge 2022-** A protocol for improving shoulder & hamstring flexibility and Stillness meditation would have to be performed everyday 6 days a week for 108 days. The challenge would culminate in a presentation of the practice by all participants, where three winners would be declared and all others would be given a participation certificate.

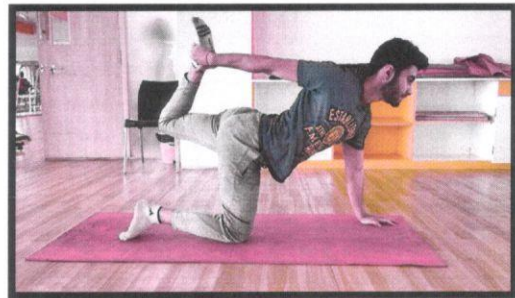
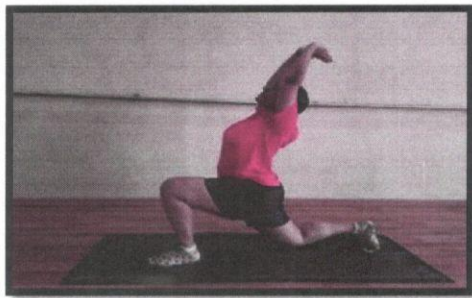
PARTICIPATION STATISTICS

21st June, 2022 Participation across all campuses				
S.no	Campus	Staff	Students	Total
1.	Lavale	35	200	235
2.	SBRD	38	20	58
3.	Hinjewadi	45	47	92
4.	Viman Nagar	56	28	84
5.	Kirkee	67	35	102
6.	Noida	43	22	65
7.	Nashik	53	103	156
8.	Hyderabad	62	35	97
9.	Bangalore	52	57	109
10.	Nagpur	52	38	90
	Total	503	585	1088
Total participation in the Virtual Yoga Session on 20 th June, 2022				837
Total participation in the 15 Days pre IDY CYP programme				1351
Total participation in Yoga Challenges				348
Total Participation IDY, 2022				3624

INTERNATIONAL DAY OF YOGA, 2022 AT A GLANCE



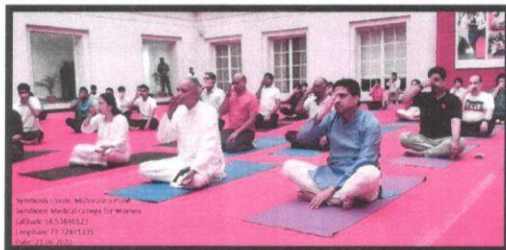
15- day pre IDY virtual program



Yoga challenges



Virtual session on the eve of IDY '22



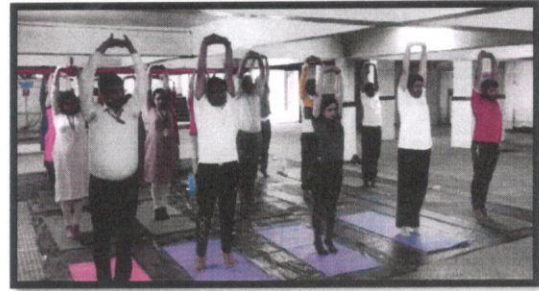
Chancellor, SIU performing Yoga on the occasion of IDY



Yoga by the Management of SIU



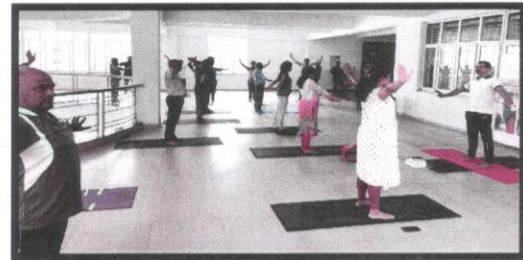
NOIDA Campus



Staff participation at S. B. Road



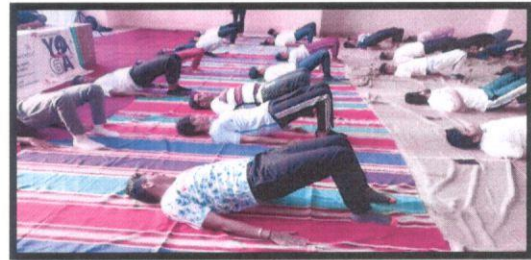
Glimpse at the Kirkee Campus



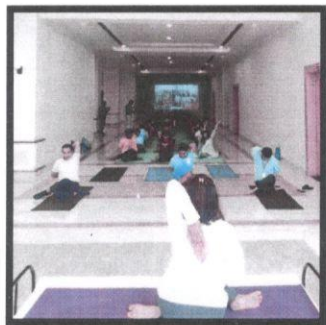
Sight at the Vimanagar Campus



Hyderabad Campus




Bengaluru Campus



Nagpur Campus



Nashik Campus


Director
Dept. of Sports, Recreation and Wellness
SIU, Lavale Campus, Pune - 412115.