



SYMBIOSIS INTERNATIONAL (DEEMED UNIVERSITY)

(Established under section 3 of the UGC Act 1956)

Re-accredited by NAAC with 'A' Grade (3.58/4) | Awarded Category I by UGC

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

Ref/SIU/Sports/27/2015

Date: 25th June 2020

DEPARTMENT OF SPORTS, RECREATION & WELLNESS (DSRW)

To,

Directors / Heads
Constituent Institute of
Symbiosis International University

Subject: Report - International Day of Yoga June 2020

Dear Sir/Madam,

Good wishes and warm greetings from DSRW!

The World celebrates the International Day of Yoga on the 21st of June every year. This year the Department of Sports, Recreation and Wellness, Symbiosis International (Deemed) University celebrated the IDY with a month long Virtual Yoga program which commenced on the 21st May 2020. The IDY planner was prepared keeping the COVID-19 pandemic in mind, as it has led to high levels of psychological distress in the general public, including symptoms of anxiety and depression. We believe that the only thing that will save an individual today is personal immunity and the lockdown period has to be invested in increasing personal immunity by giving up addictions, doing regular exercise, Yogasana, Suryanamaskar and Pranayama, as yoga is one of the most effective and time - tested natural immunity boosters that can lead to a healthy life.

The IDY Virtual Yoga Program planner comprised of the following:

- 1. Yoga program for Four weeks with varied routines (Annexure 1)**

The routines were shared via mail with all the registered participants. It focused on weekly progression of Asana and Pranayama techniques. The program was tailored for beginner to advanced exercisers with variations in frequency/ intensity.

2. Weekly live online yoga tutorial

The online tutorials (27th May, 5th June, 10th June and 17th June) were scheduled every Wednesday at 6:30 pm. These were conducted by trained DSRW experts and received tremendous response with participants' numbers ranging from 80 to 225 in every session. Since many of the staff and students were at home due to the lockdown, the sessions saw participation from family members too.

3. Virtual Celebration of IDY on the 21st of June 2020 (Annexure 2)

An hour long live online Yoga Session was held on the 21st of June 2020 with the theme **"Yoga at Home and Yoga with Family"** in consonance with the Ministry of AYUSH guidelines. **Dr. S.B. Mujumdar** graced the occasion as the Chief Guest and delivered a motivating and inspiring address to all participants (staff, students, family). Other eminent guests present were **Dr. Rajani Gupte (Vice Chancellor), Dr. Vidya Yeravdekar (Pro Chancellor) and Dr. Rajiv Yeravdekar (Dean FoHS)**. The session was streamed live on Zoom and YouTube.

4. 108 days of Pranayama challenge

108 days Pranayama challenge aims to promote the practice of Yoga and boost immunity during this pandemic, for the staff and students, along with their family from the 21st of June, 2020. The participants shall be practicing Pranayama for 108 days anytime, anywhere, minimum 5 to maximum 30 minutes a day and will be uploading their performance with photographs on the website. The best performer amongst the participants will be chosen and recognised at the end of the challenge.

S. No	Name of unit/ organization	Universities / Colleges and others Organisation (along with location)	Number of Families Participated	Number of People Participated
1	Symbiosis International (Deemed University)	All Institutes of Symbiosis International (Deemed University)	1204	Staff – 869 Students – 516

Total Number of Participants - 2589

Glimpses of the International Day of Yoga Program:



IDY 21st JUNE (LAVALE HILL TOP)



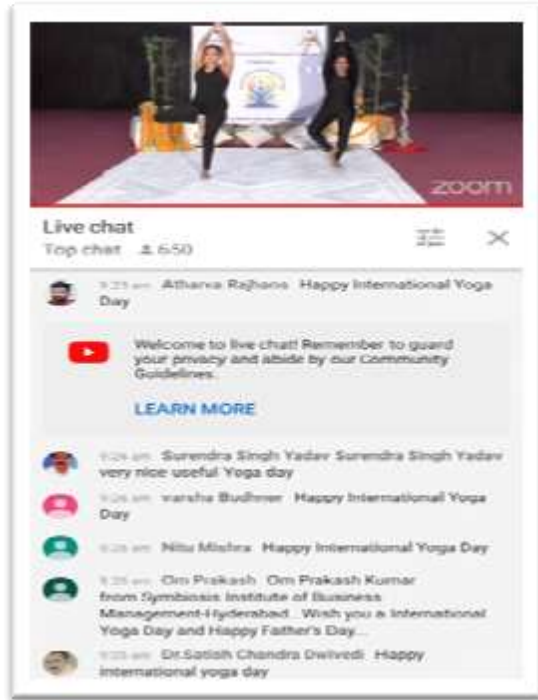
Chancellor, Dr. S.B. Mujumdar, as the Chief Guest



Experts performing Asanas



Symbiosis Staff performing Asana along with his family Asanas



Live comments screenshot of participants attending online session on the 21st June 2020

Annexures:

1. Yoga program for Four weeks with varied routines (21st May to 21st June)
2. IDY 2020 Session Plan (21st June)

(Dr. Nayana Nimkar)
Director, SSSS