

**Date: 21<sup>st</sup> June 2017**

**Report: International Yoga Day**

Yoga is a physical, mental and spiritual practice which originated in India. The International Day of Yoga has been celebrated annually on 21 June since 2015, following its inception in 2014.

Details of the event as below:

Day and Date: Wednesday, 21<sup>st</sup> June 2017

Time: 9.30 Am

Venue: SIC campus

Prepared by: Arati Vaidya





Vishal Marane &lt;vishal\_marane@scmhrd.edu&gt;

## International Yoga Day - 21st June 2017

2 messages

**Arati Vaidya** <arati\_vaidya@scmhrd.edu>

Mon, Jun 19, 2017 at 3:15 PM

To: faculty\_group <faculty\_group@scmhrd.edu>, staff\_group <staff\_group@scmhrd.edu>, mba\_17-19\_group@scmhrd.edu

Cc: Director Office <director@scmhrd.edu>, "Deputy. Director" <deputy\_director@scmhrd.edu>, "Col. Kiran Kanade" <ao@scmhrd.edu>, Academics SCMHRD <academics@scmhrd.edu>

Dear All,

Greetings!

In reference to the instructions received from SIU regarding celebration of International Yoga Day on 21st June 2017 in a standardized manner in all campuses of Symbiosis, the detail instructions are as under :-

**Due to shortage of space in the SIC auditorium faculty, staff and students (students of DIV B only) as per attached list only are requested to attend the event.**

(a) **Venu** - SIC Auditorium.

(b) **Time** - 9.30 to 10.30 AM (All students & staff to be seated by 9.15 AM. Directors are requested to be present by 9.25 AM).

(c) **Program** -

Timing	Details
3mins	Welcome address by the anchor (Student)
2mins	Felicitation of yoga experts by senior Director of the campus (Tulsi plant and dates)
50 mins	Pranayama by Yoga expert
	Breathing Kriyas Cleansing and Detoxifying techniques - Kapalbhati, Bhastrika, Agnisara
	Namskaar techniques for different age groups



	Pranayams to destress and rejuvenate the mind
5mins	108 days Yoga Challenge and vote of Thanks (by Anchor)
	Distribution of Chikki and Rajgirawadi to all
	<b>Total 60 mins</b>

**(d) Special Instructions to participants:-**

1. **Seating Arrangement:** Men and Women participants to be seated separately.
2. **Attire:** Wear loose fitting clothes. Avoid jeans, belts and laced shoes.
3. **Food Intake:** Eat two hours prior to the session.
4. **Voiding:** Empty your bladder before the session.
5. **Belongings:** Avoid getting belongings to the auditorium, if any, keep below the chair.
6. **Mobile:** Should be on silent mode and kept under the chair, should not be in body contact.
7. Listen to the instructions carefully & concentrate on correct posture and proper breathing.
8. Pregnant and menstruating women should avoid forward bending poses and kapal bhati.
9. If at any point of time you feel uneasy or out of breath please stop the activity.

\* Academics note for keeping free B division and to take the attendance of students and submit in Admin dept.

\* Ms. Sharayu request you to take attendance of faculty and staff.


Thanks & Regards,

Arati Vaidya  
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**2 attachments** **MBA 17-19 Div - B Attendance Sheet.xlsx**  
14K **List for Yoga Day.xlsx**  
11K

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**Arati Vaidya** <arati\_vaidya@scmhrd.edu>

Wed, Jun 21, 2017 at 8:12 AM

To: faculty\_group &lt;faculty\_group@scmhrd.edu&gt;, staff\_group &lt;staff\_group@scmhrd.edu&gt;, mba\_17-19\_group@scmhrd.edu

Cc: Academics SCMHRD &lt;academics@scmhrd.edu&gt;, Director Office &lt;director@scmhrd.edu&gt;, "Col. Kiran Kanade" &lt;ao@scmhrd.edu&gt;, "Deputy. Director" &lt;deputy\_director@scmhrd.edu&gt;

Dear All,

Gentle reminder!

Thanks &amp; Regards

Arati Vaidya  
Information Officer  
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9922367788

Sent from Samsung smartphone

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