



SYMBIOSIS INSTITUTE OF BUSINESS MANAGEMENT - NAGPUR

Symbiosis International (Deemed University) Pune

(Established under Section 3 of UGC Act 1956 vide Notification No.F.9- 12/2001-U.3 of the 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})

INTERNATIONAL DAY OF YOGA

21st June 2023

OBEJECTIVES OF THE EVENT

1. To raise awareness about the numerous physical and mental health benefits of yoga.
2. To enable the student, faculty and staff to have good health.

MEANS AND PROCESS TO ACHIEVE THE OBJECTIVE

With the aim to engage youth in mental health education and to equip them with meditation practices for improved health and wellness, a session on yoga was organized for the students, staff and faculty members of Symbiosis Nagpur Campus. The event was organized as a part of “International Day of Yoga” on 21st June 2023 from 9:30 am to 10:30 am at Corridor of Auditorium, SIU, Nagpur.

PROGRAM STRUCTURE

9:15 AM	Assembly of staff and students
9:30 AM	Welcome address – Director
9:35 AM	Yoga pledge – Campus Admin
9:40 AM	Opening prayer
9:45 AM	Commencement of the session
10:25 AM	Group Photo

Instructions for the participants:

- Wear comfortable clothes (preferably white color)
- Carry a water bottle, a hand towel and a mat.
- Keep a gap of 1.5 hours between the meal and the session

HOSTING TEAM

The event was hosted by Department of Sports, Recreation and Wellness; Symbiosis International (Deemed University) Nagpur Campus in association with Sports Club, SIBM, Nagpur.

DETAILS OF THE PARTICIPANTS

The event was attended by more than 50 students from MBA SEM-I & MBA (FABM) SEM-I (Batch of 2023-25) and staff & faculty members of SIBM, Nagpur. The attendance sheet is attached herewith.



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COMMUNICATION PROOF



Prakash Bhongade <information.officer@sibmnagpur.edu.in>

Fwd: Invitation- International Day of Yoga 2023

1 message

Pranjali Kathale <ao@sibmnagpur.edu.in>
To: SIBM Faculty <faculty@sibmnagpur.edu.in>, staff@sibmnagpur.edu.in
Cc: Director SIBM Nagpur <director@sibmnagpur.edu.in>

Mon, Jun 19, 2023 at 2:12 PM

Dear All,

Those who are free may please attend the same.

@ Coordinators, please forward this to your respective batches.
@ Arif Sir, please take this forward.

Thanking you with regards,
Pranjali Kathale
Administrative Officer
SIBM, Nagpur
0712-6192405



POSTER



INTERNATIONAL DAY OF YOGA -2023



Join us on 21st June, 2023 for the Elemental Yoga



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Celebrating International Day of Yoga 21st June, 2023 Nagpur

*Celebrating International Day of Yoga with a theme of five elements called **ELEMENTAL YOGA** and experience the transformative powers of five elements of the **Universe – Earth, Water, Fire, Air and Ether***

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**Wear comfortable clothes .*



PHOTOGRAPHS





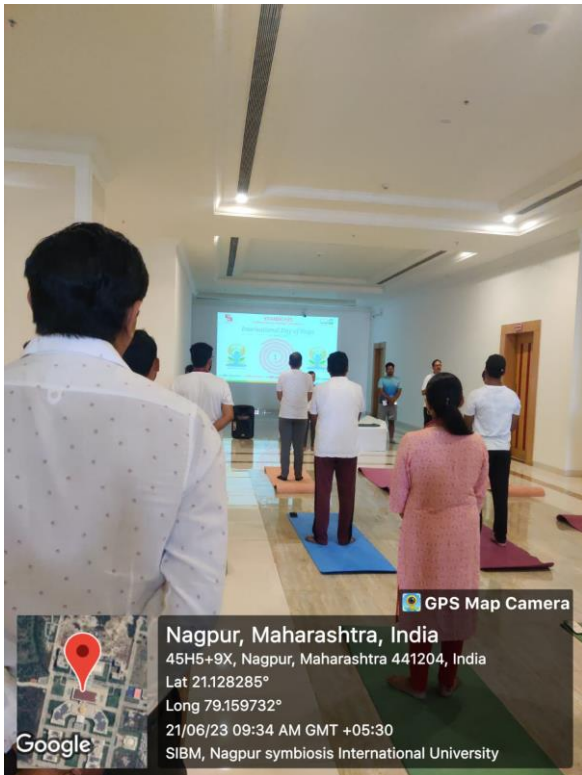
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KEY OUTCOMES/TAKEAWAY

Yoga helps to strengthen the muscles that support the body's weight, leading to functional strength. It also builds the core strength of an individual. This improves athletic performance and ones' functionality in everyday life. Yoga also improves the posture and creates harmony in the physical, vital, mental, psychological and spiritual aspects of the human being.

To understand this and learn the art of yoga, participants performed various asanas and were guided by the resource person for maintaining healthy life style and creating a healthy environment.