



**Yashwantrao Chavan Maharashtra Open University.
Nashik-422222**

**A Report on 4th International Yoga Day Celebration On 21st June 2018, at
Yashwantrao Chavan Maharashtra Open University, Nashik, Maharashtra.**

The third International Yoga Day was celebrated in YCMOU on 21st June 2018 in the presence of honorable Vice Chancellor prof. E. Vayunandan, Registrar Dr.Dinesh Bhonde and the entire staff of YCMOU that included all the Directors of various Schools, assistant professors, associate professors and other administrative staff members. The on-campus Research Fellows, students of BBA and ITI also participated in celebration.

An eminent Yoga teacher Dr Mrs Minakshi Gawali and her team from KSKW College, Cidco, Nashik, supervised as well as demonstrated various yoga practices as per the government protocol. The expert also discussed the importance and need of yoga in the modern age of stress and competition. The entire staff and students of YCMOU enthusiastically performed all the asanas of yoga and pranayam. Yoga session was started with chanting of 'Pranav Mantra OM' followed by Sookshma Vyayam, Vajrasana, Tadasana, Vrikshashana, Surya Namaskar, Nadi Shodhan Pranayama and Bhramaree Pranayama. There are over 45 study centers affiliated to YCMOU for the 'YOGA Shikshak' program.

The 4th **International Yoga Day** was also celebrated with great enthusiasm at these centers and over 1350 students participated in this celebration.

The main highlight of the program was the rhythmic yoga performed by the team from KSKW College, Cidco Nashik.

Following are the glimpses of the 4th International Yoga Day Celebration at Yashwantrao Chavan Maharashtra Open University:





