



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

School of Health Sciences

Activities: Academic Year 2020-21

1. 16-17th June 2021:- International Yoga Webinar on “Atha Yoganusasanam”

On the occasion of International Yoga Day School of Health Sciences organized 2 days international Webinar through virtual platform on “Atha Yoganusasanam” on 16th and 17th June 2021.

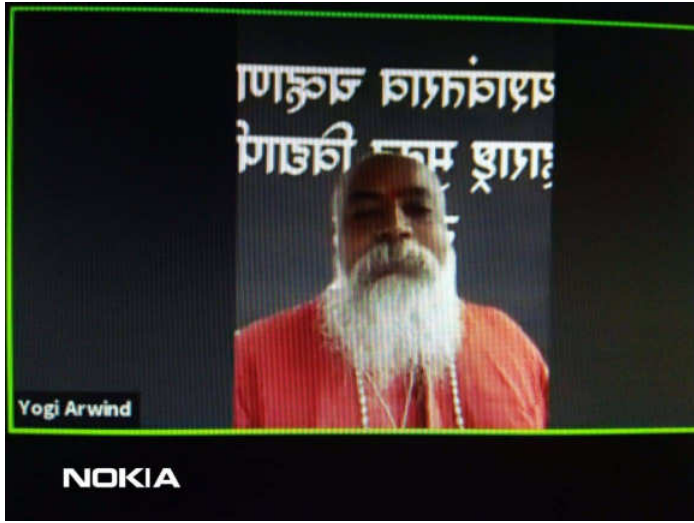
For this webinar, Yoga experts Yogi Arwind, Dr. Samprasad Vinod, Dr. Manmath Gharote, Dr. Vijayshrinath Kanchi were present from India as well as international speakers Prof. Jadranko Mikleć Croatia and Prof. Natalia Solvey from Argentina.

Hon. VC Prof. E. Vayunandan and Dr. Jaydeep Nikam, Director, School of Health Sciences, were welcome and felicitate to expert on virtual platform. Dr. Jaydeep Nikam and Dr. Abhay Patil guided for program. Mrs. Namita Joshi, Mrs. Rashmi Ranade hosted the webinar and Mr. Balu Mokal and Mr. Shubham Bhongle actively participated for this program.

Around 6000 Peoples took the advantage to listen and interact with such



knowledgeable speakers through Zoom meeting app and YouTube live.



21 June 2021 :- International Yoga Day

International Yoga Day Celebration On 21st June 2021, at Yashwantrao Chavan Maharashtra Open University, Nashik, Maharashtra.

The International Yoga Day was celebrated in YCMOU on 21st June 2021 in the presence of honorable Vice Chancellor Prof. E. Vayunandan, Dr. Jaydeep Nikam Director, School of Health Sciences 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.

Yoga experts Mrs Rashmi Ranade, Shri Balu Mokal and Mr. Shubham Bhongle of School of Health Sciences, 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 *Pranayama*. Yoga session was started with chanting of 'Pranav Mantra OM' followed by Sookshma Vyayam, Vajrasana, Tadasana, Vrikshashana, Surya Namaskar, Nadi Shodhan Pranayama and Bhramari Pranayama.





