



Yashwantrao Chavan Maharashtra Open University.

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Report on 1st International Yoga Day Celebration On 21st June 2015, at Yashwantrao Chavan Maharashtra Open University, Nashik, Maharashtra.

The First International Yoga Day was celebrated in YCMOU on 21st June 2015 in the presence of honorable Vice Chancellor Prof.Dr. Manikrao Salunkhe , 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 Nitin Shimpi and Mrs Minal Shimpi and their team from Ashirwad Yoga & Naturopathy college, Canada Corner ,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 'Omkar Chanting' followed by Sookshma Vyayam, Vajrasana, Tadasana, Vrikshashana, Surya Namaskar, Nadi Shodhan Pranayama and Bhramari Pranayama.

There are over 40 study centers affiliated to YCMOU for The 'YOGA Shikshak' program.

The 1st **International Yoga Day** was also celebrated with great enthusiasm at these centers and over 1000 students participated in this celebration.

Following are the glimpses of the 1st International Yoga Day Celebration at Yashwantrao Chavan Maharashtra Open University:





