

School of Health Sciences

Activities: Academic Year 2018-19

- 1. 4th International Yoga Day Celebration On 21st June 2018, at Yashwantrao Chavan Maharashtra Open University, Nashik, Maharashtra.**

The 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, 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.

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:



YCMOU staff performing yoga



Rhythmic yoga performed by Students of Yogateacher program from KSKW Study centre, Nashik

2. 21, 22 august 2018:- Two days Workshops on Secrets of Ultimate living (SOUL) by Janaki Foundation for Healthcare Medical wing Bramhakumaris, Mumbai.

A two day workshop on “Secrets of Ultimate living(SOUL) was jointly organized by Yashwantrao Chavan Maharashtra Open University, Nashik & The Janki Foundation for global healthcare Bramhakumari’s , Mount Abu [RJ] ON 21st Aug-22nd Aug 2018.The workshop was inaugurated by Honourable Vice-Chancellor Prof.E. Vayunandan [YCMOU], Dr. Jaydeep Nikam, Director, School of Health Sciences, YCMOU,Chief Trainers and Facilitators of the workshop- Dr. Sachin Parab,Dr. Manoj Matnani, Dr. Jayshri Patil, Mr. Datta Rokde in the presence of Rajyogini Bk. Vasanti didiji.

3. 15 March 2019:- Guest lecture on "Blood disorders, Diet and Treatment" by Dr. Pritesh Junagade (Heamatologist, Lotus Hospital)



Welcome and felicitation of Guest by Hon. VC Prof. E. Vayunandan, and Dr. Jaydeep Nikam, Director, School of Health Sciences



Dr. Junagade delivered lecture on blood disorders and treatment.

4. 22 march 2019 – Guest lecture on Heart diseases (Dil ki Batein) by Dr. Saket Junagade (International cardiologist)



Welcome and felicitation of Dr. Junagade by Dr. Jaydeep Nikam, Director, School of Health Sciences.



Dr. Junagade demonstrated how to handle emergency situation during cardiac attack.

