

## School of Health Sciences

### Activities: Academic Year 2019-20

**1. 5<sup>th</sup> International Yoga Day Celebration On 21<sup>st</sup> June 2019, at Yashwantrao Chavan Maharashtra Open University, Nashik, Maharashtra.**

The Fifth International Yoga Day was celebrated in YCMOU on 21<sup>st</sup> June 2019 in the presence of honorable Vice Chancellor prof. E. Vayunandan, Registrar Dr.Dinesh Bhonde, Dr. Jaydeep Nikam 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 experts Mrs Rashmi Ranade and Shri Balu Mokal, of School of Health Science , 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.

**The School conducted Yoga poses and essay competitions for all Yoga Students of 50 study centers affiliated to YCMOU for the 'YOGA Shikshak' program. The 5<sup>th</sup> International Yoga Day was also celebrated with great enthusiasm at these centers and over 2000 students participated in this celebration.**

The main highlight of the program was the various yoga poses performed by final winners of Yoga Competitions.

**Following are the glimpses of the 5<sup>th</sup> International Yoga Day Celebration at Yashwantrao Chavan Maharashtra Open University:**





21<sup>st</sup> June 2019:- Guest Lecture on “Effortless weight loss and Diabetic Control” by known dietician and practitioner Dr Jagannath Dikshit was also arranged by School of Health Science on the occasion of International Yoga Day which got huge response.



Welcome and Felicitation of Guest Dr. Dixit By Hon. VC Prof. E. Vayunandan, and Dr. Jaydeep Nikam, Director, School of Health Sciences.





In row from left to right Dr. Uday Mhajan, Dr. Abhay Patil, Dr. Jaydeep Nikam, Dr. Jagannath Dixit, Mr. Balu Mokal, Mr. Vilas Bedse, Mrs. Rashmi Ranade and Vishakha More

**2. 10 January 2020 :- A expert lecture on “Meditation therapy for day-to-day stress”  
by Mr. Shailesh Radadiya (Art of Living, Surat)**



**Welcome and felicitation of Guest by Dr. Abhay R. Patil, Asso. Professor School of Health Sciences**



**Mrs. Rashmi Ranade introducing guest Speaker Mr. Shailesh Radadiya**

**3. 24 Jan 2020 :- Guest lecture on “Iron deficiency and Anemia” by Dr. Siddhesh kalantri from NAMCO Charitable trust.**

**4. 24 Jan 2020 :- Guest lecture on “Treatment for Lumbar pain & Sciatica” by Dr. Rohan Deo from NAMCO Charitable trust.**