

International Yoga Webinar
On

अथ: योगानुशासनम् ॥

Atha Yogānuśāsanam ॥

on

16th & 17th June 2021

Yashwantrao Chavan Maharashtra
Open University,
Nashik-422222 (MS)
India



Organized by

School Of Health Sciences
Yashwantrao Chavan Maharashtra
Open University,
Nashik-422222 (MS) India



16 June, 2021

<https://youtu.be/KH6mjScvl4k>

Yogi Arwind (Inaugurator)
(India) 10.30 am-11.45am
'Samagra - Yog'



Dr. Samprasad Vinod
(India) 11.45am-12.45pm
योग एक जीवनदृष्टी



Pro. Jadranko Miklec
(Croatia) 12.45 pm- 02.00pm
Yoga therapy for establishing life in
the state of Wholistic health -
'SVASTHA'.



17 June, 2021

<https://youtu.be/-8J18ejmdS8>

Pro. Natalia Solvey
(Argentina) 10.30am -11.30
The essential aspects of Yoga
Practices for Pandemic situation.



Dr. Manmath Gharote
(India) 11.30am-12.30pm
W-Holistic Health through
Yoga.



Dr. Vijaysrinath Kanchi
(India) 12.30 -2.00pm
योग के कुछ रोचक तथ्य : कुछ भूली
बिसरी योग साधनाएं।

Organising Committee

Chief Patron



Prof. Dr. E. Vayunandan
Hon. Vice Chancellor
Yashwantrao Chavan Maharashtra
Open University, Nashik

Organizing Director



Prof. Dr. Jaydeep Nikam
Professor and Director,
School of Health Sciences, YCMOU,
Nashik-422222 (M.S.) Phone No.: Direct:
0253-2230171(O); Mobile: 09422170150
E-mail: jdnce.ycmou@gmail.com

Dr. Abhay Patil

Assistant Professor

School of Health Sciences, YCMOU, Nashik-422222 (M.S.) Phone

No.: Direct: 0253-2230718(O); Mobile: 09422245650

E-mail: abpatilvcmou26@gmail.com

Academic Co-ordinator Yoga

Mrs. Rashmi Ranade

School of Health Sciences, YCMOU, Nashik

Mobile: 8888808596

E-mail: yogaycmou@gmail.com

Academic Co-ordinator Yoga

Mr. Balu Mokul

School of Health Sciences, YCMOU, Nashik

Mobile: 9405611644

E-mail: yogaycmou@gmail.com

Academic Co-ordinator Yoga

Mr. Shubham Bhongle

School of Health Sciences, YCMOU, Nashik

Mobile: 8605184282

E-mail: yogaycmou@gmail.com

Academic Co-ordinator (L.T.)

Ms. Vishakha More

School of Health Sciences, YCMOU, Nashik

Mobile: 8087283486

Academic Co-ordinator (Pharmacy)

Mrs. Namita Joshi

School of Health Sciences, YCMOU, Nashik

Mobile: 9075678421

Free Registration link

https://docs.google.com/forms/d/e/1FAIpQLSeVU5AduFh9XbTORu1Kr4gxOWbW8hAzBlmNT6vTDMa05aZ2pA/viewform?usp=sf_link

Note - Certificate will be Awarded to participants.

(For attendance Comment your name during the session)



Yashawantrao Chavan Maharashtra

OpenUniversity, Nashik

The YASHWANTRAO CHAVAN MAHARASHTRA OPEN UNIVERSITY (YCMOU) through its technical, vocational, professional and liberal education programmes, application of modern communication technologies and adoption of the distance education methodology strives towards developing an innovative, flexible and open system of education with the ultimate goal of becoming a 'mass university'. It is established on 1st July, 1989 by Act XX of the Maharashtra State Legislature. Recognised under 12 (B) of the UGC Act. It has the following Objectives :

- To make higher, vocational and technical education available to large sections of the population.
- To pay special attention to the needs of the disadvantaged groups, in particular, people in rural areas and women.
- To relate all courses to the developmental needs of individuals, institutions and the State.
- To provide an innovative, flexible and open system of education by using distance teaching methodology and by applying modern communication technologies to education.
- To provide continuing adult and extension education. Special attention to be paid to retraining adults in new skills to enable them to adjust to a changing technological environment.
- To provide post-graduate studies and research opportunities in all fields of knowledge, especially in educational technology, distance education and development communication.

School of Health Science :

- ❖ The School of Health Sciences has been established to offer programs to the learners, particularly belonging to the disadvantaged classes residing in distant areas, through flexible mode of learning.
- ❖ The school is pro-active and flexible in framing policies to address the need of the development and delivery of the programs.
- ❖ Our mission has been to respond to the developmental needs of the society by offering need-based paramedical and vocational courses to larger and larger segment of population, and in particular to the disadvantaged groups such as those living in remote and rural areas including working people, housewives and other adults who wish to upgrade or acquire knowledge through studies in various fields.
- ❖ The School of Health Sciences Provided one year **Diploma in Yoga Teacher** since 2006. This Course has Famous all over Maharashtra. After Completion of this diploma many students got self employed.

Objective of the Webinar :

अथ: योगानुशासनम् ॥१॥

- atha yogānuśāsanam ॥1॥ Now, (is) the study and practice of yoga. This is the very first sutra of the most well-known yoga document in modern time, Patanjali's Yoga Sutras. From the prefix "anu-" which indicates the continuation of the action denoted by the verb, Patanjali humbly points out that he is continuing the teaching of yoga. In this light, Sage Patanjali is not the founder or inventor of yoga. His great contribution, nevertheless, is in systematization of this invaluable ancient knowledge for all mankind.
- Yoga is a very healthy practice that has brought unbelievable results in the lives of people who have inculcated this in their daily routine.