



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

**A Report on 5th International Yoga Day Celebration On 21st June 2019, at
Yashwantrao Chavan Maharashtra Open University, Nashik, Maharashtra.**

The Fifth International Yoga Day was celebrated in YCMOU on 21st June 2019 in the presence of honorable Vice Chancellor prof. E. Vayunandan, Registrar Dr. Dinesh Bhonde 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 5th 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. Lecture of known dietician and practitioner Dr Jagannath Dikshit was also arranged by School of Health Science which got huge response.

Following are the glimpses of the 5th International Yoga Day Celebration at Yashwantrao Chavan Maharashtra Open University:





