



Yashwantrao Chavan Maharashtra Open University

Nashik-422222

A Report on 3rd International Yoga Day Celebration on 21st June 2017, at Yashwantrao Chavan Maharashtra Open University, Nashik, Maharashtra

The third International Yoga Day was celebrated in YCMOU on 21st June 2017 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 the celebration.

An eminent Yoga teacher Dr 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 'Pranay Mantra OM' followed by Sookshma Vyayam, Vajrasana, Tadasana, Vrikshashana, Surya Namaskar, Nadi Shodhan Pranayama and Bhramaree Pranayama.

There are over 40 study centers affiliated to YCMOU for the YOGA shikshak programme .The **3rd International Yoga Day** was also celebrated with great enthusiasm at these centers and over 1200 students participated in this celebration. The reports of the celebration were send to the University.

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 3rd International Yoga Day Celebration at Yashwantrao Chavan Maharashtra Open University:



