



# INTERNATIONAL DAY OF YOGA 2020

Celebrations at  
**JAMIA MILLIA ISLAMIA**

Maulana Mohamed Ali Jauhar Marg  
Jamia Nagar, New Delhi – 110025



*Conceptualized by:*  
**Professor Khalid Moin**  
Director (Games & Sports)

*Compiled, Edited & Designed by:*  
**Mohammad Shakir**  
Assistant Media Coordinator





## FROM THE DESK OF THE VICE-CHANCELLOR

It gives me immense pleasure to learn that Games & Sports Office, Jamia Millia Islamia, is bringing out a Brochure containing interesting and encouraging report on International Day of Yoga-2020 and other Yoga related activities organised in JMI. Of course, it is quite heartening – it is for the first time that such brochure is going to be published.

This year's International Day of Yoga was celebrated as a part of Centenary Celebrations of Jamia Millia Islamia. Due to COVID-19 pandemic, the University adhered to Common Yoga Protocol (CYP) Drill. Other Yoga related activities were organized through online mode using social media platform.

Yoga, a methodical and disciplined way to help mind, body and soul to be in perfect harmony, imparts us physical, moral and spiritual strength to brave hardships and challenges of life. Rightly considered as an effective substitute for medicine, it has the capacity to cure diseases and drive away dullness, despair and negative thoughts.

I would like to congratulate Prof. Khalid Moin, Director, Games & Sports Office for bringing out such an important document. I also congratulate all those who worked hard in bringing out this beautifully designed and informative document. Those who actively participated in various events related to Yoga deserve special congratulations and appreciation.

I am sure that the Brochure shall be useful to large number of people including the members of Jamia fraternity. I wish that it is successful in spreading the message that health is a rare blessing and Yoga Practices herald health and happiness.

*Najma Akhtar*

**(Prof. Najma Akhtar)**

Vice-Chancellor



## MESSAGE OF THE DIRECTOR (GAMES & SPORTS)

The Jamia Millia Islamia is celebrating its 100th glorious year of Enlightenment, Empowerment & Nation-Building. It has been ranked amongst the top ten universities by the MHRD, NIRF and recently bagged the First spot among all Central Universities in the ranking released by the Ministry of Education, Government of India. The University's achievements, under the patronage of Vice-Chancellor, Professor (Madam) Najma Akhtar have been remarkable, which is not only limited to academics and research but also in Sports and Co-Curricular Activities.

It is Vice-Chancellor's continuous endeavor to encourage and promote various Yoga activities in the University campus adhering to the Gol guidelines and advisories. This year, we celebrated the International Day of Yoga 2020 with great enthusiasm and conducted a series of online events attended by a large number of students, staff, and their families.

The Vice Chancellor wished that Jamia Millia Islamia shall do something special to promote and effectively use the potential of Yoga by publishing a brochure to showcase various Yoga related activities at Jamia campus. This brochure is a sincere attempt to achieve this goal.

I am thankful to Prof. Weqar Ahmad Siddiqi, Deputy Director (Games and Sports) and Dr. Mohd. Moonis (Hockey Coach) for their continuous support in organizing all Yoga related events. I am also thankful to Mr. Mohammad Shakir, Assistant Media Coordinator, for his kind support in editing, compilation and designing of this brochure.

**Professor Khalid Moin**  
Director (Games & Sports)




## 21 JUNE INTERNATIONAL YOGA DAY



**Jamia Millia Islamia celebrates  
6<sup>th</sup> International day of Yoga**

Join at:


[m.facebook.com/moayush/](https://m.facebook.com/moayush/)



Ministry of AYUSH, Government of India

**Join this worldwide movement on the occasion of**

6<sup>th</sup> International Day of

yoga



on 21<sup>st</sup> June 2020 at 7:00 AM, right from your home.

Also Join  
JMI's Common Yoga  
Drill (CYD)  
on  
June 21<sup>st</sup>, 2020  
at  
08:00 a.m.  
<https://meet.google.com/mbr-wky-knx>



**JAMIA MILLIA ISLAMIA**



**CELEBRATING**

**6<sup>th</sup> INTERNATIONAL DAY OF YOGA**

**YOGA FOR FITNESS,  
HEALTH & IMMUNITY**

On  
**21<sup>st</sup> June, 2020**

At  
Nawab Mansoor Ali Khan Pataudi Sports Complex  
Jamia Millia Islamia  
New Delhi

Please JOIN US AT : 8.00 AM  
LINK : <https://meet.google.com/mbn-wpkv-knx>



## INTERNATIONAL DAY OF YOGA

The idea of an International Day of Yoga was first proposed by the Prime Minister of India, Hon'ble Shri Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on September 27, 2014. He suggested the date of 21st June, as it is the longest day of the year in the Northern Hemisphere (shortest in the Southern Hemisphere) and shares a special significance in many parts of the world.







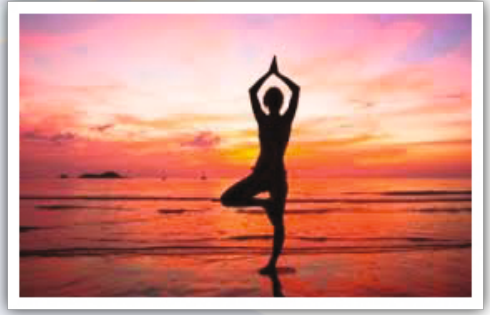
Following its inception in the United Nations General Assembly in 2014, the International Day of Yoga is being celebrated globally on 21st June every year since 2015. Originated in India, Yoga is not only a physical exercise, but also a mental and spiritual practice.



“Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being.

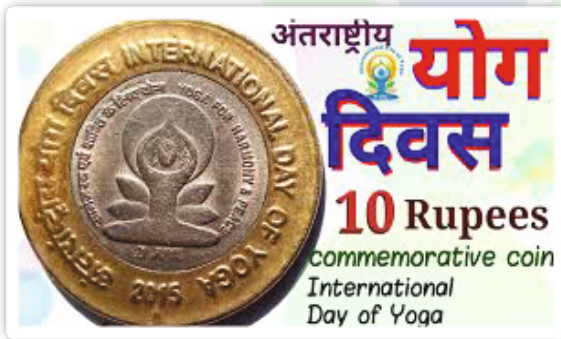


It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being” stated the Hon’ble Prime Minister at UNGA. He added, “Let us work towards adopting an International Yoga Day”.





A commemorative coin of rupees 10 was issued by the Reserve Bank of India in 2015 to mark the International Day of Yoga.







## YOGA IN PRESENT SCENARIO

As Yoga is a proven practicing tool which improves health, builds immunity, provides relief from stress and improves sense of well being; it seems to be the best defence against COVID-19 pandemic these days.





Celebrating 100 glorious years of  
Enlightenment, Empowerment &  
Nation-Building



## Jamia Millia Islamia Centenary Year (2019-2020)

This year, the Jamia Millia Islamia is celebrating its Centenary (1920-2020). The year-long Centenary celebrations started with the visit of the Hon'ble President of India, Mr. Ram Nath Kovind (who is also the visitor of the university) on the occasion of Annual Convocation of the University in 2019.

Because of the Covid-19 pandemic, all the programs related to Centenary celebrations are being conducted through online mode only. Thus, this year's International Day of Yoga, a part of University's Centenary celebrations, was also celebrated through online mode.



## INTERNATIONAL DAY OF YOGA (IDY) Celebrations at Jamia Millia Islamia

Jamia Millia Islamia celebrated International Day of Yoga (IDY) on 21st June 2020 with great zeal through online mode. Various activities were organized by the university to celebrate the International Day of Yoga-2020, following social distancing norms and other guidelines issued by the Government of India. The following activities were organized:





## A short-film dedicated to International Day of Yoga-2020:

<https://www.youtube.com/watch?v=SH4L67KYDgs&feature=youtu.be>

To enhance the awareness about the Yoga day, the University prepared a short-film showcasing the *Aasana* (body postures) performed by our staff and their family members and how it can be helpful in improving the mental, physical and spiritual strengths.







This film also has video messages on relevance of Yoga by Professor Najma Akhtar, Vice Chancellor, Jamia Millia Islamia; Professor Khalid Moin, Director, Games & Sports; Professor Sanjay Singh, Dean, Faculty of Dentistry and Dr. Irshad Husain Naqvi, Chief Medical Officer, Ansari Health Centre, Jamia Millia Islamia.



This short film was launched on the eve of the International Day of Yoga on June 21, 2020 showcasing the contributions of Jamia Millia Islamia in nation's efforts to popularize the effectiveness of Yoga in common man's life. This short-film is available on University's website and at various social media platforms.





## Exclusive Session of Yoga by Jamia students:

<https://www.youtube.com/watch?v=mX-B2bxzn-w&feature=youtu.be>

The Year 2020, June 21, was marked as the sixth edition of the International Day of Yoga. Due to Corona Virus Pandemic, the theme for this year's International Day of Yoga was decided as 'Yoga at Home and Yoga with Family'.





To facilitate the participants who participated through online mode, the Games and Sports Office, Jamia Millia Islamia released a video, prepared by Jamia students, demonstrating various *Aasana* under the able guidance of Yoga Guru.



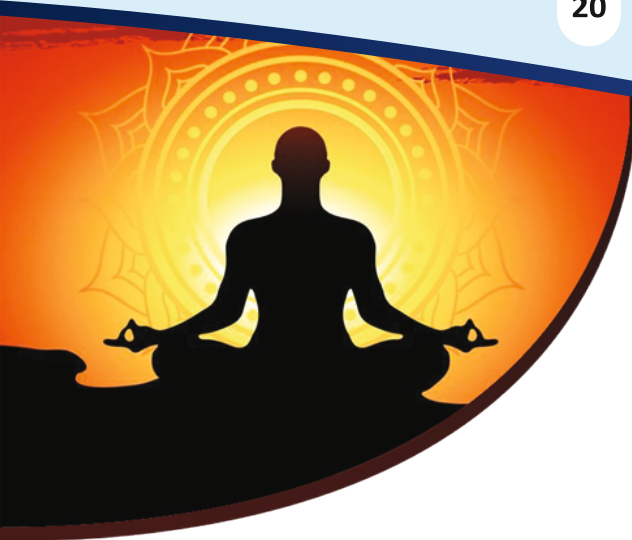


These *Aasana* are very useful in the present COVID-19 pandemic situation to improve upon the mental health with physical strength. The students practiced the *Aasana* in the Yoga Hall of Mansoor Ali Khan Pataudi Sports Complex, Jamia Millia Islamia, maintaining social distancing.



This video is also dedicated to mark the International Day of Yoga-2020 which is also available at University's website from the eve of the day.

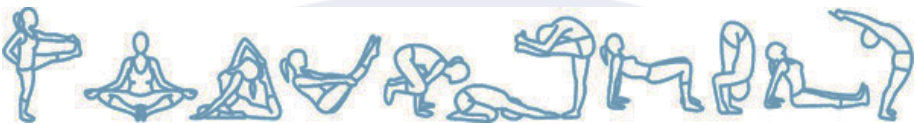




### Common Yoga Protocol (CYP) Drill:

(Organized by Ministry of AYUSH through its online channels from 7.00 a.m. to 7.45 a.m.)

In compliance with the directives of Ministry of Human Resource Development, Government of India; the Jamia Millia Islamia used its electronic platforms i.e. e-mail, webportal, youtube, facebook, twitter etc and invited Jamia Millia Islamia's students, faculty members and *karamcharis* to participate from home with their families in the Common Yoga Protocol (CYP) Drill organized by the Ministry of AYUSH through its online channels on June 21, 2020 from 7.00 a.m. to 7.45 a.m.





Because of the restrictions imposed and to ensure safety during COVID 19 pandemic, this year, the 6th edition of International Day of Yoga was celebrated through online mode on 21st June 2020. Wide publicity was ensured so as to popularize the events on International Day of Yoga.







Online invitations were served and banners containing information about the International Day of Yoga were placed at various locations of the university.

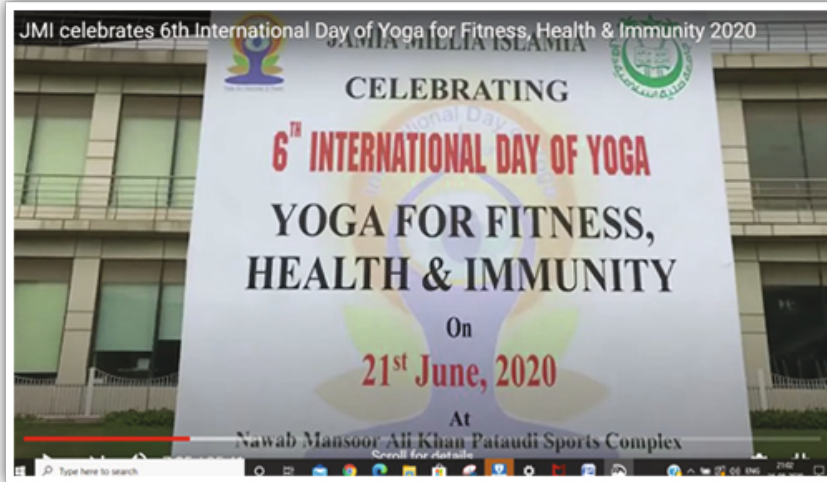


## Common Yoga Protocol (CYP) Drill:

(Organized at Jamia Millia Islamia from 8.00 a.m. on June 21, 2020)

<https://www.youtube.com/watch?v=SH4L67KYDgs&feature=youtu.be>





Subsequent upon the Common Yoga Protocol (CYP) Drill organized by the Ministry of AYUSH through its online channels on June 21, 2020 from 7.00 a.m. to 7.45 a.m., the Jamia Millia Islamia created a VIRTUAL LIVE SHOW on YOGA FOR HEALTH & IMMUNITY complying with Common Yoga Protocol Drill.



## Instructor Based Online Yoga Training Session:

On June 21, 2020 itself, the Jamia Millia Islamia also organized an Instructor Based Online Yoga Training Session at Mansoor Ali Khan Pataudi Sports Complex, Jamia Millia Islamia. The University, using its social media, properly publicized the event and succeeded to encourage faculty members, students and *karamcharis* to join the session online through Google Meet.



**Jamia Millia Islamia (Central University)** @jmiu\_official · Jun 21  
 6th International Day of Yoga celebration at @jmiu\_official with a theme 'Yoga for fitness, health & immunity'. Vice Chancellor, teachers, non-teaching staff & their families attended this Common Yoga Protocol Drill through Google Meet.  
[@moayush](#) [@HRDMinistry](#) [@DrRPNishank](#) [@ugc\\_india](#)





A large number of students, faculty members, members from administrative staff and their families actively participated in the program and made it a grand success. The session was featured with live commentary on relevance of various *Aasana* with day-to-day life. This Yoga Session was also attended by the Vice-Chancellor, Professor Najma Akhtar.





In her concluding remarks, she expressed her happiness & satisfaction over the large participation of students, faculty members, staff and their families performing Yoga at their homes following the instructions of the Yoga Guru at Jamia Millia Islamia's MAK Pataudi Sports Complex. "The Yoga has even become more relevant today to fight with COVID-19 and lower the anxiety level", she stressed.





Narrating her experiences, she said that it makes her feel proud to see the world following and practicing Yoga.

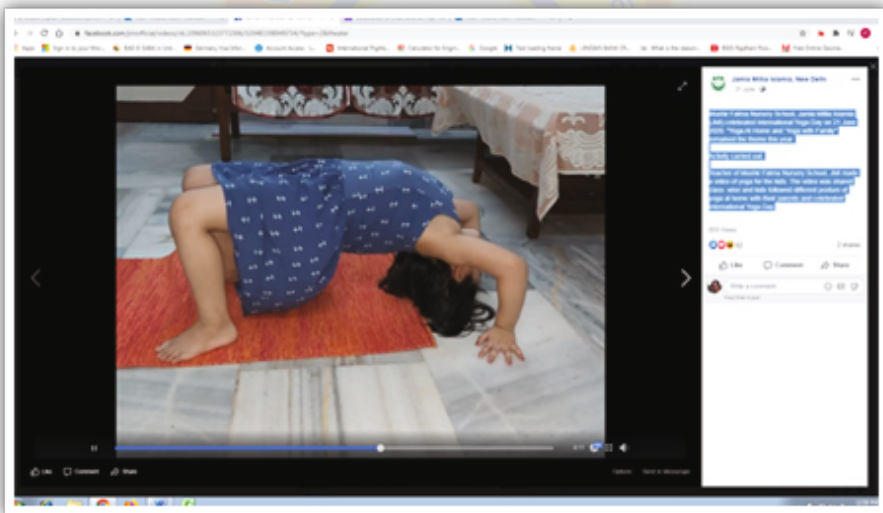


The training program was organized by the Office of the Games & Sports. The Director, Professor Khalid Moin proposed the vote of thanks.

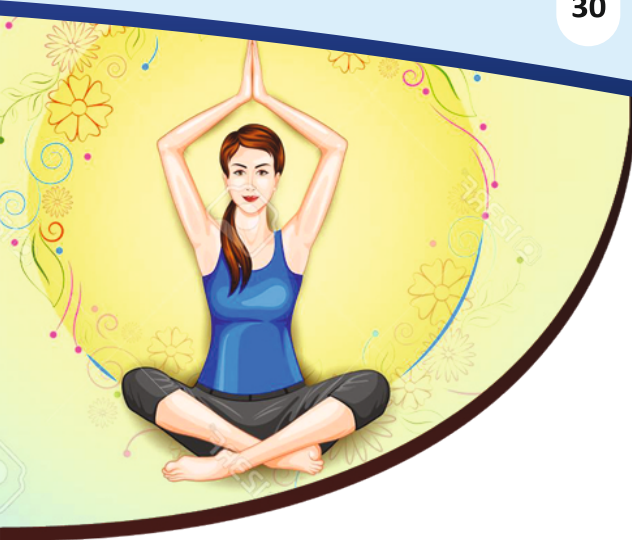


## Mushir Fatma Nursery School, Jamia Millia Islamia celebrated International Day of Yoga

Mushir Fatma Nursery School, Jamia Millia Islamia, also celebrated the International Day of Yoga on June 21, 2020 on the theme 'Yoga at Home and Yoga with Family'.







Teachers of the Nursery School made a video demonstrating various kinds of *Aasana* on this occasion. The video was shared with the students and their parents. The little kids of Nursery School followed different postures of yoga demonstrated in the video with the help of their parents at their home and celebrated the International Day of Yoga. Many students shared their photographs and video with their class teachers.

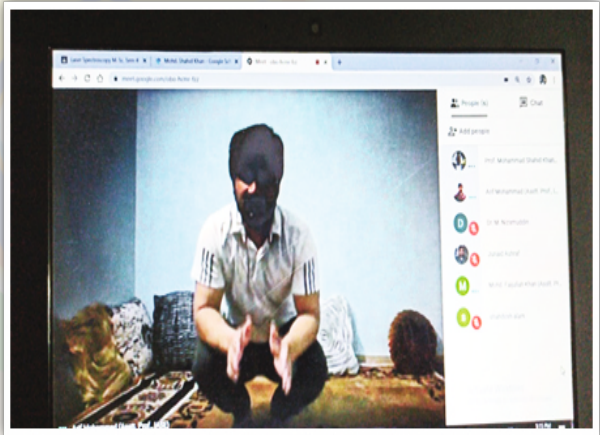




### Yoga related activities at Jamia Millia Islamia:

The Jamia Millia Islamia started Online Yoga and Mindfulness Training for the students residing in hostels of the University. The online sessions continued for one week from April 21, 2020.

Dr. Arif Mohammed of the Department of Teacher's Training and Non-Formal Education, Faculty of Education, Jamia Millia Islamia, was the instructor for these online sessions.





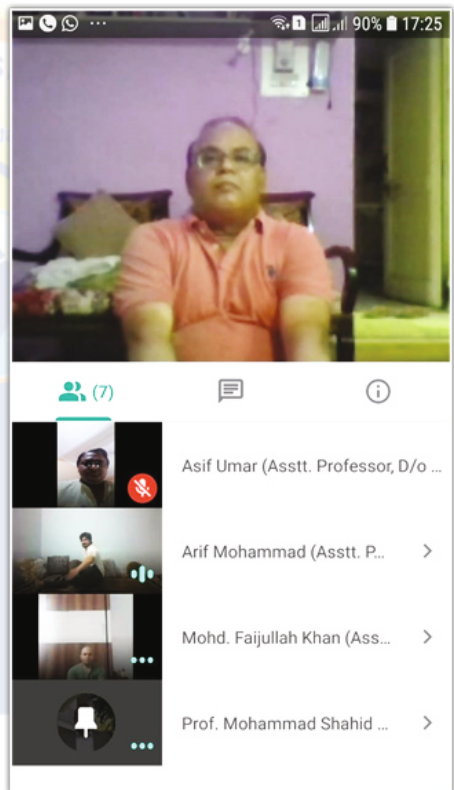
It was a home based physical activity/yoga & mindfulness training, arranged by qualified professionals. The university initially organised the training sessions for the residents of Maulana Mohamed Ali Jauhar Hall (comprising Fazlur Rahman Khan Boys' Hostel, Bhim Rao Ambadkar Boys' Hostel and M.K. Khwaja Boys' Hostel) and is planning to gradually extend it for residents of other hostels too including Halls of Girls' Residence.







These sessions were organized using Google Meet Platform. Timings for these online sessions were from 5.00 pm to 5.30 pm on Tuesday, Thursday and Friday. The idea of this online training was floated by the Hon'ble Vice-Chancellor of Jamia Millia Islamia, Professor Najma Akhtar. The Provost of the Maulana Mohamed Ali Jauhar Hall, Professor Mohammad Shahid Khan and Wardens of various hostels took the initiative for successfully conducting these sessions.





## INTERNATIONAL DAY OF YOGA CELEBRATIONS (PREVIOUS YEAR)

The Jamia Millia Islamia celebrates the International Day of Yoga every year with true spirit of Yoga. Last year, there were huge celebrations organised by the university at different venues.





The spirit of the day was further enhanced by the presence of the Vice-Chancellor, Professor Najma Akhtar. The event was attended by large number of participants.



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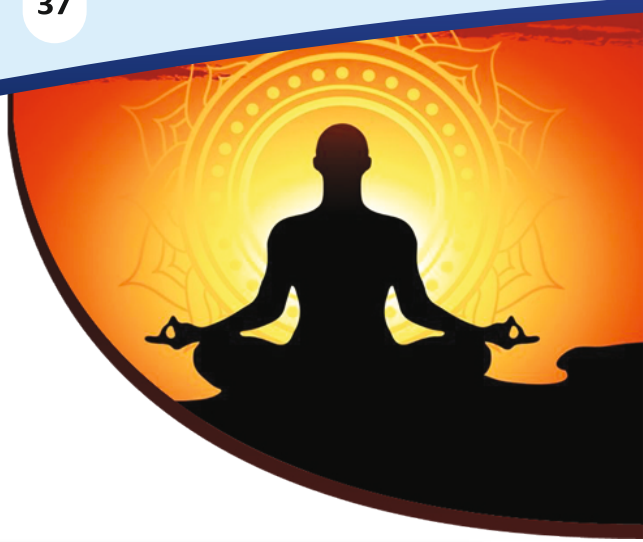
**News18.com** @news18dotcom · Jun 21, 2019

The VC of **Jamia Millia Islamia** University has put across a proposal to the HRD Ministry to start **yoga** courses.



Jamia May Soon Start Yoga Course, VC Says Have Sent Proposal to HRD...  
The students along with the VC participated in the International Yoga Day celebrations on Friday. As a part of the celebrations, students performe...  
[news18.com](#)





**India Blooms** @indiablooms · Jun 21, 2019

**Jamia Millia Islamia** University Vice-Chancellor writes to HRD ministry for trained **Yoga** teachers to start classes

[indiablooms.com/news-details/N...](http://indiablooms.com/news-details/N...)

#JamiaMiliaUniversity, #Yoga



Jamia Millia Islamia University Vice-Chancellor writes to HRD ministry fo...

New Delhi, Jun 21 (UNI) Jamia Millia Islamia University Vice-Chancellor Najma Akhtar on the occasion of 5th International Yoga Day on Friday ...

[indiablooms.com](http://indiablooms.com)







**BeyondHeadlines** @HeadlinesBeyond · Jun 19, 2019

Preparation for 5th International Day of Yoga Celebration in Full Swing at Jamia [beyondheadlines.in/2019/06/prepar...](https://beyondheadlines.in/2019/06/prepar...)













sarfaraj ahmed @2786Ahmed · Jun 21

#CYP2020\_NCC #CYP2020\_India #YogaForAll #jamiamilliaislamia

International **yoga** day celebration.

Jamia millia islamia NCC.













ANI @ANI · Jun 21, 2019

Vice Chancellor of **Jamia** Millia Islamia (JMI), Prof. Najma Akhtar today announced that JMI will provide **Yoga** training everyday to one group each of boys and girls under the supervision of an instructor.



ANI @ANI · Jun 21, 2019

Delhi: #InternationalDayofYoga was celebrated in the campus of Jamia Millia Islamia (JMI) that was attended by students, faculty members, staff and people from the neighbourhood.



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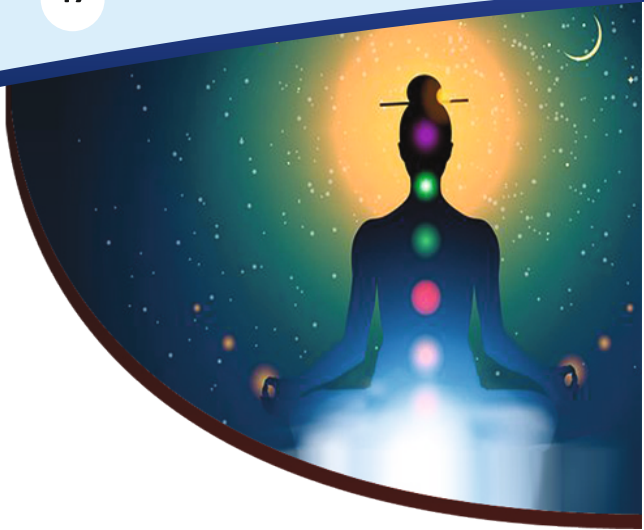




## YOGA FACILITIES AT JAMIA MILLIA ISLAMIA

- An air conditioned Hall is dedicated to perform regular Yoga Sessions at M.A.K. Pataudi Sports Complex, Jamia Millia Islamia;
- This Yoga Hall is equipped with exclusive Male and Female changing rooms;
- Daily morning and evening Yoga sessions are conducted for university students and staff members by a very senior Yoga Guru Mr. Narendra Mishra throughout the year.





## YEAR LONG PROPOSALS FOR YOGA RELATED ACTIVITIES AT JAMIA MILLIA ISLAMIA

1. To organize competitions on Yoga-based themes to create awareness as well as interest among the students and employees;
2. To motivate students and employees to participate in quiz and other related competitions including video contests being organized by Ministry of AYUSH;
3. To organize Lectures/webinars/tutorials on Yoga-based themes.







Mansoor Ali Khan Pataudi Sports Complex, Jamia Millia Islamia, New Delhi.



## **Office of the Games & Sports**

**Professor Khalid Moin, Director**  
**Professor W.A. Siddiqui, Dy. Director**  
**Dr. Mohd. Moonis, Hockey Coach**  
**Owais Ahmad Khan, Section Officer**





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