



Dr. Zakir Husain Hall of Boy's Residence started the preparation on May 2, 2018 for celebrating International Yoga Day on 21 st June, 2018. Several participants including the Provost, Wardens, the hostel staff and the residents actively participated in the event.

After putting up the posters for Yoga, Dr. Arshad Khan, Provost, Dr. Zakir Husain Hall of Boy's Residence expressed his views and told the audience that it has deeply rooted in Indian tradition and culture. It is with the spirit of our Honorable Prime Minister Shri Narendra Modi Ji while addressing the United Nations General Assembly on 27th September, 2014 urged the world community to adopt the International Day of Yoga. His efforts yielded result and the UN declared 21st June as the International Yoga Day.

Yoga, as you can see, is not only practicing in India, it has attracted the people irrespective of region, religion, caste, colour, creed and geographical boundaries.

Dr Rahisuddin, Resident Warden of Allama Iqbal Hostel highlighted the benefits of practicing Yoga. He emphasized the significance of practicing Yoga in physical fitness.

In the last Dr. Khan requested all to carry forward the message of the Prime Minister: Practice Yoga- Be healthy, happy and search for peace.

With regards

Dr. Arshad Khan
Provost
Dr. Zakir Husain Hall of Boy's Residence
JMI