

**REPORT OF 4<sup>th</sup> INTERNATIONAL YOGA DAY CELEBRATIONS  
ON 21st JUNE 2018 AT  
JAMIA MILLIA ISLAMIA,  
NEW DELHI**

International day of yoga is also called as the world yoga day. United Nations General Assembly has declared 21st of June as an International Yoga Day on 11th of December in 2014. Yoga in India is considered to be around 5,000 year old mental, physical and spiritual practice. Yoga was originated in India in ancient time when people were used of meditation to transform their body and mind. Launching a particular date of practicing yoga all across the world and celebrating as yoga day was initiated by the Indian Prime Minister to the United Nations General Assembly. The 4<sup>th</sup> International Yoga Day was celebrated on 21st June 2018 by NSS & NCC Jamia Millia Islamia at Nawab Mansoor Ali Khan Pataudi Sports Complex under the guidance of Honorable Vice Chancellor Prof. Talat Ahmad with the aim to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Students got the chance to know how yoga embodies unity of mind and body. 610 students of the University, School and neighborhood Community along with Prof N. U. Khan, Dean Faculty of Social science & Programme Coordinator NSS, Dr. Abid Husain Programme officer NSS, Dr Rajneesh, Care Taker SD Boys NCC, Chief Officer Saleem Akhtar, ANO JD Boys and S/O Amtul Saba, ANO JW Girls along with all the hostels of residence (boys and girls) by their provosts and wardens performed Yoga between 7 am and 8:00 am. Whole program was coordinated and compiled in documents by DSW office. Different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana were performed which finally ended with Pranayama and meditation. Heartfelt thanks to our Vice Chancellor Prof. Talat Ahmad, PVC Prof. Shahid Ashraf and Registrar Mr. A. P. Siddiqui for giving an opportunity and support to celebrate the International Yoga Day. S. No. Name of the University Location of the University Programme Held Whether all activities with Audio / Video/Photographs have been uploaded as per enclosed N

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1	Jamia Millia Islamia Yes	New Delhi	Yoga Performance	Yes

**REPORT ON**  
**4<sup>TH</sup> INTERNATIONAL YOGA DAY**  
at  
**Begum Hazrat Mahal Girls' Hostel**  
**Jamia Millia Islamia**

**Dated : 20<sup>th</sup> June, 2018**

Yoga has amazing health benefits. It is a system to enhance, individual human beings to realize their ultimate nature. "In yoga, depression is handled at the level of the body, mind and the energies. If the necessary balance and vibrancy is brought about in the physical, mental and energy bodies, to be blissful is very natural. [In a blissful being](#), depression can never exist." – Sadhguru.



International Yoga Day celebrated on the 21<sup>st</sup> of June each year ever since its inception in 2015, is a great effort to emphasize the importance of inculcating this ancient Indian art in our lives. Begum Hazrat Mahal Hall of Girls' Residence, Jamia Millia Islamia also organised a special programme on the eve of International Yoga Day (20<sup>th</sup> June, 2018) at 6:00 pm to encourage its residents and staff to adapt Yoga in their daily life.

The whole idea behind dedicating a day to Yoga is to help the world recognize the wonders it can do if practiced regularly.

There are numerous yoga asanas that work on different levels to help us live a wholesome life. We must try all these and pick the ones that are truly meant for us. The chosen ones must be practiced regularly to develop a healthy lifestyle.



The programme at Begum Hazrat Mahal Girl's Hostel on 20.6.2018 at 6:00 pm included the following drill.

- **PRARTHANA (PRAYER)**

**SUKSHAM VAYAM – 6 KRIYA (BREATHING EXERCISES)**

1. *Megha Shakti Vikasak (for chest cough & cold).*
2. *Uccharan Asthal Tatha.*
3. *Buddhi Shakti Vikasak (for brain).*
4. *Griva Shakti Vikasak (for neck).*
5. *Asmaran Shakti Vikasak.*
6. *Anolom – Vilom Pranayam.*

**ASANAS**

Standing Postures

1. Ardh Kati Chakra Asan
2. Ardh Hashtotaon Asan
3. Trikonasana
4. Vakshasthal Shakti Asan
5. Sankat Asan
6. Garud Asan



### Sitting Postures

1. Gomukhasana
2. Kurmasana
3. Ushtrasana
4. Mandukasana
5. Paschimottanasana

### Lying Postures

1. Shukt pavan mukt asan
2. Ardh Hashtotaon Asan
3. Ardha sarvangasana

### Lying on stomach

1. Bhujangasana
2. Naukasana
3. Dhanurasana
4. Shavasana

### Dhayan (Meditation)

**Prof. Sabiha A. Zaidi**  
**Provost**  
**BHM Girls' Hostel, JMI**

## JMI Boys Hostels celebrates fourth international Yoga Day 2018

A number of students, Provost's, Wardens and staff members of Dr. Zakir Husain and MMA Jauhar Hall of Boys' Residence, Jamia Millia Islamia today performed Yoga to mark the International Yoga Day on June 21, 2018 being commemorated throughout the country. The event was organized in the today morning at common room of Obaidullah Sindhi hostel of Dr. Zakir Husain Hall of Boys' Residence, JMI where students, Provost's, Wardens and staff members enthusiastically took part in performing yoga joining the nation in its celebrations of the international Yoga Day.

Prof Eqbal Hussain and Dr. Arshad Khan, Provost's of MMA Jauhar and Dr. Zakir Husain Hall of Boys' Residence, JMI respectively said, "Yoga is an age-old tradition of India with tremendous health benefits. It is important that our young people make it a part and parcel of their daily lives so that they can lead a happy, healthy and energetic life." Physical and mental fitness are both very important if students are to unleash their full academic potential.



The Yoga session was performed under the supervision of highly trained instructor.



Hall of Girls' Residence (old)  
Jamia Millia Islamia

Hall of Girls' Residence (old), Jamia Millia Islamia celebrated the 4<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2018 at 8.30 am in Hostel Campus. Prior preparations were done and residents and staff members were informed and motivated to join the event.

The event was made possible by the participation of residents and staff members who were quite Enthusiatic.

The activities for the International Day of Yoga included a theoretical and demonstrative session. A Yoga Instructor was invited to deliver a talk highlighting yoga the need, importance and benefits of yoga for a healthy life. Also arrangements were made for a demonstrative exercise of asanas which were performed by residents. A variety of yoga asanas e.g. – Sukhasana, Trikonasana, were demonstrated and the benefits were explained to the residents.



Hall of Girls' Residence (old)  
Jamia Millia Islamia