

A REPORT
ON
CELEBRATION OF INTERNATIONAL DAY OF YOGA 2020
&
YOGA ACTIVITIES
IN
JAMIA MILLIA ILSMIA

Jamia Millia Islamia
New Delhi

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 enthusiasm through Online Mode. **Various activities** organized by the university to celebrate the IDY, 2020, were re-purposed to follow social distancing norms and other guidelines of Government of India. As Yoga is a proven practicing tool which improves health, build immunity, provide relief from stress and improve sense of well-being; it seems to be the best defense against COVID-19 pandemic.

The following activities were organized:

1. A [short-film](#) dedicated to International Day of Yoga 2020

To enhance the awareness about the Yoga day, the university prepared a [short-film](#) showcasing how the ASANAAS done by our staff members and their family members can be helpful in improving the mental strength, physical strength and spiritual strength. This short film is launched on the eve of the June 21, 2020 showcasing the Jamia's contribution in nation's effort to popularize the effectiveness of Yoga in common man's life. This short-film is available with the university fraternity through its [website](#) and [social media platforms](#). This film also had video messages on relevance of Yoga from *Prof. Najma Akhtar, Vice Chancellor, Jamia Millia Islamia*, Prof. Khalid Moin, Director, Games & Sports, Prof. Sanjay Singh, Dean, Faculty of Dentistry and Dr. Irshad H. Naqvi, Chief Medical Officer.

2. YOGA EXCLUSIVE SESSION by Jamia students dedicated to International Day of Yoga 2020

<https://youtu.be/mX-B2bxzn-w>

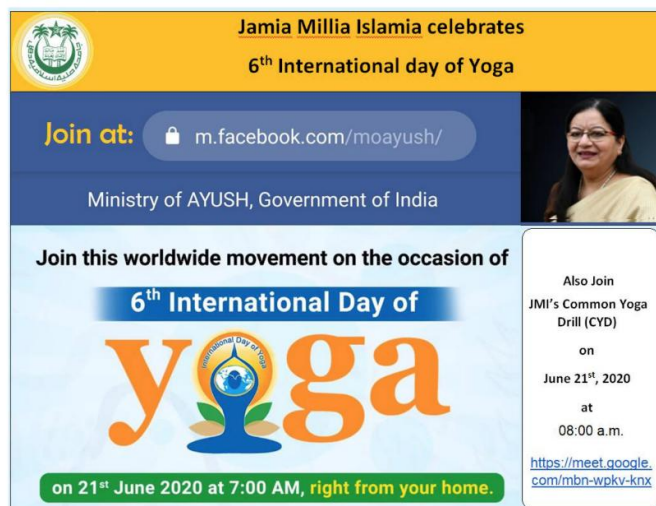
June 21, 2020 marked the sixth edition of the International Day of Yoga. Due to the coronavirus pandemic, the theme for this year's International Yoga Day is "Yoga at Home and Yoga with Family". To facilitate the theme, the Games and Sports Office, Jamia Millia Islamia, released video by Jamia students demonstrating the various ASANAAS under the vigil guidance of Yoga Guru. These ASANAAS are very useful in the present COVID -19 pandemic situation to improve upon the mental health with physical strength. The students are practicing the ASANAAS in the AC hall of M. A. K. Pataudi Sports Complex, Jamia Millia Islamia. This video is also dedicated to mark the International Day of Yoga 2020 and uploaded and available from eve of the day.



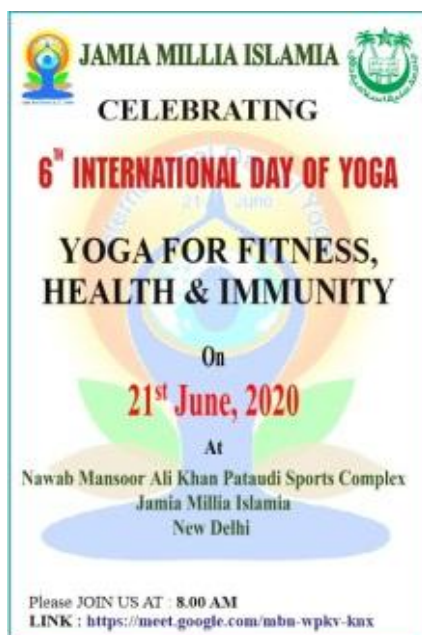
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3. Common Yoga Protocol (CYP) Drill organised by *Ministry of Ayush* through its online channels on June 21, 2020 from 7.00 A.M. to 7.45 A.M.

In Compliance with the Common Yoga Protocol (CYP), and also following the directives of *Ministry of Human Resource Development, Government of India*, Jamia Millia Islamia used its electronic platforms of **EMail, Website, Youtube, Facebook, Twitter** to invite JMI's faculty and students to participate from home with their families in the Common Yoga Protocol (CYP) Drill organised by 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 on 21st June 2020. Wide publicity was ensured so as to popularize the events on IDY. The banners were displayed at various locations of the university.



4. 6th International Day of Yoga 2020- Common Yoga Protocol (CYP) Drill organized at JMI on June 21, 2020, from 8.00 A.M

Subsequent upon the Common Yoga Protocol (CYP) Drill organised by *Ministry of Ayush* through its online

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channels on June 21, 2020 from 7.00 A.M. to 7.45 A.M., the Jamia University created a VIRTUAL LIVE SHOW on YOGA complying CYP. To enhance the awareness about the Yoga day, the university prepared a [short-film](#) showcasing how the ASANAAS done by our staff members and their family members can be helpful in improving the mental strength, physical strength and spiritual strength. This short film is with the university fraternity through its [website](#) and [social media platforms](#). This film also had video messages on relevance of Yoga from Prof. Najma Akhtar, Vice Chancellor, Jamia Millia Islamia, Prof. Khalid Moin, Director, Games & Sports, Prof. Sanjay Singh, Dean, Faculty of Dentistry and Dr. Irshad H. Naqvi, Chief Medical Officer.

On 21st June 2020, JMI has also organized an online instructor based Yoga Training Session at M. A. K. Pataudi Sports Complex, JMI. The University well informed and encouraged the faculty members & students to join the session online using **Google Meet** . Large number of faculty members, their families and students actively participated in the program. The session was featured with live commentary on relevance of various ASANAAS with day-to-day life. This Yoga Session was also attended by the University's Vice Chancellor Prof. Najma Akhtar. In her concluding remarks she expressed her happiness & satisfaction over the large active participation of faculty members, staff and students doing yoga at their homes following the instructions of the yoga guru at JMI's MAK Pataudi stadium. She also said that the Yoga has even become more relevant today to fight COVID and lower the anxiety level. Narrating her experiences, she said that it makes her feel proud to see the world following & practicing yoga.



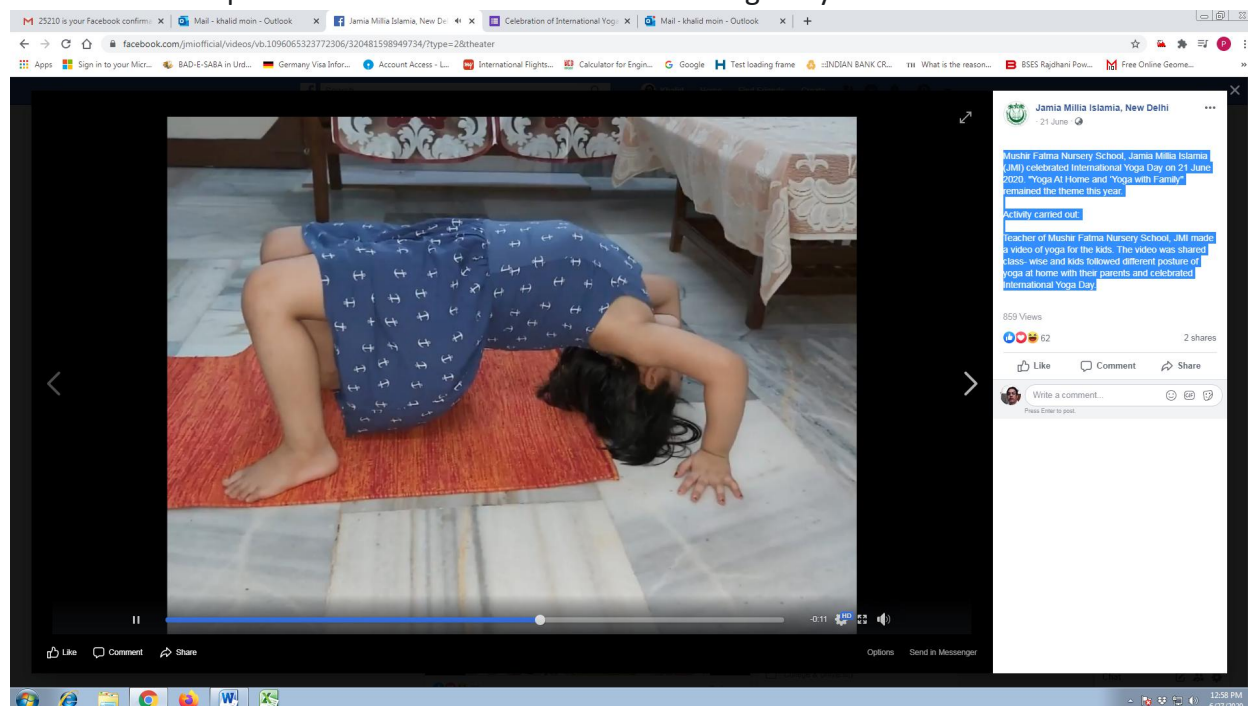
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The training program was organised by the University's Games & Sports section. Prof. Khalid Moin, Director, Games & Sports proposed the vote of thanks.

5. Mushir Fatma Nursery School, Jamia Millia Islamia (JMI) celebrated International Yoga Day on 21 June 2020

Mushir Fatma Nursery School, Jamia Millia Islamia (JMI) celebrated International Yoga Day on 21 June 2020. "Yoga at Home and 'Yoga with Family'" was the theme to follow this year. Teachers of made a video of yoga for the kids. The video was shared class - wise and kids followed different posture of yoga at home with their parents and celebrated International Yoga Day.



6. YOGA RELATED ACTIVITIES AT JAMIA MILLIA ISLAMIA

April 23, 2020 Press Release COVID-19 Lockdown:

JMI started online yoga & mindfulness training for hostellers Jamia Millia Islamia(JMI). The online sessions scheduled for one week from April 21, 2020 was home based physical activities/yoga & mindfulness training, arranged by qualified professional to residents of its hostels. The university organised the training sessions for residents of MMA Jauhar Hall (Boys Hostel) and is planning to gradually extend it for residents of other hostels too. The sessions were using Google Meet Platform. Timings for the sessions were between 5.00 pm to 5.30 pm on Tuesday, Thursday and Friday. The idea of this online training was proposed by the JMI Vice Chancellor Prof. Najma Akhtar. The Provost of the MMAJ Hall, Prof. Mohammad Shahid Khan and Wardens of hostels took the initiative to successfully conduct the sessions. Dr. Arif Mohammed of Department of Teacher's Training & Non Formal Education, Faculty of Education, JMI was the instructor for these online sessions.

7. International Day of Yoga Celebrations (Previous Year)

Jamia Millia Islamia celebrates the International Day of Yoga every year with true essence of Yoga. Last year there was a huge celebrations organised by the university at different venues. The spirit of the day was boosted by the presence of the Vice Chancellor Madam Najma Akhtar. The event was attended by large number participants.



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YOGA FACILITIES at JMI

- An AC hall is dedicated in M A K Pataudi Sports Complex, Jamia Millia Islamia to practice regular Yoga Sessions
- This Yoga Hall is having exclusive Male and Female change rooms.
- Daily morning and evening YOGA sessions are conducted for university students and staff members by a very senior Yoga Guru Mr. Narendra Mishara round the year

Year Long Proposals for YOGA RELATED ACTIVITIES at JMI

1. Yoga-theme competitions to create interest among the students and employees.
2. Students shall be encouraged to participate in quiz and other competitions including video contests, being organized by Ministry of Ayush
3. Yoga lectures webinars on health