

**REPORT OF 3rd INTERNATIONAL YOGA DAY CELEBRATIONS ON
21st JUNE 2017 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 3rd International Yoga Day was celebrated on 21st June 2017 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. Children got the chance to know how yoga embodies unity of mind and body. **530** students of the University, School and neighborhood Community along with Prof N. U. Khan, Dean Faculty of Social science & Programme Coordinator NSS, Prof. Naved Iqbal, DSW, 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 performed Yoga between 7 am and 8:00 am. 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 NIC's Communication
1.	Jamia Millia Islamia	New Delhi	Yoga Performance	Yes





















Dr. Zakir Husain Hall of Boy's Residence celebrated the International Yoga Day on 21st June, 2017 at 11:30 A.M in the Common Room of Obaidullah Sindhi Hostel, under the guidance of Yoga Guru Shri Rajesh Bhagat. More than sixty participants including the Chief Proctor Prof. Haroon Sajjad, Provosts of Dr. Zakir Husain Hall of Boy's Residence and M. M. A. Jauhar Hall of Boy's Residence, Senior Wardens, Wardens, the hostel staff and the residents actively participated in the event.

The program started with the message of Ho'rabable Prime Minister Shri. Narendra Modi, which was read out by Prof. Zishan Husain Khan, Provost, Dr. Zakir Husain Hall of Boy's Residence. Then, the Yoga Guru Mr. Rajesh Bhagat was introduced to the participants and the Yoga Guru highlighted the importance of Yoga in our daily life. He gave a Yoga practice session of 45 minutes, which was very much effective. After the completion of Yoga session, Prof. Zishan Husain Khan, Provost, Dr. Zakir Husain Hall of Boy's Residence expressed his feelings of self realization attained while establishing mind – body unison. He further emphasized that the concept of Yoga is not new rather it evolved thousands of years back at the time of Rishis and Munies. Since then it has deeply rooted in Indian tradition and culture. Yoga aims to achieve a sense of holistic health which ultimately leads to the happiness and harmony, Prof. Zishan said. It is with this spirit, 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 results 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, apprised Prof. Zishan.

Yoga Guru Shri Rajesh Bhagat ji educated the participants about the benefits of Yoga. He emphasized the need of practicing Yoga with the changing lifestyle. He elaborated briefly about each Asana practiced today. Prof. Haroon Sajjad, Chief Guest on this occasion highlighted the benefits of practicing Yoga. He emphasized that many health problems such as diabetes, respiratory disorders and hypertension may be managed by practicing Yoga. Dr Jasim Ahmad, Warden of Kellat Hostel enunciated how changing life style is affecting the health of human beings and how Yoga is helpful in tackling these problems. Dr. Rahis Uddin,

Resident Warden, Allama Iqbal Hostel elucidated the benefits of practicing Yoga in reducing depression, fatigue, anxiety and stress. Other guests present on this occasion were Prof. Iqbal Hussain, Provost, M. M. A. Jauhar Hall of Boy's Residence Dr. Mohd. Shahid Khan, Sr. Warden, FRK Hostel, M. M. A. Jauhar Hall of Boy's Residence, who also underlined the significance of practicing Yoga for physical fitness. Dr. S. Z. Amani, Sr. Warden, Dr. B. R. Ambedkar Hostel and Dr. Mohsin Ali, Mess Warden, FRK Hostel, Dr. Naseeb Ahmad, Mess Warden, Allama Iqbal Hostel also participated in the Yoga practice session.

















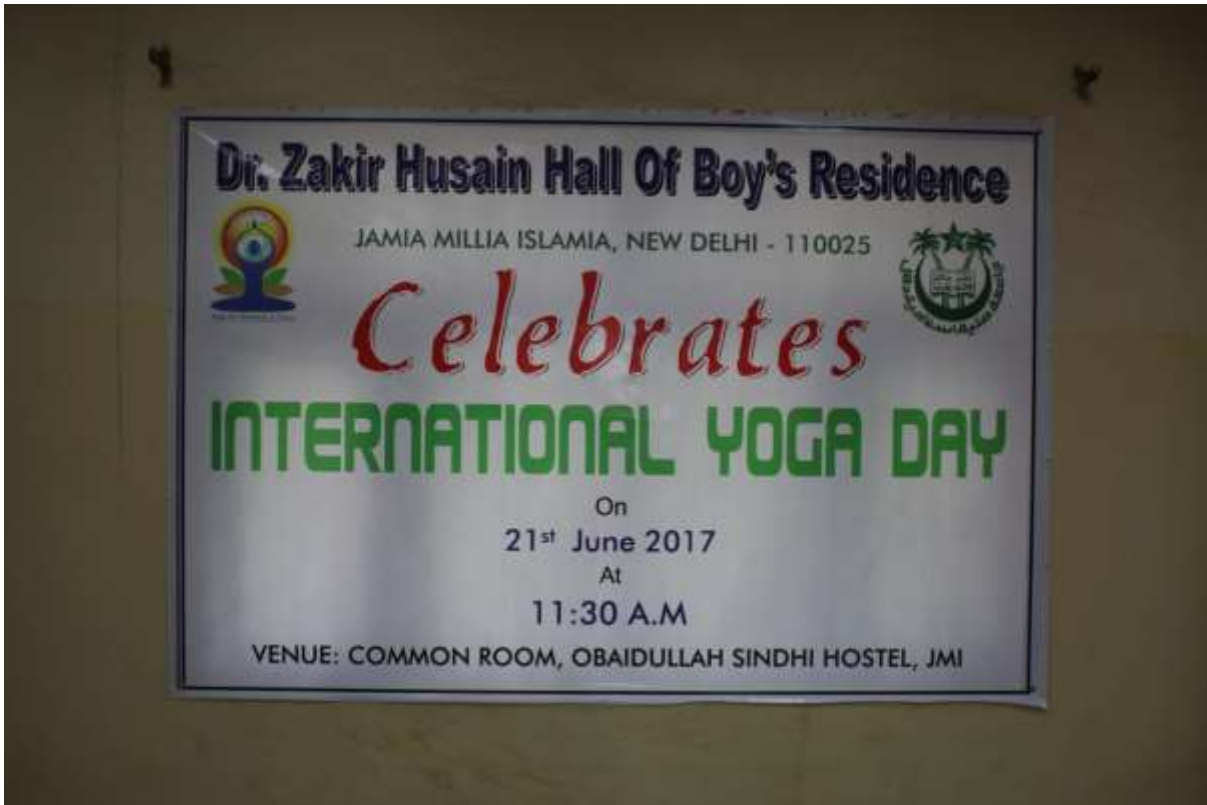












Halls of Girls Residence (Old) Jamia Millia Islamia

S.No.	Name of the University	Detail of Programmers/Activities Held
	Venue: Halls of Girls Residence, Jamia Millia Islamia	The 3rd International Yoga Day Celebrations were organized by the Hall of Girls Residence. Yoga instructor was invited between 6 AM to 7 AM on 21st June, 2017. The programme was comprised of 2 sessions.
1		Lecture Session: All the Residents, Wardens and Staff actively participated in this session. The residents were taught the importance and health benefits of Yoga for fitness and good health. It was emphasized that yoga is a form of exercise which is based on science and brings harmony between mind and body.
2		Practise Session: The residents were taught various important Asanas such as Vajrasana, Kapalbhati and Om Vilom. The programme was concluded with an interactive session with the residents.















**Begum Hazrat Mahal Girls' Hostel
Jamia Millia Islamia**

Action Taken Report on the International Day of Yoga
in keeping with the Common Yoga Protocol 2017.

S.No.	Name of the College/ University/ Institution	Location of College / Hostel	Details of Programmes/ Activities Held	Whether all activities with Audio/ Video/ Photographs have been uploaded and information send to NIC Director
1.	New Girls Hostel (Begum Hazrat Mahal Girls' Hostel), Jamia Millia Islamia	Jamia Nagar. New Delhi- 110025	<p>The Program at the New Girls Hostel was held on 21st June from 8:00 am to 9:00 am in the central lawn of the hostel. The program comprised of the following aspect:</p> <ol style="list-style-type: none"> 1. At 6:00 am the premises for the Yoga session underwent Śauca or cleaning and preparing as per Common Yoga Protocol, 2017. Yoga mats, durries were spread out for the session as can be seen in the photograph no: 2. The Prime Minister's Message of good health practices on Intl. Day Of Yoga 2017 was Read out 	

			<p>Prof. Sabiha A. Zaidi, the Provost to 30 inmates.</p> <p>3. Yoga Guru Shri Narender Misra initiated the session with a <i>Prathana</i> (Prayer).</p> <p>4. The Practice session comprised of the following exercises :</p> <ul style="list-style-type: none"> • <i>Calana Kriyas</i> (loosening exercises); • Sukşma Vyayamas to enhance microcirculation; • Various <i>Samasthitis</i> and <i>Sama Sthitis</i> (alert postures); • Kaṭisakti Vikasaka (trunk exercises); • Tadasana (Palm tree posture) • Trikonasana (The triangle posture); • Bhadrasana (The firm & good posture); • Uttana padasana (feet raised); • Savasana; • <i>Kalpabharti</i> (meditative posture) • <i>Pranayama</i> 	
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			<p>(breathing thru alternate nostrils);</p> <ul style="list-style-type: none">• Sitali pranayama (for cooling & calm);• Bhrāmarī (to relieve stress and aid eyesight) <p>4. The Session ended with a Sankalp (Resolution)</p> <p>5. After a rest of 15 minutes a healthy breakfast was served to the participants.</p>	
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Prof. Sabiha. A. Zaidi
Provost









