

**Office of the PRO-Media Coordinator
Jamia Millia Islamia**

June 21, 2019

Press Release

Jamia to promote Yoga in the campus: Prof. Najma Akhtar, Vice-Chancellor, JMI

In a bid to promote Yoga among students, Jamia Millia Islamia (JMI) will provide Yoga training everyday to one group each of boys and girls under the supervision of an Instructor, Vice Chancellor, Prof. Najma Akhtar announced today at 5th International Day of Yoga celebrations in the campus that was attended by a large number of students, faculty members, staff and people from the neighbourhood.

Over 500 participants including volunteers of NCC, NSS performed Yoga in the sprawling lawns of MAK Pataudi Sports Complex under the supervision of an instructor provided by the Union Ministry of AYUSH.

Speaking after an hour-long Yoga exercise, Prof. Akhtar while congratulating the people on the occasion of the International Day of Yoga emphasized that Yogasana should be practiced every day.

She said that “every day one group each of boys and girls studying in the university would be provided Yoga training under the supervision of a Yoga instructor. Teachers, students and other employees of the university can also participate in it.”

Addressing youths in particular, she told them to do Yoga on a regular basis that would help in building a healthy India. “Whatever course you are pursuing you should practice Yoga and also teach Yoga”, she said.

The university would welcome even an outsider who wanted to give Yoga training to students, she said adding that Yoga trained students can give Yoga training to foreigners when they go abroad .

Ahmad Azeem
PRO-Media Coordinator

















5th INTERNATIONAL DAY OF
YOGA
Celebrating on 21st June, 2019
at
7 a.m.
ORGANISED BY
Jamia Millia Islamia Delhi
Gate No.3, Nawab
Pataudi Sports Ground

INTERNATIONAL DAY OF YOGA
NATIONAL CADET CORPS

