

**Media Coordinator's Office  
Jamia Millia Islamia**

**June 21, 2017**

**Press Release**

**JMI celebrates international Yoga Day 2017**

A large number of students, faculty members and officials of Jamia Millia Islamia today performed Yoga to mark the International Yoga Day 2017 being commemorated throughout the country. The event was organised at various faculties, departments and hostels of the university.

The main event was held at the university's MAK Pataudi Sports Complex early in the morning today where volunteers of NSS and NCC took part in performing yoga joining the nation in its celebrations of the third international Yoga Day.

Residents of the Boys and Girls hostels too kick-started their day with yoga in their respective hostels.

Prof Talat Ahmad, Vice Chancellor, JMI 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, Prof Ahmad added.

**Prof. Saima Saeed**  
Media Coordinator, JMI  
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Attachment: Pictures



INTERNATIONAL DAY OF  
**YOGA**  
Celebrating on 18th-21st June 2017  
Timing - 7:00 a.m.  
ORGANISING BY  
NSS, Jamia Millia Islamia  
VENUE:  
Nawab Mansoor Ali Khan Pataudi  
Sports Complex, Jamia Millia Islamia













