

April 23, 2020

Press Release

**COVID-19 Lockdown: JMI starts online yoga & mindfulness training for hostelers**

Jamia Millia Islamia(JMI) has started online sessions on home based physical activities/yoga & mindfulness training by a qualified professional to residents of its hostels.

The university have started the training sessions for residents of MMA Jauhar Hall(Boys Hostel) and will gradually extend it for residents of other hostels too.

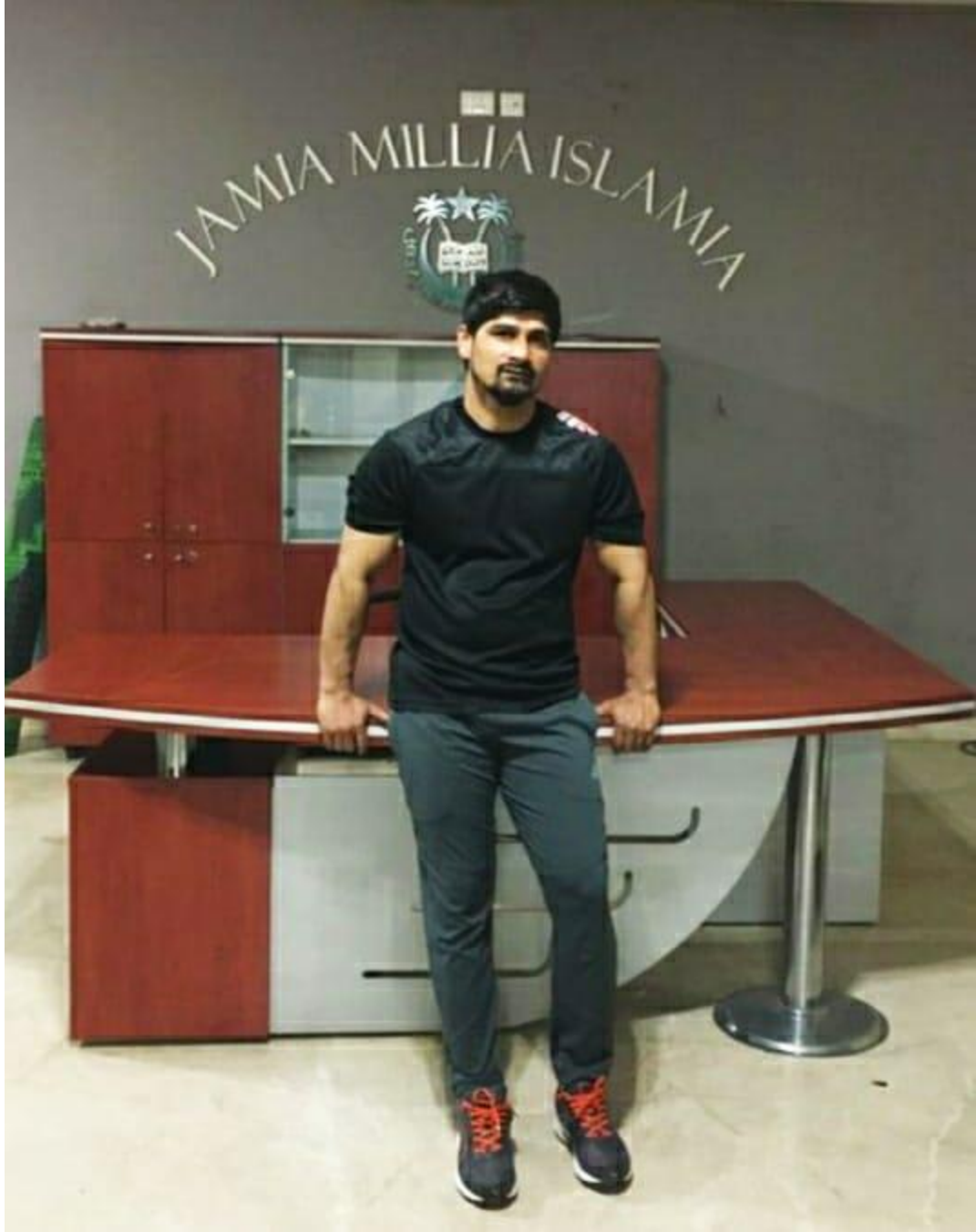
First session was held this Tuesday using Google Meet Platform.

Timings for sessions are between 5.00pm to 5.30 pm on Tuesday, Thursday and Friday.

Acting upon the suggestions given by the JMI Vice Chancellor Prof. Najma Akhtar, Provost of the MMAJ Hall Prof. Mohammad Shahid Khan and Wardens of hostels took the initiative to organise it.

Dr. Arif Mohammed of Department of Teacher's Training & Non Formal Education, Faculty of Education, JMI is taking these sessions. He is a physical training expert and has very kindly agreed to train students.

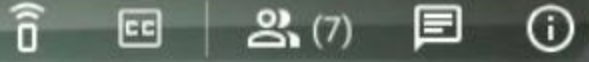
**Ahmad Azeem**  
PRO-Media Coordinator



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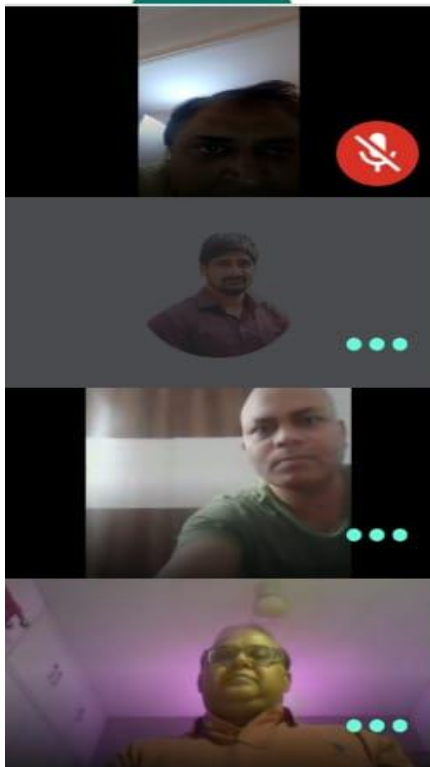


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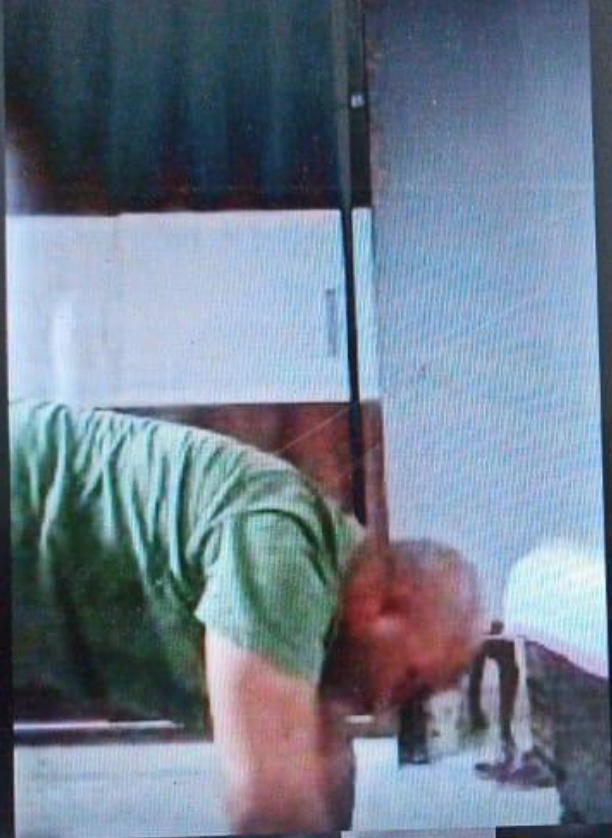


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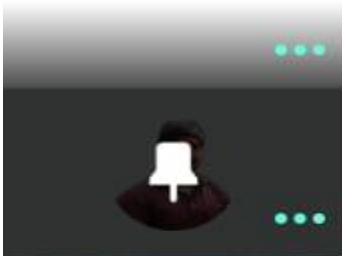
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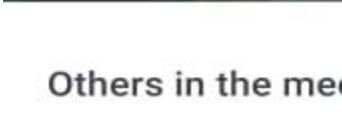
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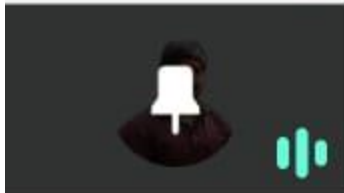
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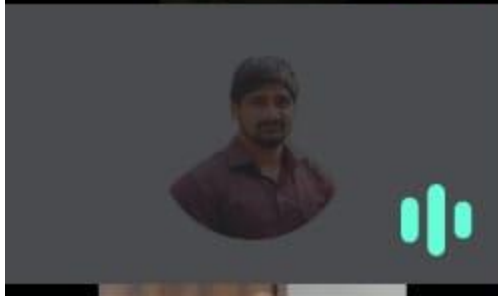


Prof. Mohammad Shahid Khan...





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