

**Press Release**

**JMI organises Online Program on 'Yoga for Mind-Body Balance in the Midst of Corona Crisis'**

Office of the Games & Sports, Jamia Millia Islamia(JMI) today organised an Online Programme, which included a lecture on "Yoga for Mind-Body Balance in the Midst of Corona Crisis" by Yoga exponent Dr. Alka Tyagi, a brochure release on "International Day of Yoga-2020 Celebrations at JMI" and distribution of certificates to participants of a Ten Days Step Count Challenge- "Keep Calm and Keep Walking".

JMI Vice-Chancellor Prof. Najma Akhtar presided over the online program and Dr. Nazim Husain Al-Jafri, Registrar, JMI was the Guest of Honour.

Keynote speaker Dr. Alka Tyagi, Associate Professor in English at University of Delhi, is currently a Fellow at Indian Institute of Advance Study, Shimla.

Besides being an academic, writer and poet, she is an ardent practitioner and exponent of Yoga. She is initiated into Satyananda Yoga Tradition, famous as Bihar School of Yoga, Munger. She has taught yoga and meditation and lectured on it at national and International platforms.

Dr. Tyagi emphasised on various useful aspects of Yoga which can be of great help during the current pandemic situation to stay fit and healthy. She explained how a balance could be created between our body and mind during this tough period through regular Yoga exercises. She emphasised on breathing, the vital energy aspect which nourishes the body in various ways. The lecture ended with participants performing on the instructions given by Dr Tyagi on breathing to control mind.

During her address Vice Chancellor Prof. Najma Akhtar said that Corona doesn't appear to vanish soon. It may take much longer time to be controlled over. Therefore, we have to not only prepare ourselves but also encourage and prepare others to fight with this pandemic and become strong both physically and mentally.

"I would suggest all our faculty members and administrative staff as well as our students to make it a habit of practicing Yoga so that we form a healthy, energetic, physically and mentally strong community. Since we are now the No. 1 University in the country, we must take the lead and set an example for the Nation", she said.

A Brochure on "International Day of Yoga-2020 Celebrations at JMI" was released together by Prof. Najma Akhtar, Dr. Nazim Hussain Al-Jafri and the Dr. Tyagi after the lecture.

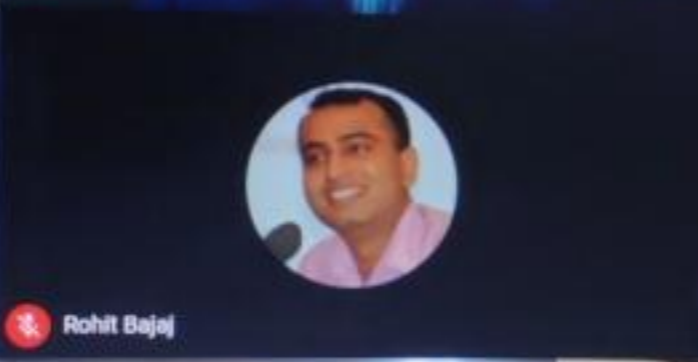
Terming the lecture given by Dr Tyagi as very useful and informative Dr Jafri said that JMI has been celebrating International Day of Yoga since its inception in 2015 with active participation

of students and staff members but due to Covid-19 it was celebrated through online mode this year.

The Vice Chancellor launched a portal for distribution of certificates to participants of a Ten Days Step Count Challenge - “Keep Calm and Keep Walking” organised the Office of Office of the Games & Sports, JMI for staff and students of the university.

The program ended with a presentation of vote of thanks by Prof. Khalid Moin, Director, Games & Sports, JMI.

**Ahmad Azeem**  
PRO-Media Coordinator



Office of the Games and Sports  
Jamia Millia Islamia

**CERTIFICATE OF PARTICIPATION**

This Certificate is Presented to

Asna Khan

For his / her successful completion of "KEEP CALM AND KEEP WALKING"  
Ten days Step Count Challenge Organised on the Occasion of National  
Sports Day 29th August, 2020.

Prof. W.A. Siddiqi Prof. Khalid Moht

Search "Header"

Export PDF

Adobe Export PDF

Convert PDF Files to Word or Excel Online

Select PDF file

9897849950.pdf

Convert to

Microsoft Word (.docx)

Document Language

English (U.S.) Change

Create, edit and sign PDF forms & agreements

Grid of video thumbnails showing participants: You, M Shakir, najma akhtar, Dr. Nazim Hussain, Prof. Khalid Moht, Alka Tyagi, Sharik Lone, Prof. Shabana Meht...

Meeting details ^

Meeting controls: Mute, End Call, Screen Share

Meeting controls: Turn on captions, M Shakir is presenting

# CERTIFICATE DISTRIBUTION CEREMONY

Online distribution of certificates to the participants of a ten days Step Count Challenge

**“Keep Calm and Keep Walking”**

<http://events.jmi.ac.in/CDP/>

by  
**Professor Najma Akhtar**  
Vice-Chancellor, Jamia Millia Islamia

Organized By: Office of the Games & Sports, Jamia Millia Islamia

A grid of video thumbnails showing participants in the Google Meet. The thumbnails are arranged in a 3x2 grid. The participants shown are: 'You' (muted), 'M Shkir', 'najma akhtar', 'Dr. Nazim Hussain ...', 'Prof. Khalid Moh (...)', 'Alka Tyagi', 'Sharik Lone', and 'Prof. Shabana Mehf...'. Each thumbnail has a red mute icon in the top-left corner.

Meeting details ^

Turn on captions M Shkir is presenting

Buttons for mute, video off, and screen share are visible.

**Director (Games & Sports)  
Jamia Millia Islamia, New Delhi**



Invites you to the  
**Online Programme**

**Professor Najma Akhtar, Vice Chancellor  
Jamia Millia Islamia, shall Preside over the Programme**

**Dr. Nazim Husain Al-Jafri, Registrar, JMI  
shall be the Guest of Honour**

### **LECTURE**

**“Yoga for Mind-Body Balance in the Midst of Corona Crisis”**

by

**Dr. Alka Tyagi, University of Delhi**

### **RELEASE OF BROCHURE**

**“International Day of Yoga-2020  
Celebrations at Jamia Millia Islamia”**

by

**Dr. Nazim Husain Al-Jafri, Registrar, JMI**

### **DISTRIBUTION OF CERTIFICATES**

**To Participants of a Ten Days Step Count Challenge**

**“Keep Calm and Keep Walking”**

by

**Professor Najma Akhtar, Vice-Chancellor, JMI**

**17<sup>th</sup> November 2020, 3:00 – 4:30 PM**

Please join using following link  
<https://meet.google.com/zfx-shrx-nks>

