

June 21, 2021

Press Release

JMI observes 7th International Day of Yoga 2021, daily online Yoga session soon

Jamia Millia Islamia organised the "7th International Day of Yoga 2021" celebration on June 21, 2021, with the theme of this year as "Be With Yoga, be at home". The main programme was organised by the Office of the Games & Sports of the university.

The programme started with a 30 minutes physical Yoga session practiced by 08 students of the university following all Common Yoga protocol (CYP) and Covid-19 Guidelines as Yoga Guru Sushant Jain guided students to perform and practice various Yoga Asanaas.

The live session of Yoga Asanaas on the lush green grass of the NMAK Pataudi Sports Complex of the university was attended online by the Vice Chancellor Prof. Najma Akhtar, teachers, non-teaching staff and students of the university.

The Yoga session was followed by thought sharing session by the Vice Chancellor and senior faculty members of the university discussing various benefits of Yoga, importance of practicing Yoga under supervised training session, delinking the Yoga practice with the religion, following the simple tips during any time of the day.

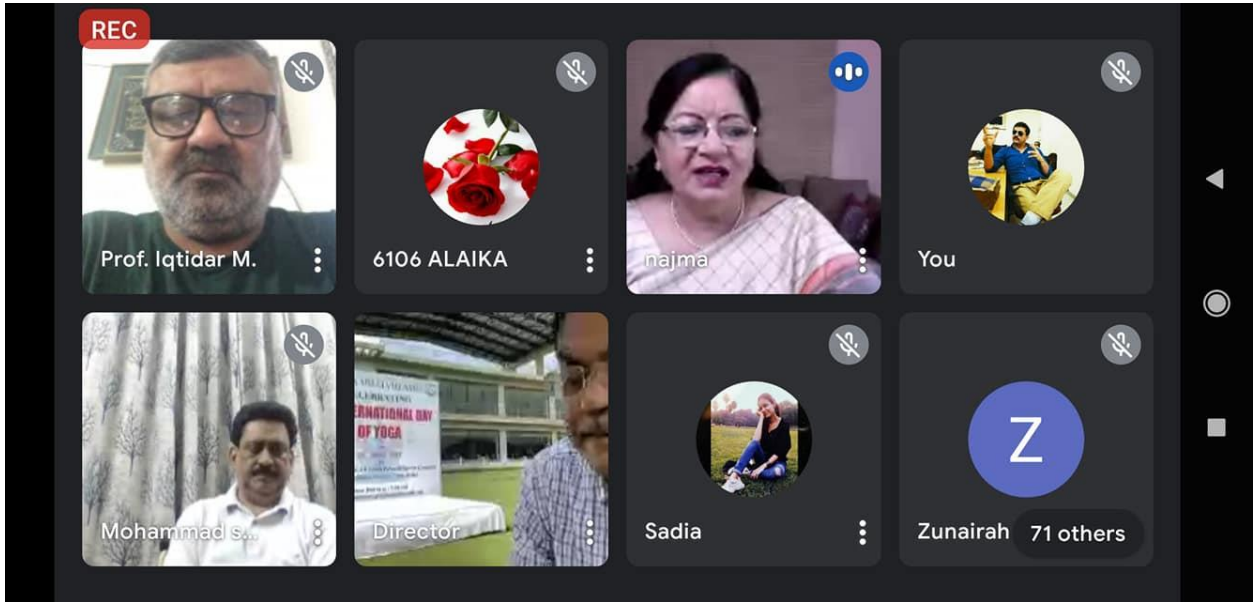
The Vice Chancellor in her address emphasised that Yoga was already popular around the world but people realised its immunity boosting power more during the ongoing Covid-19 pandemic. She announced that online Yoga sessions will be organised on daily basis in the university.

The faculty members who shared their thoughts on the virtual platform were Prof. Mehatab Alam, DSW, Prof. Aijaz Masih, Dean Faculty of Education, Prof. Seemi Farhat Basir, Dean Faculty of Natural Sciences, Prof. Sanjay Singh, Dean Faculty of Dentistry, Prof. Ushvinder Kaur, Popli, Department of Social Work, Prof. Archana Dassi, Head, Department of Social Work, Prof. Simi Malhotra, Head Department of English, Prof. Jai Parakash Narayan, Head Department of Sanskrit, Prof. Iqtidar Mohd. Khan, Hony. Coordinator, NCC, JMI and Prof. Waseem A Khan, Chief Proctor, JMI.

The program ended with a formal vote of thanks by Hony. Director Games & Sports Prof. Khalid Moin.

The children of Mushir Fatima Nursery School, JMI also celebrated International Day of Yoga along with their parents at their homes and performed some Asanaas.







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