

June 21, 2020

Press Release

JMI celebrates 6th International Day of Yoga both offline and online

Jamia Millia Islamia (JMI) celebrated 6th International Day of Yoga with a theme 'Yoga for fitness, health & immunity' considering its increased importance in view of COVID-19.

A Common Yoga Protocol Drill (CYPD) was organised at Mansoor Ali Khan Pataudi Sports Complex of the university where a very senior Yoga Guru explained various Yogasanas, demonstrated by one of his disciple and followed by 9 participants. Social distancing norms were followed during the CYPD and hand sanitiser was also provided at the venue.

Around 100 participants including Vice-Chancellor JMI Prof. Najma Akhtar, teachers, non teaching staff and their family members attended this CYPD virtually through Google Meet from their homes in line with this year's theme 'Yoga from home, Yoga with family'. CYPD was also streamed live on official Facebook page of the university.

After the completion of the CYPD Vice Chancellor Prof. Najma Akhtar said that we need Yoga throughout our life but this is the time we need it the most to remain physically and mentally fit to counter the challenges like anxiety and other issues developed because of COVID-19. We are not being able to move out much because of the Corona virus and Yoga is the best thing to stay fit & healthy and to prevent us from developing health issues.

Ahmad Azeem
PRO-Media Coordinator





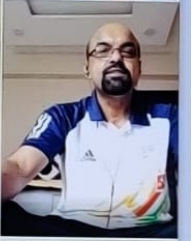












Google Meet: 6th International Yoga Day at Jamia Millia Islamia June 21st 2020





JAMIA MILLIA ISLAMIA

Virender Sehwag Pavilion



JAMIA MILLIA ISLAMIA



CELEBRATING

6TH INTERNATIONAL DAY OF YOGA

YOGA FOR FITNESS,
HEALTH & IMMUNITY

On

21st June, 2020

At

Nawab Mansoor Ali Khan Pataudi Sports Complex
Jamia Millia Islamia
New Delhi

Please Join us At : 8.00 AM

LINK : <https://meet.google.com/mbn-wpkv-knx>