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Office of the Chief Public Relations Officer
Jamia Millia Islamia

Press Release

JMI celebrates 12th International Day of Yoga 2026 with enthusiasm; VC Prof. Asif emphasizes the benefits of yoga for physical health, mental well-being, and active ageing

New Delhi, June 21, 2026

Jamia Millia Islamia (JMI) celebrated the 12th International Day of Yoga (IDY) 2026 this morning with enthusiastic participation in a grand event organized by the Games & Sports Department, JMI, in collaboration with the Office of the Dean, Students' Welfare, JMI, at its sprawling Nawab Mansoor Ali Khan Pataudi Sports Complex, in which more than 600 faculty members, teaching and non-teaching staff, NSS and NCC volunteers, officers, students, and people from neighbouring communities gathered to mark the occasion. The participants joined the nationwide celebration by listening to the live address of the Honorable Prime Minister, Shri Narendra Modi ji, broadcast on a giant screen at the venue. Energized by the Prime Minister's inspiring message to the nation, Prof. Mazhar Asif, Vice-Chancellor, JMI, led the university in practicing yoga on the theme "Yoga for Healthy Ageing".

VC JMI, Prof. Asif, was joined by Mrs. Vice-Chancellor, Mrs. Syeda Parveen; Prof. Mohd. Mahfuzul Haque, Chairman, Games & Sports Committee, JMI; Prof. Nafis Ahmad, Director, Games & Sports, JMI; Prof. Mohammad Abid, Dy. Director, Games & Sports, JMI; Prof. Mohd. Asad Malik, Chief Proctor, JMI; Dr. Rihan Khan Suri, Director, CIE, JMI; Deans of faculties; Heads of the Departments; staff members; and people from surrounding communities of JMI.

The participants practiced yoga as per the protocol laid out by the Ministry of AYUSH, Government of India, under the guidance of yoga teacher/guru, Prof. (Dr.) Badrul Islam Kairanvi, Director, Institute of Dr. BIK Yoga & Clinic of AYUSH Paramedics, New Delhi & Former Training Commissioner, KVS BSG-Ministry of HRD, Govt. of India, New Delhi.

Dr. Kairanvi skillfully demonstrated a variety of mudras and asanas that were in line with the IDY 2026 theme, 'Yoga for Healthy Ageing,' to the participants. He also underscored the significance of yoga in the healing process of lifestyle diseases, as well as in maintaining flexibility, healthy joint movements, and disease-free internal organs. He discussed yoga's relationship to the mind, body, and soul as well as how it can help with chronic pain, injuries, and inflammation. The message of the Hon. Prime Minister of India was also echoed by the yoga instructor while he gave tips on the therapeutic benefits of various asanas being demonstrated and practiced under his supervision.

Extending his greetings on the occasion, Prof. Mazhar Asif emphasized the holistic philosophy of yoga and its relevance to contemporary life. He stated, "Three things, namely, *Ahaar*, *Vihar*, and *Vyavhar*, that is, a balanced diet, adequate sleep, and good behaviour are essential for good health and constitute the very essence of yoga. Yoga teaches us not only how to nourish the mind and body but, more importantly, how to regulate our emotions, especially anger and other negative feelings."

In a significant announcement, Prof. Asif informed the gathering that JMI will engage Dr. Badrul Islam Kairanvi so as to facilitate regular yoga sessions for the university community. "In keeping with the Honorable Prime Minister's call of 'Yoga 365' aiming for yoga to be practiced throughout the year rather than a one-day annual observance, the university will provide facilities for faculty members, staff, and students to undertake daily yoga practice under Dr. Kairanvi. I urge the entire JMI community to fully integrate yoga into their daily lives," he said. Prof. Asif added that yoga is not just about physical exercise. It is a unique and excellent way to attain peace, stay calm, and reduce daily stress.

Prof. Md. Mahtab Alam Rizvi, Registrar, JMI, in his message conveyed on the occasion, reminded the students and staff of JMI to adopt yoga in their daily lives so as to improve flexibility, blood circulation, and posture and reduce stress; besides, it's well-established benefits in inculcating discipline and mindfulness.

Prof. Nafis Ahmad, Director, Games & Sports, JMI, highlighted yoga as an incredible tool for healthy ageing. He said, "Yoga provides a gentle, time-tested approach to keeping our mind and body sharp, flexible, and strong. As the years pass, our bones and joints need careful attention. The daily practice of yoga *asanas* helps preserve our physical balance, prevents painful falls, and maintains joint health."

It is worth mentioning that the Games & Sports Department, JMI, and the Department of Sanskrit, JMI, had organized various "Yoga Training Sessions/Workshops" from June 15 to 19, 2026, and from 28.04.2026 to 06.05.2026, respectively, in the run-up to the preparation for the celebration of the 12th International Day of Yoga in the university today. All these yoga activities were conducted and organized under the guidance of Prof. Nafis Ahmad, Hony. Director (Games and Sports), JMI, and Prof. Neelofer Afzal, Dean of Students' Welfare, JMI.

Prof. Saima Saeed
Chief Public Relations Officer, JMI



















JAMIA MILLIA ISLAMIA
Celebrating
12th INTERNATIONAL DAY OF YOGA (YOGA SANGAM)
Theme-2026: "Yoga for Healthy Ageing"


 Prof. Mazhar Asif
Hon'ble Vice-Chancellor, JMI


 Prof. Md. Mehtab Alam Rizvi
Registrar, JMI


 Prof. Naeelofar Afzal
Dean, Students' Welfare, JMI


 Prof. Nafis Ahmad
Director, Games & Sports, JMI

Activities organized as part of the International Day of Yoga Celebrations at JMI

YOGA AWARENESS PROGRAMME (for Staff & Students of all Jamia Schools) Date: 28.04.2026 to 06.05.2026 Venue: Jamia Schools	YOGA TRAINING SESSIONS (for Teaching & Non-Teaching Staff of JMI) Date: 15.06.2026 to 19.06.2026 Venues: Boys' & Girls' Hostels Campus & Sports Complex, JMI	YOGA SANGAM EVENT (followed by Common Yoga Protocol) Date: 21 st June, 2026 Time: 6:30 A.M. Venue: Sports Complex, JMI
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All Teaching & Non-Teaching Staff, Students, NCC/NSS Volunteers, JMI Alumni and people of the surrounding communities are cordially invited to participate in the "International Day of Yoga-2026"

celebrating
12th International Day of YOGA

International Day of Yoga
21 June

21 June, 2026
Venue: Sports Complex, Jamia, New Delhi



"NOT ME BUT NATIONAL SERVICE"
JAMIA MILLIA ISLAMIA
NEW DELHI, INDIA

