

Press Release

**International Day of Yoga 2025: Jamia Millia Islamia's Department of Sanskrit
organizes Yoga Sessions under 'जामिया योग परिक्रमा'**

New Delhi, May 28, 2025

In celebration of the International Day of Yoga 2025 and as part of the ongoing university-wide wellness initiative titled "जामिया योग परिक्रमा," the Department of Sanskrit at Jamia Millia Islamia (JMI) organized a series of impactful and transformative yoga and awareness sessions across the hostels in the university campus. These programs were aimed to enhance physical, mental, and emotional well-being among students, particularly addressing gender-specific health concerns and stress management through traditional yogic teachings.

After the inauguration, the Second event was held on 17 May 2025 at MMA Jauhar Hall (Boys 'Hostel) under the theme "Yoga for Strength, Stamina & Self-Control." Conducted by Mr. Imran Khan, yoga instructor and research scholar at the Department of Sanskrit, the session focused on resilience, clarity of thought, and physical vitality through asana, pranayama, and guided meditation. Despite academic pressures, students participated with enthusiasm and dedication, guided by Dr. Jay Prakash Narayan, Head of the Department, with logistical support from Dr. Waseem Akram (Warden) and Md. Rafi. Student volunteers Meenoddin Khan, Joginder, and Shanawaz provided essential support throughout the session.

Following this, on 24 May 2025, a vital session dedicated to women's health was organized at BHM Girls 'Hostel on the theme "PCOD and PCOS: Yoga for Women's Health." Dr. Sangeeta Sharma, Assistant Professor (Guest Faculty) and Yoga Teacher opened the event with an informative talk on the causes, symptoms, and yogic solutions for PCOD/PCOS. A targeted yoga session was then led by Mr. Imran Khan, with a focus on hormonal balance and reproductive health. The session, held under the supervision of Prof. Neelofar Afzal (Provost) and Dr. Jay Prakash Narayan, received remarkable participation from students despite the ongoing exams. Volunteers Iram, Gulista, and Nandini from the Yoga Certificate Course played a significant role in managing and supporting the participants.

To extend the benefits further, a proposal was made to conduct a similar session at Old Girls Hostel (Campus-A) on 25 May 2025. The planned session, from 7:30 a.m. to 8:30

a.m., aimed to educate women students on managing PCOD and PCOS through yoga. Led by a trained Teacher (Dr. Sangeeta Sharma) instructor (Imran Khan) and supported by the Jamia Yoga team, the session intended to deepen students' understanding of self-care and promote long-term wellness. This initiative is aligned with the broader objectives of the Ministry of AYUSH for the International Day of Yoga 2025.

These programs under the banner of जलमलया डुग डरलकुरडल demonstrate the Department of Sanskrit's commitment to creating a culture of health, mindfulness, and inner transformation. The sessions offered practical and empowering experiences for students, encouraging them to integrate yogic practices into their daily lives. Through such well-coordinated efforts, the Department continues to contribute to a healthier and more conscious university environment in line with national wellness goals.

Prof. Saima Saeed
Chief Public Relations Officer
Jamia Millia Islamia



















