

Yoga Awareness Session

Date: 30/04/2026

Venue: Jamia Girls Senior Secondary School

A Yoga Awareness Session was organized in Jamia Girls Senior Secondary School by the Yoga Certificate Course students of the Department of Sanskrit, Jamia Millia Islamia. Around 150 school students participated in the session, along with the presence of the Principal, teachers, and all staff members.

The session highlighted the importance of yoga for physical and mental well-being and included demonstrations of basic asanas, pranayama, and meditation. The program also contributed to the overall development of students by enhancing their discipline, concentration, and confidence.

Overall, the session was successful in spreading awareness and encouraging a healthy lifestyle among students and staff.







