

# Yoga Awareness Session

**Date:** 29/04/2026

**Venue:** Jamia Middle School

A Yoga Awareness Session was organized in Jamia schools by the Yoga Certificate Course students of the Department of Sanskrit, Jamia Millia Islamia. Around 300 school students participated in the session, along with 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.







