

## Yoga Awareness Session

**Date:** 05/05/2026

**Venue:** Syed Abid Husain Senior Secondary School (Middle Section), JMI

A Yoga Awareness Session was organized in Sir Syed Abid Husain Senior Secondary School, JMI by the Yoga Certificate Course students of the Department of Sanskrit, Jamia Millia Islamia. Around 180 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 life style among students and staff.









