

June 21, 2023

Press Release

### **JMI celebrates 9<sup>th</sup> International Day of Yoga**

Jamia Millia Islamia (JMI) today celebrated 9<sup>th</sup> International Day of Yoga, with the theme of the year as “Yoga for Vasudhaiva Kutumbukam”. The main programme was organised by the Games & Sports Department, JMI at the NMAK Pataudi Sports Complex of the university. JMI Vice Chancellor and the Chief Guest, Prof. Najma Akhtar (Padma Shri) inaugurated the program that started at 07:30 am. Prof. Mohammad Shakeel was the Guest of Honour of the program.

A spiritually invigorating Yoga session was practiced by NCC cadets, NSS volunteers and staff members of the university while following the Common Yoga Protocol (CYP). Yoga Expert Mr. Aijaz guided students to perform and practice various Yoga Asanaas during the session.

The Vice Chancellor in her address underlined the importance of practising Yoga for the benefit of one’s health. She also very proudly stated the fact that Yoga which originated from India is now being celebrated at an international level because of the efforts of Hon’ble Prime Minister Shri Narendra Modi.

The Vice Chancellor appreciated the efforts of Prof. Waseem Ahmad Khan and his team for successfully organising the program. She also released the brochure of the Games and Sports Department on this occasion.

The event concluded with a vote of thanks presented by Prof. Prof. Waseem Ahmad Khan, Director, Games and Sports Department, JMI.

JMI organised Yoga practice sessions and other activities at various hostels and departments of the university from 12<sup>th</sup> June to 20<sup>th</sup> June, 2023 to make the International Day of Yoga event successful.

Public Relations Office  
Jamia Millia Islamia



























# JAMIA MILLIA ISLAMIA

Celebrating

9th INTERNATIONAL DAY OF YOGA

on  
**21<sup>st</sup> June, 2023**

**Time - 7:00 AM to 9:00 AM**

At

**Nawab Mansoor Ali Khan Pataudi  
Sports Complex Jamia Millia Islamia  
New Delhi.**



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