

Office of the Public Relations Officer
Jamia Millia Islamia

Press Release

JMI all set to host a spectacular International Day of Yoga 2025: A look at the pre-event activities conducted so far

New Delhi, June 19, 2025

To ensure the successful conduct of the International Day of Yoga (IDY) 2025 at Jamia Millia Islamia (JMI), the university's Games & Sports Department and the Department of Sanskrit have been organizing various 'Yoga Training Sessions/Workshops' to gear up for the final celebration on 21st June, 2025, under the direction and leadership of the Vice Chancellor of JMI, Prof. Mazhar Asif, and the Registrar of JMI, Prof. Md. Mahtab Alam Rizvi.

Since June 10, 2025, these two departments have organized a large number of events aimed at training and educating JMI students and staff members (teaching and non-teaching) about yoga practices and their health benefits. Through these sessions, participants discover and learn how yoga connects the mind, body, and soul while also reducing body inflammation, injuries, and chronic pain.

All these training sessions have been organized under the guidance of Prof. Nafis Ahmad, Hony. Director (Games & Sports), JMI, and Prof. Jay Prakash Narayan, Head, Department of Sanskrit, JMI. A detailed list of yoga sessions conducted at JMI so far, is as follows:

Yoga training sessions organized by the Games & Sports Department, JMI (10th June, 2025 to 20th June, 2025)

Date	Participants from	Venue	Timing
12.06.2025	BHM Girls Hostel J & K Girls Hostel	Hostel Campus (BHM)	5:30 P.M. to 6:30 P.M.
13.06.2025	Non-Teaching Staff	Sports Complex	10:00 A.M. to 11:00 A.M.
14.06.2025	Hall of Girls Residence (Old)	Hostel Campus	7:00 A.M. to 8:00 A.M.
16.06.2025	General Students	Sports Complex	10:00 A.M. to 11:00 A.M.
18.06.2025	Dr. Zakir Husain Hall of Boys Residence M.M.A. Jauhar Hall of Boys Residence	Hostel Campus (ZHH)	6:00 P.M. to 7:00 P.M.
19.06.2025	NSS & NCC Students	Sports Complex	10:00 A.M. to 11:00 A.M.
20.06.2025	Teaching Staff	Sports Complex	10:00 A.M. to 11:00 A.M.

Prof. Saima Saeed
Chief Public Relations Officer













GPS Map Camera



New Delhi, Delhi, India

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Lat 28.561491° Long 77.279295°

19/06/2025 10:24 AM GMT +05:30





















