

**Public Relations Office  
Jamia Millia Islamia**

June 21, 2024

Press Release

**JMI celebrates 10<sup>th</sup> International Day of Yoga**

Jamia Millia Islamia (JMI) today celebrated 10<sup>th</sup> International Day of Yoga. The main program was organised by the Games & Sports Department, JMI at the NMAK Pataudi Sports Complex of the university. “Yoga for Self and Society” was the theme of this year's International Day of Yoga. Officiating Vice Chancellor of JMI Prof. Mohammad Shakeel inaugurated the program that started at 07:00am. Mr. M. Naseem Haider, Officiating Registrar, JMI was the Guest of Honour of the program.

A spiritually invigorating Yoga session was practiced by 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 Asanas* during the session.

The Vice Chancellor in his address underlined the importance of practicing Yoga for the benefit of one's health. He also very proudly stated the fact that Yoga which started from India is now being celebrated across the globe 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 International Day of Yoga program. He also praised Prof. Khan's efforts in making each event successful and improving the sports facilities at the university.

The event concluded with a vote of thanks presented by Prof. Mohd. Shahid Khan, Deputy Director, Games and Sports, JMI.

It is worth mentioning that the Games & Sports Department of JMI conducted Yoga practice sessions for students, teachers and non-teaching staff at various hostels and departments of the university from 04<sup>th</sup> June to 20<sup>th</sup> June, 2024 to make today's International Day of Yoga event successful.

Public Relations Office  
Jamia Millia Islamia







@aazeem





@aazeem







