

Office of the Chief Public Relations Officer
Jamia Millia Islamia

Press Release

JMI's Department of Sanskrit organizes a Yoga and awareness session to address health concerns among women

New Delhi, May 21, 2025

The Department of Sanskrit, Jamia Millia Islamia (JMI) organized a Yoga and Awareness Session focused on PCOD (Polycystic Ovarian Disease) and PCOS (Polycystic Ovary Syndrome) at the J&K Girls' Hostel on 16th May 2025. This session was a part of the जामिया-योग-परिक्रमा campaign under the upcoming celebration of International Yoga Day (21st June 2025). The session was inaugurated by Dr. Jay Prakash Narayana, Head of the Sanskrit Department, JMI along with Ms. Sheenam Ayyub, Warden of the J&K Girls' Hostel. Both highlighted the significance of holistic wellness practices, especially yoga, in addressing contemporary health concerns among women.

The primary objective of the session was to raise awareness about PCOD and PCOS—common yet often misunderstood health conditions affecting many women. The event highlighted how yoga can offer a natural, preventive, and supportive approach to healing, by addressing the root causes through lifestyle and mental well-being. Despite their final examinations being scheduled just a day later, a large number of hostel students participated enthusiastically, demonstrating a deep interest in their health and well-being.

The session began with an insightful lecture by **Dr. Sangeeta Sharma** (Yoga Teacher and Guest Faculty, JMI). She elaborated on the main causes, symptoms, and long-term impacts of PCOD and PCOS. Dr. Sharma emphasized the role of early diagnosis, lifestyle changes, stress management, and the integration of yoga and mindfulness as powerful tools to manage hormonal imbalances and emotional stress.

Following the lecture, **Mr. Imran Khan** (Yoga Instructor and Research Scholar, JMI) led a guided yoga session. He demonstrated and instructed a series of yoga asanas specifically tailored for individuals dealing with PCOD and PCOS. His session was further supported by students from the university's Yoga Certificate Course—**Iram, Gulista, Fatima, and Nandni**—who volunteered to assist participants with posture correction, guidance, and motivation. Their active involvement ensured the smooth conduct and effectiveness of the session. In his concluding remarks, **Dr. Jay Prakash Narayana** remarked, *"Yoga is a prevention of all diseases, and everybody should practice yoga every day for good health."* His message reinforced the timeless relevance of yoga as a tool for preventive healthcare and inner balance.

The event concluded on a peaceful and uplifting note. Participants shared how calm, centered, and connected they felt after the session. Many expressed an interest in enrolling

in the university's Yoga Certificate Course, inspired by the practical and emotional benefits experienced during the session.

What began as an informative awareness campaign evolved into a collective experience of healing, support, and self-awareness. The session served as a powerful reminder that amidst the hustle of academic life, prioritizing self-care is not just beneficial, but essential. The laughter, smiles, and heartfelt gratitude expressed by participants underscored the deeper meaning of wellness—**community, support, and self-love**. In an age of constant motion, this yoga session offered students a valuable opportunity to pause, breathe, and reconnect. For many, it may well be the beginning of a lifelong journey towards better health, resilience, and inner peace.

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