



**PUBLIC RELATIONS OFFICE
JAMIA HAMDARD
(Deemed to be University)
Hamdard Nagar, New Delhi-110062**

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PRESS RELEASE

JAMIA HAMDARD CELEBRATES INTERNATIONAL YOGA DAY 2024

New Delhi, June 21, 2024: On the auspicious occasion of International Yoga Day, celebration was done in Jamia Hamdard on 21st June, 2024 by Yoga Club, Jamia Hamdard under the aegis of Dean Student Welfare. The programme started at 10:45 am with the introduction of yoga day by Prof. Reshma Nasreen, Dean Student Welfare. Ms. Seema Rani, President, Yoga Club gave the insight about the activities organized by Yoga club since its inception.

Dr. M.A. Sikandar, Registrar, Jamia Hamdard emphasized on benefits of yoga in an individual's life. He also encouraged Teaching, Non-Teaching staff and students to actively participate in Yoga related activities.

Prof. (Dr.) M. Afshar Alam, Hon'ble Vice Chancellor, Jamia Hamdard in his presidential remarks explained about the importance of yoga and how it can be incorporated in our life.

The Demonstration of Yoga session was done by Yogacharya Shri Deepak Singh who is a certified yoga trainer. More than 200 participants including Mr. Munish Malik, Finance Officer, Mr. S. S. Akhtar, Controller of Examinations, Dr. Sarfaraz Ahsan, Dy. Registrar, Mr. Ashu Kumar, DFO, students, teaching and non-teaching staff of Jamia Hamdard participated in the Yoga session with great enthusiasm. The practical session started with Challan Kriya (Loosening exercises). After that yogasans were started. Yogasans were done in four postures-sitting, standing, prone (on stomach), supine (on back) lying.

The vote of thanks was given by Dr. Prachi Tiwari, Member, Yoga Club, Jamia Hamdard. The yoga day celebration ended with the national anthem.

(Md. Tauhid Alam)





