

## YOGA DAY CELEBRATION

21<sup>st</sup> June, 2021

Jamia Hamdard

The 7<sup>th</sup> International Yoga day celebration was commemorated in Jamia Hamdard on 21<sup>st</sup> June 2021 in the main hall of the Administrative Building, with complete adherence to the Covid-19 protocol .The programme started at 11:30 am with introduction of yoga day event by Prof. Reshma Nasreen, Dean Student's Welfare. She emphasised the importance of yoga in everyone's life and highlighted the rich culture, established by our founder and a great visionary Late Hakim Abdul Hameed Sb. towards overall health and wellbeing.

After this, the presidential remarks were given by Honourable Vice Chancellor Prof. M. Afshar Alam. He stressed upon the importance of Yoga in improving and rejuvenating the physical and mental wellbeing of an individual and highlighted the theme **"Yoga for wellness"**. He also emphasized that yoga should be included in daily routine rather than one day practice. He said that practising yoga will lead to a healthy and peaceful life.

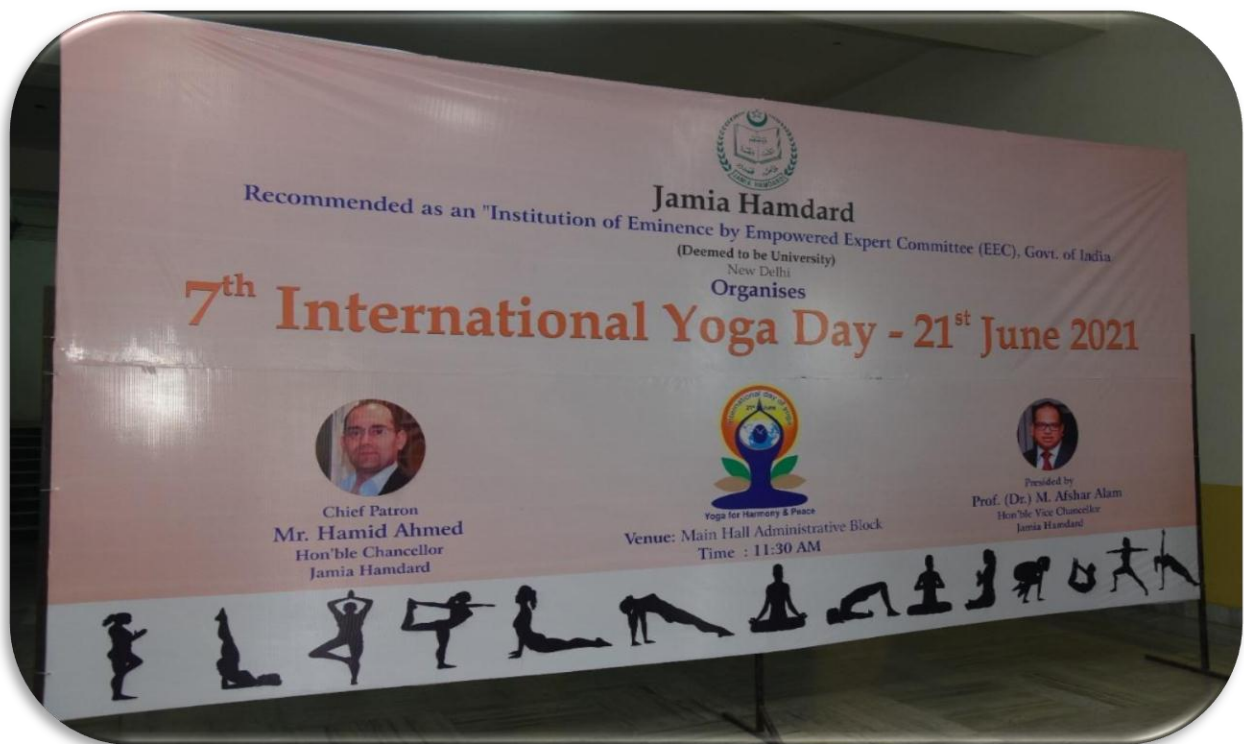
Yoga demonstration and practical session started at 11:50 am. Yoga session was conducted by Ms. Prachi Tiwari, Asstt. Professor, Rehabilitation Sciences and demonstrated by two of the students of Rehabilitation Sciences. The participants included faculty and staff of Jamia Hamdard and NSS volunteers. The practical session started with prayer which was in Sanskrit and English. The essence of the prayer was focused towards unity of mind, body and soul and harmony with man and nature. This was followed by Challan Kriya (Loosening exercises).Challan kriya includedGriva Kriya(Neck Bending),Skand Kriya (Shoulder movements),Kati Kriya(Trunk movements) and Ghutna kriya (Knee movements). The benefits and contraindications of each Challan Kriya and Yogasans, detailing the sequence of postures to be followed, fundamentals of yoga and precautions to be taken before and after performing yoga were explained in detail in Hindi as well as in English. After that yogasans were evinced. Yogasans were done in four postures-sitting, standing, prone (on stomach), supine (on back) lying. Yogasans which were done in standing are Tadasan, Vrikshasan, Badhrasan, Vajrasan, Ardhushtasan, Ushtrasan, Shashkasan, Mandukasan, Vak rasan. All the participants actively participated and performed the various assanas. Yogasans performed with ample repetition were- Pawanmuktasan, Shavasan, Sukhasana,

Padmasana and Vajrasana. This was followed by Kapalabhati and Pranayama. All three types of pranayamas namely-Anuloma Viloma, Pranayama Sitali and Pranayama,Bhramari were manifested. This was followed by Dhyana. Dhyana is done to keep the mind calm and peaceful. This yoga session was followed by Sankalp which was repeated by participants which reiterates that **“I will keep my mind balanced, I am bound towards my society, country and myself to keep myself healthy”**. The Yoga session ended by Santih Patha which supplicated for happiness, freedom from illness and peace for all.

The session ended with vote of thanks which was given by Dr. Sohrab A, Khan, Sports Secretary and Event Co-ordinator.

The yoga day celebration was concluded by national anthem.

### SOME OF THE PHOTOGRAPHS OF THE EVENT



(Banner and backdrop of International Yoga Day-21<sup>st</sup> June 2021)



(Hon'ble Vice Chancellor Prof. M. Afshar Alam delivering Presidential Address)



(Dean, Student Welfare Prof. Reshma Nasreen delivering welcome address)



(Instructors demonstrating various Yoga poses)



(Hon'ble VC and faculty members doing Yoga)



Faculty & Staff members doing Yoga





Faculty & Staff members doing Yoga





(Dr. Sohrab Khan delivering vote of thanks)