4th International Day of Yoga 2018
(21st June 2018)

Celebration

Organized by:
Department of Physical Education
Aligarh Muslim University
Aligarh-202002 (U.P.)
The following events were organized in line of celebrating International Day of Yoga – 21st June, 2018 by Department of Physical Education, Aligarh Muslim University, Aligarh

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<th>S.No.</th>
<th>Event Organized</th>
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<td>1.</td>
<td>Essay Writing Competition on Yoga</td>
<td>13th April, 2018</td>
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<td>2.</td>
<td>Seven Days Workshop on Yoga (Continue)</td>
<td>18-24, June, 2018</td>
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<td>3.</td>
<td>Lectures series on Yoga</td>
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<td>4.</td>
<td>Poster Presentation of Yogic Asanas</td>
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<td>Celebration of the International Day of Yoga</td>
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As the world gears up for mass yoga sessions and other events to mark the observance of International Day of Yoga on 21, June 2018, the Department of Physical Education, Aligarh Muslim University (AMU) has taken the lead by becoming one of the first public institutions to organise an event to honour Yoga by conducting an essay-writing competition in which school, college and university students participated.

Prof Brij Bhushan Singh (Chairperson, Department of Physical Education) said that the competition was organised to educate students on the importance of Yoga and wellness.

Dr. Naushad Waheed Ansari was the coordinator of the competition. Prof Ikram Hussain, Prof Zamirullah Khan, Dr. Rajendra Singh, Dr. Merajuddin Faridi, Dr. Sayed Khurram Nisar, Dr. Mohd. Arshad Bari, Mr. Fuzail Ahmad, Ms. Nazia Khan and Mr. Taufiq Ahmad were also present on the occasion.

Web Link: https://www.amu.ac.in/about3.jsp?did=4815
In line of celebrating upcoming International Day of Yoga, 21st June, 2018, the Department of Physical Education, Aligarh Muslim University is organizing a Seven Days Workshop on Yoga from 18-24 June, 2018.

On the inauguration day 18th June, 2018 of the Workshop, Chairperson, Department of Physical Education & Director of the Workshop Prof. Brij Bhushan Singh, presented a warm welcome to the teachers, students and participants. His lecture focused on importance of yoga for a healthy life style. More than 60 participants from different institutes, colleges and school participated in the workshop on the day of inauguration.

Dr. Rajendra Singh (Associate Professor) and Dr. Naushad Waheed Ansari (Assistant Professor & Workshop Coordinator) explained the importance and technical aspects of different yoga Asanas of common Yoga protocol 2018, Ministry of AYUSH, GOI.

The following faculty members Dr. Merajuddin Faridi, Dr. Sayed Khurram Nisar and Assistant Director Mr. Taufiq Ahmad were present on this occasion.
In line of celebrating upcoming International Day of Yoga, 21st June, 2018, the Department of Physical Education, Aligarh Muslim University had organized a Lecture series on Yoga from 18-20 June, 2018.

On the first day Dr. Rajendra Singh, Associate Professor, Department of Physical Education focused on “prevention of Psycho somatic disorder through yoga”. Second day Chairperson, Prof. Brij Bhushan Singh highlighted “benefits of yoga for healthy living”. Third day of the lecture series Prof. Akbar Hussain from Department of Psychology, Aligarh Muslim University, Aligarh briefed the participants about the “young, obedient, general health awakening a new model of yoga”.

Faculty members of the Department Dr. Merajuddin Faridi, Dr. Sayed Khurram Nisar, Dr. Mohd. Arshad Bari and Assistant Director of Physical Education, Mr. Taufeeq Ahmad were present during three consecutive days of the lecture series.
21, JUNE-2018
Event-4: POSTER PRESENTATION OF YOGIC ASANAS

Along with celebrating International Day of Yoga, 21st June, 2018, the Department of Physical Education, Aligarh Muslim University also organized Poster Presentation of Yogic asanas. In the exhibition various yogic asanas were depicted on the posters. This exhibition was inaugurated by Prof. Naima Gulrez, Principal, Women’s College, Aligarh Muslim University. The posters showed various yogic asanas in a sequence in which these asanas should be performed. The yogic asanas depicted on the posters were further supplemented with their benefits and precautions which should to be taken while performing them.
Report on Celebration of
4th International Day of Yoga
(21st June 2018)

Department of Physical Education, Aligarh Muslim University celebrated ‘4th International Day of Yoga’ on 21st June, 2018 in morning with excitement and energy. The Department of Physical Education is also continued up with a seven-day Workshop on Yoga (18th-24th June, 2018). More than 100 participants from AMU and various institutes, colleges, schools and various social organizations from Aligarh.

The Pro-Vice-Chancellor of Aligarh Muslim University, Prof. Tabassum Shahab graced the occasion as Chief Guest and Prof. Naima Gulrez, Principal, Women’s College, Aligarh Muslim University was Guest of Honor in this function.

Chairperson, Department of Physical Education Prof. Brij Bhushan Singh, presented a warm welcome to Chief Guest, Guest of Honor, Special Guests, teachers, students and all the participants.

The various Yogic activities were conducted as per the common protocol of Yoga, Ministry of AYUSH under the guidance of Dr. Rajendra Singh and Dr. Naushad Waheed Ansari, who as an expert emphasized upon the correct techniques of Asanas along with their indications and contraindication also highlighting the benefits of various Asanas, Kriyas and Pranayama.

The following Faculty members of the Department Dr. Merajuddin Faridi, Dr. Sayed Khurram Nisar, Dr. Mohd. Arshad Bari and Assistant Director of Physical Education, Mr. Taufeeq Ahmad also graced the occasion with their presence.

Research scholars Mr. Durvesh Kumar, Ms. Samiya Hussain and B.P.Ed.-II Semester student Mr. Vineet Gautam performed different yogic activities as demonstrator.

Dr. Sayed Khurram Nisar presented vote of thanks to Chief guest, Guest of honour other guests, participants and to all those whose contribution was significant in making this function successful.