Executive Summary

Introduction:
The International Day of Yoga was proposed by India and endorsed by a record 175 member states. The proposal was first introduced by Prime Minister Narendra Modi in his address during the opening of the 69th session of the General Assembly, in which he said: “Yoga is an invaluable gift from our ancient tradition. Yoga is not just about exercise; it is a way to discover the sense of oneness with self, the world and the nature.” Yoga is more than a physical activity. In the words of one of its most famous practitioners, the late B. K. S. Iyengar, “Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one’s actions.” The U.N. Theme for 5th International Day of Yoga, 2019 is ‘Yoga for Climate Action’.

Aim:
To popularize the yogic practices at mass level in the local community.

Objective:
The Aligarh Muslim University (Department of Physical Education) celebrated the 5th IDY-2019 with an objective to popularize the yogic philosophy locally at community level targeting all the citizens of the state; including representatives from all genders, age, religion, economic strata without any discrimination. The yogic asanas and pranayama was performed seven days through the yoga workshop. The emphasis was on developing skills among the participants to correctly perform asanas and pranayama. Strategically, a positive attitudinal change was also targeted towards yogic philosophy among the participants and their peers. The Department of Physical Education, Aligarh Muslim University celebrated ‘5th International Day of Yoga’ on 21st June, 2019 in morning with excitement and energy. The Vice-Chancellor of Aligarh Muslim University, Prof. Tariq Mansoor was the Chief-Guest of the function, Dean, Faculty of Social Sciences, Prof. Akbar Husain was the Guest of Honour on that occasion, Col. K. S. Rawat, Officer-in-Command-I, U.P. Engineering N.C.C. and Mr. Avedesh Maheshwari, Editor-in-Chief, Danik Jagran was the special guest of the function.

The programme was started with the welcome address of the Chairman, Department of Physical Education, Prof. Zamirullah Khan, he welcomed the Chief Guest and other dignitaries of the function. On this occasion Prof. Tariq Mansoor stated that the popularity of Yoga at International level and the proposal of U.N. General Assembly to celebrated 21st June as International Day of Yoga is the result of the efforts made by our Hon’ble Prime Minister of India. He also quoted that the benefit of Yoga is in regular practice. The guest of Honour Prof. Akbar Husain highlighted his model related to yoga and health and emphasised the scientific benefits of performing Yoga.

The yoga protocol asanas were performed by a huge gathering of approximately 500 participants under the supervision of Dr. Naushad Waheed Ansari and Dr. Rajendra Singh as per the guidelines provided by the Ministry of Ayush, Government of India. Prof. Ikram Hussain proposed the vote of thanks. The programme was conducted by Dr. Merajuddin Faridi. The other faculty members of the Department Prof. Brij Bhushan Singh, Dr. Syed Tariq Murtaza, Dr. Sayed Khurram Nisar, Mr. Fuzail Ahmad and Mr. Taufiq Ahmad were also present at this elite event.
The following events were organized by the Department of Physical Education (Aligarh Muslim University) on 21st June 2019, to celebrate International Day of Yoga. The events were organized in the line of the directions received from UGC-MHRD and Ministry of Ayush, Government of India.

List of the Events Organized for IDY-2019
Department of Physical Education

<table>
<thead>
<tr>
<th>S.No.</th>
<th>Event Organized</th>
<th>Date(s)</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Essay Writing Competition on Yoga</td>
<td>12th April, 2019</td>
<td>10:00 a.m. to 11:00 a.m.</td>
</tr>
<tr>
<td>2.</td>
<td>Debate Competition on Yoga</td>
<td>16th April, 2019</td>
<td>10:00 a.m. onwards</td>
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<tr>
<td>3.</td>
<td>Exhibition on Yoga</td>
<td>16th-21st June, 2019</td>
<td>9:00 a.m. onwards</td>
</tr>
<tr>
<td>4.</td>
<td>Lecture Series on Yoga</td>
<td>15th-21st June, 2019</td>
<td>7:30 a.m. to 8:30 a.m.</td>
</tr>
<tr>
<td>5.</td>
<td>Workshop on Yoga</td>
<td>15th -21st June, 2019</td>
<td>6:00 a.m. onwards</td>
</tr>
<tr>
<td>6.</td>
<td>Celebration of the International Day of Yoga</td>
<td>21st June, 2019</td>
<td>6:00 a.m. onwards</td>
</tr>
</tbody>
</table>

*Total = 63 Hours of rigorous Yog related activities, where conducted, performed and extended to the community.
The world gears up for mass yog practice sessions and other events to mark the observance of International Day of Yoga. Demonstrating the proactive spirit the Department of Physical Education, Aligarh Muslim University (AMU) organized a ‘Yoga Essay Writing Competition’ on 12th April, 2019. The students from various Schools, Colleges and University participated and the winners were awarded during the IDY-2019 celebration, on 21st June, 2019.

Prof. Zamirullah Khan (Chairperson, Department of Physical Education) and Dr. Syed Tariq Murtaza (Coordinator of the Competition) said that the competition was organized to bring positive attitudinal changes towards yoga among the youths of the Indian society.

End of Essay Writing Competition Report

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The Department of Physical Education conducted a ‘Yoga Debate Competition’ on 16th April, 2019. The students from various Departments of the University, Colleges and Schools were participated and present their logic and arguments about various aspects of Yoga. At the end the gathering witnessed the multidimensional philosophy of Yoga and convinced to the Yoga philosophies presented by the debaters.

Prof. Zamirullah Khan (Chairperson, Department of Physical Education), Mr. Fuzail Ahmad (Coordinator of the Competition), Dr. Merajuddin Faridi (Conducted the Session), and Dr. Sayed Khurram Nisar (Judge of the debate competition) emphasized on the skills acquisition required for good debating and also suggested the incorporation of scientific rational while presenting an argument.
16-21-JUNE-2019

Event-3

EXHIBITION ON YOGA

Along with celebrating International Day of Yoga, 21st June, 2019, the Department of Physical Education, Aligarh Muslim University has also organized ‘Exhibition on Yoga’. In the exhibition various ‘Yogic Asanas’ were depicted on the posters. 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.

Chief Guest Mr. Abdul Hamid, IPS, Registrar of Aligarh Muslim University inaugurated the exhibition on 16th June, 2019, on this occasion the Guest of Honor, Dr. Mohd. Masoom Raza and Dean, Faculty of Social Sciences, Prof. Akbar Husain, Chairperson, Department of Physical Education; Prof. Zamirullah Khan along with faculty members were present. The Registrar appreciated the efforts of the Department towards organizing the events celebrating the 5th International Day of Yoga - 2019. Mr. Fuzail Ahmad, Assistant Professor coordinated the event.
LECTURE SERIES ON YOGA

Lecture-1

Resource Person: Dr. R. B. Bhandari, Assistant Professor, University of Patanjali, Patanjali Yogpeeth-1, Haridwar-249405 (UK).

Lecture Topic: Workplace, Wellness and Excellent Work through Yoga.

Pedagogy Used: Lecture method, PowerPoint presentation, Group discussion and demonstration.

Date & Venue: 15th June, 2019 (Smart Class Room, Department of Physical Education, AMU)
Lecture-2

Resource Person: Prof. Akbar Husain, Dean, Faculty of Social Sciences, Aligarh Muslim University, Aligarh.

Lecture Topic: Spirituality on Yoga.

Pedagogy Used: Lecture method and Group discussion.

Date & Venue: 16th June, 2019 (Smart Class Room, Department of Physical Education, AMU)
Lecture-3

Resource Person:  Prof. Raghavindra Sharma, Department of Yogic Sciences, GLA University, Meerut (U.P.)

Lecture Topic:  Corrective Ways of Performing Yoga.

Pedagogy Used:  Demonstration, Lecture method and Peer correction.

Date & Venue:  19th June, 2019 (Smart Class Room, Department of Physical Education, AMU)
End of Lecture Series

***
In line of celebrating upcoming 5th International Day of Yoga, 21st June, 2019, the Department of Physical Education, Aligarh Muslim University today inaugurated seven days Workshop on Yoga from 15-21 June, 2019 and lecture series on Yoga. On the inauguration day 15th June, 2019 of the Workshop and lecture series, Chairperson, Department of Physical Education & Director of the Workshop Prof. Zamirullah Khan, presented a warm welcome to the Chief Guest Pro-Vice Chancellor of Aligarh Muslim University, Prof. Mohammad Hanif Beg, Guest of Honour Dean, Faculty of Social Sciences, Prof. Akbar Husain, Resource Person Dr. R. B. Bhandari, Assistant Professor, University of Patanjali, Patanjali Yogpeeth-1, Haridwar (UK), teachers, students and all other participants. More than 150 participants from different institutes, colleges and school were participated on the opening day.

Prof. Mohammad Hanif Beg and Prof. Akbar Husain (Dean, Faculty of Social Sciences) motivated the participants by briefing them, benefits of yoga in daily life, whereas Resource Person Dr. R. B. Bhandari, spoke on the topic “Workplace, Wellness and Excellent Work through Yoga”.

The coordinator of this workshop Dr. Naushad Waheed Ansari, Assistant Professor, Department of Physical Education, A.M.U., Aligarh explained the importance and technical aspects of different yoga Asanas.

The faculty members Prof. Ikram Hussain, Prof. Brij Bhushan Singh, Dr. Merajuddin Faridi (Coordinator Lecture Series on Yoga), Mr. Taufiq Ahmad, Assistant Director of Physical Education, Dr. Sayed Khurram Nisar, and Mr. Fuzail Ahmad were present on this occasion.

https://www.amu.ac.in/about3.jsp?did=3502
End of Day-1 Workshop on Yoga

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In line of celebrating upcoming 5th International Day of Yoga, 21st June, 2019, the Department of Physical Education, Aligarh Muslim University today on the second day of Seven Days Workshop on Yoga from 15-21 June, 2019 and lecture series on Yoga. The Registrar of Aligarh Muslim University, Mr. Abdul Hamid, IPS, was the Chief Guest of the function, Dr. Mohd. Masoom Raza was the Guest of Honor. On the second day of the workshop i.e. 16th June, 2019 of the Workshop and lecture series, Chairperson, Department of Physical Education & Director of the Workshop Prof. Zamirullah Khan, presented a warm welcome to the Chief Guest and Guest of Honor. The Workshop observes 20% increase in the participation of the people in this workshop from various institutes, colleges and school from nearby Aligarh District. Addressing the participants the Chief Guest Mr. Abdul Hamid, IPS, Registrar of Aligarh Muslim University motivated the audience to make yoga as an integral practice to live the life successfully. In the line of event the Department organizes the Yoga Exhibition for the participants highlighting about the benefits and precautions to be taken while performing different asanas, pranayama, mudras and kriyas of the Yoga. The Registrar inaugurated the exhibition today on this occasion the Guest of Honor and Dean, Faculty of Social Sciences, Prof. Akbar Husain, Chairperson, Department of Physical Education; Prof. Zamirullah Khan along with faculty members were present. The Registrar appreciated the efforts of the Department towards organizing the events celebrating the 5th International Day of Yoga - 2019.

The Guest of Honor Dr. Mohd. Masoom Raza highlighted the efforts of Honorable Prime Minister Mr. Narendra Modi in formalizing and getting the due recognition to yoga in U.N. General Assembly on 11th December, 2014. He emphasizes the continuous practice of yoga can lead to wellbeing and healthy nation. This can save approximately 1000 billion dollars to nation’s economy.

The second lecture of lecture series on yoga was of Prof. Akbar Husain, and he delivered a lecture on “Spirituality on Yoga”.

The coordinator of this workshop Dr. Naushad Waheed Ansari, Assistant Professor, Department of Physical Education, A.M.U., Aligarh explained the importance and technical aspects of different yoga Asanas.

The faculty members Prof. Ikram Hussain, Professor, Dr. Rajendra Singh, Associate Professor, Dr. Merajuddin Faridi, Dr. Sayed Khurram Nisar, and Mr. Fuzail Ahmad, Assistant Professors and Mr. Taufiq Ahmad, Assistant Director of Physical Education were present on this occasion.
End of Day-2 Workshop on Yoga

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3rd - Day (17th June, 2019)

In line of celebrating upcoming 5th International Day of Yoga, 21st June, 2019, the Department of Physical Education, Aligarh Muslim University on the third day of Seven Days Workshop on Yoga from 15-21 June, 2019. Prof. Shakeel Ahmad, Member-In-Charge, Building Department, A.M.U, Aligarh, was the Chief Guest of the function, Prof. Izharul Haq Farooqui, Associate Member-In-Charge, Building Department, A.M.U, Aligarh was the Guest of Honor. The third day of the workshop i.e. 17th June, 2019. The chairperson, Department of Physical Education & Director of the Workshop Prof. Zamirullah Khan presented a warm welcome to the Chief Guest and Guest of Honor. Addressing the participants the Chief Guest Prof. Shakeel Ahmad, Associate Member-In-Charge, Building Department of Aligarh Muslim University motivated the audience to make yoga as an integral practice to live the life optimally. Yoga Exhibition is opened for the participants highlighting about the benefits and precautions to be taken while performing different asanas, pranayama, mudras and kriyas of the Yoga. Chairperson, Department of Physical Education; Prof. Zamirullah Khan along with faculty members were present. The Guest of Honor Prof. Izharul Haq Farooqui emphasizes the continuous practice of yoga can lead to wellbeing and healthy nation. The coordinator of this workshop Dr. Naushad Waheed Ansari, Assistant Professor, Department of Physical Education, A.M.U., Aligarh explained the importance and technical aspects of different yoga Asanas. Dr. Sayed Khurram Nisar presented the vote of thanks. The faculty members Prof. Ikram Hussain, Professor, Dr. Rajendra Singh, Associate Professor, Dr. Merajuddin Faridi and Mr. Fuzail Ahmad, Assistant Professors and Mr. Taufiq Ahmad, Assistant Director of Physical Education were present on this occasion.
End of Day-3 Workshop on Yoga

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In line of celebrating upcoming 5th International Day of Yoga, 21st June, 2019, the Department of Physical Education, Aligarh Muslim University on the fourth day of Seven Days Workshop on Yoga. Prof. Mahboob Hasan, Member-In-Charge, University Guest House, A.M.U, Aligarh, was the Chief Guest and Dr. Jameel Ahmad, Associate Member-In-Charge, University Guest House and President Gymnasium Club, A.M.U, Aligarh was the Guest of Honor of the function. The fourth day of the workshop i.e. 18th June, 2019. The chairperson, Department of Physical Education & Director of the Workshop Prof. Zamirullah Khan presented a warm welcome to the Guests and participants of the function. The Chief Guest Prof. Mahboob Hasan, motivated the participants to make yoga as an integral practice to live the life optimally. The Guest of Honor Dr. Jameel Ahmad emphasizes the continuous practice of yoga can lead to wellbeing and healthy nation. The coordinator of workshop Dr. Naushad Waheed Ansari, Assistant Professor, Department of Physical Education, A.M.U., Aligarh explained the importance and technical aspects of different yoga Asanas. The faculty members Prof. Ikram Hussain, Professor, Dr. Merajuddin Faridi, Dr. Sayed Khurram Nisar, Dr. Mohd. Arshad Bari, Mr. Fuzail Ahmad, and Mr. Taufiq Ahmad, Assistant Director of Physical Education were present on this occasion.

https://www.amu.ac.in/about3.jsp?did=3493
End of Day-4 Workshop on Yoga

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5th - Day (19th June, 2019)

Dr. Raghavindra Sharma, Department of Yogic Sciences, GLA University, Meerut (U.P.) was the Chief Guest in the 5th day of Workshop on Yoga, organized by Department of Physical Education, Aligarh Muslim University in celebration of the 5th International Day of Yoga-2019. On this occasion, while addressing the audience the Chief Guest of the function stated that yoga helps in enriching the health of individuals and yoga also has a lot of avenues and areas to perform.

The fourth lecture in the ongoing event of lecture series on yoga was on “Corrective ways of performing yoga”. This lecture was also delivered by Dr. Raghavindra Sharma, Department of Yogic Sciences, GLA University, Meerut (U.P.). The resource person highlighted the scientific pattern of performing yogic asanas and pranayam also highlighted the precautions to be taken by the individual while practicing yoga.

Prof. Zamirullah Khan, the Director of the workshop and Chairperson of the Department of Physical Education, Aligarh Muslim University welcomes distinguished guests and the participants. Dr. Rajendra Singh and Dr. Naushad Waheed Ansari conducted today’s session on yoga.

The novice participants who joined today, observe the yoga exhibition also. Dr. Mohd. Arshad Bari presented the vote of thanks.

Faculty members of the Department of Physical Education Prof. Ikram Hussain, Dr. Rajendra Singh, Dr. Merajuddin Faridi, Dr. Sayed Khurram Nisar, Dr. Mohd. Arshad Bari and Mr. Fuzail Ahmad, and Mr. Taufiq Ahmad, ADPE were also present on this occasion.
End of Day-5 Workshop on Yoga

***
6th - Day (20th June, 2019)

Prof. Syed Amjad Ali Rizvi, Secretary, University Games Committee, A.M.U, Aligarh was the Chief Guest in the sixth day of Workshop on Yoga, composed by Department of Physical Education, Aligarh Muslim University in festivity of the fifth International Day of Yoga-2019. On this event, while tending to the group of spectators the Chief Guest of the capacity expressed that yoga helps in improving the strength of people and yoga likewise has a great deal of roads and territories to perform. Ms. Aesha Sultana, the Guest of Honour motivated and inspire specially the girls and women’s participants and encourage their efforts while participating the ongoing Workshop on Yoga. Omar S. Peerzada, Public Relations Officer, Aligarh Muslim University enlightened the audience about the role of yoga in maintaining peace and harmony in the campus as well in the country.

Prof. Zamirullah Khan, the Director of the workshop and Chairperson of the Department of Physical Education, Aligarh Muslim University invites recognized visitors and the members. Dr. Rajendra Singh and Dr. Naushad Waheed Ansari directed the present session on yoga. The tenderfoot members, who joined today, watch the yoga presentation moreover. Dr. Mohd. Arshad Bari introduced the statement of gratitude. Teachers of the Department of Physical Education Prof. Ikram Hussain, Dr. Rajendra Singh, Dr. Merajuddin Faridi, Dr. Sayed Khurram Nisar, Dr. Mohd. Arshad Bari and Mr. Fuzail Ahmad, and Mr. Taufiq Ahmad, ADPE were likewise present on this event.
End of Day-6 Workshop on Yoga

***
The Department of Physical Education, Aligarh Muslim University celebrated ‘5th International Day of Yoga’ on 21st June, 2019 in morning with excitement and energy. The Department of Physical Education is also continued up with a seven days ‘Workshop on Yoga’ (15th-21st June, 2019).

The Vice-Chancellor of Aligarh Muslim University, Prof. Tariq Mansoor was the Chief-Guest of the function, Dean, Faculty of Social Sciences, Prof. Akbar Husain was the Guest of Honour on that occasion, Col. K. S. Rawat, Officer-in-Command-I, U.P. Engineering N.C.C. and Mr. Avedesh Maheshwari, Editor-in-Chief, Danik Jagran was the special guest of the function.

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End of Day-7 Workshop on Yoga

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Mass Media Coverage

The Public Relation Committee of the Department coordinated with all the local and national representatives from various print, electronic and web media groups. The events related to 5th IDY-2019 were published on regular basis in various Hindi and English News Papers and the clips of morning Yoga Sessions were broadcast by various electronic media groups. The Department also considered Danik Jagran a Hindi Media group as an event partner.

https://www.aninews.in/videos/national/7-day-yoga-camp-underway-amu-ahead-international-yoga-day/

https://www.dnaindia.com/india/video-7-day-yoga-camp-is-underway-in-amu-ahead-of-international-yoga-day-2762743
अलीगढ़ मुस्लिम यूनिवर्सिटी में योग दिवस की तैयारी, 7 दिवसीय शिविर का आयोजन
## Task Force Structure of 5th IDY-2019

**Director**

- Prof. Zamirullah Khan
  - Director 5th IDY-2019
  - Chairperson
  - Department of Physical Education

**Coordinator**

- Dr. Naushad Waheed Ansari
  - Coordinator 5th IDY-2019
  - Assistant Professor
  - Department of Physical Education

**Committees**

- Dr. Rajendra Singh
  - Workshop Yoga Expert
  - Associate Professor
  - Department of Physical Education

- Dr. Syed Tariq Murtaza
  - Incharge, Yoga Essay Writing Competition
  - Associate Professor
  - Department of Physical Education
<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Department</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr. Sayed Khurram Nisar</td>
<td>Incharge, Refreshment &amp; Media Coverage</td>
<td>Department of Physical Education</td>
</tr>
<tr>
<td>Dr. Merajuddin Faridi</td>
<td>Incharge, Lecture Series</td>
<td>Department of Physical Education</td>
</tr>
<tr>
<td>Dr. Mohd. Arshad Bari</td>
<td>Incharge, Certificate Writing</td>
<td>Department of Physical Education</td>
</tr>
<tr>
<td>Dr. Mohd. Arshad Bari</td>
<td>Incharge, Yoga Debate Competition, PA System</td>
<td>Department of Physical Education</td>
</tr>
<tr>
<td>Mr. Taufiq Ahmad</td>
<td>Incharge Venue</td>
<td>Department of Physical Education</td>
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</tbody>
</table>
Organizational Structure of 5th IDY-2019

UGC
\downarrow
Aligarh Muslim University
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Department of Physical Education

- Faculties
- Schools
- Local Population
- Colleges

Participants

END OF REPORT
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