International Day of Yoga 2017
(21\textsuperscript{st} June 2017)

Celebration

Organized by
Prof. Brij Bhushan Singh
Chairperson
Department of Physical Education
Aligarh Muslim University
Aligarh-202002 (U.P.)
International Day of Yoga  
(21st June 2017)

AMU celebrates ‘International Day of Yoga’ with excitement and energy. Dept of Physical Education also concludes seven-day Yoga workshop

Aligarh, June 21: Brimming with excitement and energy; students, teachers and the non-teaching staff of the Aligarh Muslim University gathered in large numbers at the playground of the Department of Physical Education to commemorate the third ‘International Day of Yoga’.

Mats were rolled at the playground of the Department, where an estimated 500 enthusiasts from various University departments, faculties and offices stretched extra muscles in various yogic postures. Today's ‘International Day of Yoga’ observation also ended with the conclusion of a seven-day workshop on Yoga organised by the Department of Physical Education.

On the occasion, the AMU Vice Chancellor, Professor Tariq Mansoor pointed out that he has been regularly doing Yoga since his student days on a daily routine basis of 20 to 25 minutes. “I learnt Yoga from a book known as Yoga Made Easy”, said the Vice Chancellor.

While congratulating Professor Brij Bhushan Singh, Chairperson, Department of Physical Education for organising the event; Prof Mansoor pointed out that the ‘International Day of Yoga’ like the past two years, will be celebrated and observed with all enthusiasm in the Aligarh Muslim University every year. He emphasised the need of Yoga in maintaining one's health.

Prof Mansoor further said that Yoga has been associated with the history and culture of our country for thousands of years and everyone, who has practices Yoga has benefitted.

Prof Akbar Hussain, Acting Dean, Faculty of Social Science talked about various Yoga Schools including a special focus on Lokasamgraha. He quoted the famous saying of Swami Vivekananda on Lokasamgraha which states that ‘working for the good of others’ is a ‘very powerful idea, which has become the ideal in India.’

Prof Hussain also quoted Sri Aurobindo, Vinoba Bhave and other eminent people on Lokasamgraha and other thoughts related with Yoga.

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

Research scholars Mr Gagan Kumar, Mr Masroof Ali and MPed student Ms Samiya Hussain demonstrated the Asanas during the programme.

Professor Zameerullah Khan, Dr Mairajuddin Faridi, Dr Manju from Aligarh based D S College, Mr Taufeeq Ahmad and Mr Fuzail also graced the occasion with their presence.

Dr Mohd Arshad Bari conducted the programme, while Dr Sayed Khurram Nisar proposed the vote of thanks.

Research scholars Mr Yogendra Sharma, Mr Dushyant Deshwal, Mr Rauf Bhat, Mr Ashish Katiyar, Mr Waseem, Mr Shailendra, Mr Abu Barkat, Mr Salman, Mr Majeed, Ms Nazia, Mr Qaiser, Mr Durvesh and Mr Deepak Raghav along with other scholars actively volunteered to make the programme successful.