Series of Events
in line of celebrating
International Day of Yoga 21\textsuperscript{st} June 2017

Organized by
Prof. Brij Bhushan Singh
Chairperson
Department of Physical Education
Aligarh Muslim University
Aligarh-202002 (U.P.)
Event-1

Essay Writing Competition on Yoga
(23-May-2017)

Dept of Physical Education organises ‘Essay Writing Competition’ for celebrating, upcoming, ‘International Day of Yoga’

Aligarh, May 23: The Department of Physical Education, Aligarh Muslim University recently organised an ‘Essay Writing Competition’ for celebrating the upcoming, ‘International Day of Yoga’, which will be observed on June 21, 2017 throughout the Country and the World.

Students from various schools, colleges and universities participated in the competition, which was organised under the supervision of Professor Brij Bhushan Singh, Chairperson, Department of Education. On the occasion, Prof Singh also spoke on different aspects of Yoga and Wellness.

Prof Ikram Hussain, Dr Syed Tariq Murtaza, Dr Merajuddin Faridi, Dr Sayed Khurram Nisar, Mr Fuzail Ahmad and Mr Taufiq Ahmad also graced the occasion with their presence. Meanwhile, Dr Naushad Waheed Ansari conducted the programme.

Essay Writing Competition on Yoga
Event-2

Debate Competition on Yoga
(26-May-2017)

Dept of Physical Education organises ‘Debate Competition’ for celebrating, upcoming, ‘International Day of Yoga’

Aligarh, May 26: The Department of Physical Education, Aligarh Muslim University recently organised a ‘Debate Competition’ for celebrating the upcoming, ‘International Day of Yoga’, which will be observed on June 21, 2017 throughout the Country and the World.

Students from various schools, colleges and universities participated in the competition, which was organised under the supervision of Professor Brij Bhushan Singh, Chairperson, Department of Education. On the occasion, Prof Singh also spoke on different aspects of Yoga and Wellness.

Dr Merajuddin Faridi conducted the programme, while all faculty members of the Department of Physical Education were present.
Event-3

Lecture Series on Yoga
(26-28 May-2017)

Dept of Physical Education organises Lecture Series to Celebrate ‘International Yoga Day’.

Aligarh, May 30: The Department of Physical Education, Aligarh Muslim University recently organised a three-day Lecture Series on ‘Yoga’ to observe the ‘International Yoga Day’ celebrations.

During the lecture series, Dr Anurodh Singh Sisodia from Lakshmibai National University of Physical Education enlightened on how Yoga can be beneficial in reducing stress. Meanwhile, Dr Rajendra Singh highlighted the untouched domains of health and well being and connected them with yogic philosophy. Professor Zamirullah Khan discussed the structured principles of ‘Patanjali Yoga’, while highlighting the application and understanding of Yoga in daily life.

Professor Brij Bhushan Singh, the Convener of this Lecture Series facilitated the programme under his supervision. Dr Sayed Khurram Nisar was the Coordinator for the Series.
Event-4

Seven days Workshop on Yoga
15-21 June, 2017
(1st Day)

In the celebration of International Day of Yoga, Department of Physical Education organized Seven Days Workshop on Yoga from 15-21 June, 2017. Workshop was integrated by the Chief Guest of the occasion Dean, Faculty of Social Science Prof. Shamim Ahmed Ansari, Chairman, Prof Zamirullah Khan, organizing secretary Dr. Merajuddin Faridi, Deputy Organizing Secretary, Dr. Mohd. Arshad Bari and today expert Dr. Sayed Khurram Nisar with the versus Holy Quran.

Objective of workshop is to improve the overall performance in their every sphere of life. First day of workshop was based on basic and technical aspect of yoga. Dr. S. Khurram Nisar of Department of Physical Education also explain the importance of some basic yoga Asanas.

Today Chairman, Department of Physical Education, Prof. Zamirullah Khan presented a warm welcome to the Chief Guest and all participants, in this workshop about 200 participants are registered.

Mr. Masroof Ali, Mr. Durvesh Kumar, Mr. Gagan Kumar activity demonstrate the asanas as per given instruction by the subject experts. Dr. Mohd. Arshad Bari deputy organizing Secretary expressed vote of thanks.
Event-4

Seven days Workshop on Yoga
16 June, 2017
(2nd Day)

In line of celebrating International Day of Yoga, Department of Physical Education conducted second day of events under Seven Days Workshop on Yoga from 15-21 June, 2017. In spite of heavy rains Various yogic activities were conducted for the participants under the guidance of Prof. Brij Bhushan Singh, Chairperson of the Department and Dr. Merajuddin Faridi Coordinator of the workshop.

Mr. Gagan Kumar demonstrated the asanas as per the yoga protocol 2017 available on AYUSH website.

Workshop on Yoga (2nd Day)
Event-4  
Seven days Workshop on Yoga  
17 June, 2017  
(3rd Day)

In line of celebrating International Day of Yoga, Department of Physical Education conducted a third day of events under Seven Days Workshop on Yoga from 15-21 June, 2017. In spite of heavy rains various yogic activities were conducted for the participants under the coordination of Dr. Mohd. Arshad Bari.  

Dr. Rajendra Singh (Expert of Yoga) enlightened the concept and the misconception about Yoga and also gave information about the indications and contraindication of Asanas, Pranayama and Kriyas.

Prof. Brij Bhushan Singh, Chairperson of the Department further informed the Physiological implications of Yoga along with conveying thanks to all the participants and resource person.

Mr. Masroof Ali, Mr. Durvesh Kumar and Gagan Kumar demonstrated the asanas as per the yoga protocol 2017 available on AYUSH website.
Event-4
Seven days Workshop on Yoga
18 June, 2017
(4th Day)

In line of celebrating International Day of Yoga, Department of Physical Education conducted fourth day of events under Seven Days Workshop on Yoga from 15-21 June, 2017. Inspite of heavy rains Various yogic activities were conducted for the participants under the guidance of Dr. Naushad Waheed Ansari.

Mr. Durvesh Kumar, Mr. Lalit Kumar Talan and Mr. Gagan Kumar demonstrated the asanas as per the yoga protocol 2017 available on AYUSH website.

Workshop on Yoga (4th Day)
Event-4
Seven days Workshop on Yoga
19 June, 2017
(5th Day)

In line of celebrating International Day of Yoga, Department of Physical Education conducted fifth day of events under Seven Days Workshop on Yoga from 15-21 June, 2017. Inspite of heavy rains various yogic activities were conducted for the participants under the guidance of Dr. Sayed Khurram Nisar. Who emphasized the importance of PAVANMUKTASANA Pavan means wind and mukta means to release or to make free.

As the name suggests, this asana is useful in removing wind or flatulence from the stomach and intestines. He further highlighted the benefits and precautions of other yogic asanas and pranayams

Prof. Brij Bhushan Singh, Chairperson of the Department further informed the Physiological implications of yoga along with conducting a session of heartfullness meditation. Dr. Arshad Bari thanked all the participants and resource person.

Mr. Durvesh Kumar, Mr. Masroof Ali, Ms. Samiya Hussain and Gagan Kumar demonstrated the asanas as per the yoga protocol 2017 available on AYUSH website.

Workshop on Yoga (5th Day)
Event-4
Seven days Workshop on Yoga
20 June, 2017
(6th Day)

On the occasion of upcoming celebration of International Day of Yoga (21st June 2017), Department of Physical Education conducted sixth day of event under seven days Workshop on Yoga from 15-21 June, 2017. Inspite of heavy rains various yogic activities were conducted for the participants under the guidance of Dr. Naushad Waheed Ansari. Who as an expert emphasized upon the correct techniques of Asnas alongwith their indications and contraindication also highlighting the benefits of various Asanas and Pranayama.

Prof. Brij Bhushan Singh, Chairperson of the Department conducted session of heart base meditation for the participants.

Research Scholars Mr. Durvesh Kumar, Mr. Masroof Ali and Ms. Samiya Hussain demonstrated the asanas as per the yoga protocol 2017 available on AYUSH website. The session ended with vote of thanks by Deputy Coordinator of Workshop Dr. Mohd. Arshad Bari.
Event-4

Seven days Workshop on Yoga
21 June, 2017
(7th Day)

The seven days Workshop ended with celebration of International Day of Yoga 21st June, 2017 in the Department of Physical Education. Prof. Tariq Mansoor, Honorable Vice-Chancellor of Aligarh Muslim University inaugurated the function. He emphasized the need of Yoga in maintaining one’s health and said that he had been participating Yogic activities from his student days. Prof. Akbar Hussain explained about various Yoga Schools. The various Yogic activities were conducted as per the protocol of AYUSH for the participants under the guidance of Dr. Naushad Waheed Ansari. Who as an expert emphasized upon the correct techniques of Asnas along with their indications and contraindication also highlighting the benefits of various Asanas and Pranayama.

Prof. Brij Bhushan Singh, Chairperson of the Department conducted session of heart based meditation for the participants.

Research Scholars Mr. Gagan Kumar, Mr. Masroof Ali and M.P.Ed. student Ms. Samiya Hussain demonstrated the asanas as per the yoga protocol 2017 available on AYUSH website. The session ended with vote of thanks by Dr. Sayed Khurram Nisar.