

# ***International Yoga Day 2017*** **CELEBRATION**



**Organized by:**

**Department of Physical Education  
Aligarh Muslim University, Aligarh**

**23-MAY-2017**

**Event-1: ESSAY WRITING COMPETITION**

Department 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 as Coordinator.



**Essay Writing Competition**

**26-MAY-2017**

**Event-2: DEBATE COMPETITION**

Department 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 as Coordinator, while all faculty members of the Department of Physical Education were present.



**Debate Competition**

**30-MAY-2017**

**Event-3: LECTURE SERIES**

Department 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 Lakshmi Bai 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, while all faculty members of the Department of Physical Education were present.



**Lecture Series**

**15-JUN-2017**

**Event-4 : SEVEN-DAY WORKSHOP**

**(1<sup>st</sup> Day)**

Department of Physical Education starts seven-day Workshop on Yoga.

Aligarh, June 16: The Department of Physical Education, Aligarh Muslim University has started a seven-day Workshop on Yoga, which was inaugurated by the Chief Guest, Prof Shamim Ahmed Ansari, Dean, Faculty of Social Sciences. The Workshop's objective is to improve the overall performance in all spheres of life.

While Prof. Zamirullah Khan, Acting Chairperson, Department of Physical Education presented a warm welcome to the Chief Guest and all participants; Dr. S. Khurram Nisar of the Department of Physical Education explained the importance of some basic yoga Asanas.

On the first day of the Workshop; Mr. Masroof Ali, Mr. Durvesh Kumar and Mr. Gagan Kumar actively demonstrated the asanas as per instructions given by the subject experts to over 200 participants.

Dr. Mohd. Arshad Bari, Deputy organizing Secretary proposed the vote of thanks. Dr. Merajuddin Faridi conducted the programme as Coordinator.



**Seven-Day Workshop (1<sup>st</sup> Day)**

**16-JUN-2017**

**Event-4 : SEVEN-DAY WORKSHOP**

**(2<sup>nd</sup> 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 professor BB 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.



**Seven-Day Workshop (2<sup>nd</sup> Day)**

**17-JUN-2017**

**Event-4 : SEVEN-DAY WORKSHOP**

**(3<sup>rd</sup> Day)**

In line of celebrating International Day of Yoga, Department of Physical Education conducted 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 guidance of Dr Rajendra Singh.

Dr. Rajendra Singh (Expert of Yoga) deliver a lecture and enlighten the concept and misconception about Yoga and also given information about the indications and contraindication of Asanas and Pranayama and Kriyas.

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



**Seven-Day Workshop (3<sup>rd</sup> Day)**