

Press Release

مولانا آزاد نیشنل اردو یونیورسٹی
MAULANA AZAD NATIONAL URDU UNIVERSITY
(A Central University established by an Act of Parliament in 1998)
Gachibowli, Hyderabad – 500 032 TS
Phone/Fax: 040 – 23006606, 23006612-15 Ext. 1370, email: manuupro1@yahoo.com
website: www.manuu.ac.in



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MANUU observes Yoga Day

Hyderabad:

No one can be a good worker until and unless he is hale and healthy, a fit mind develops in a healthy body only, says Prof. Shakeel Ahmed, Pro Vice-Chancellor, MANUU during International Yoga Day.

National Service Scheme (NSS) Cell of Maulana Azad National Urdu University organized Yoga Utsav today (Thursday) as part of Yoga Day at Indore Sports Complex in the campus.

Yoga helps in keeping both body and mind healthy & fit and that's why everyone should do it as a daily practice, he added.

Dr. M. A Sikandar, Registrar said that he has participated in Yoga Shivar and knows Yoga to some extent. He used to do Yoga daily in the morning after offering Namaz, he revealed. He particularly advised students to learn few Yoga Asanas to overcome the stress of exams. Anything that does no harm and improve health should not be ignored, he added.

At the start of the programme, Yogacharya Mr. Ramawatar Tiwari of Patanjali Yogpeeth alongwith team members gave demonstration of various asanas to students, faculty and staff members. He presented asanas helpful in curing various diseases. On demand, he particularly demonstrated asanas which can be easily done even at work place.

Prof. S. M. Rahmathullah, Chairman, organizing committee welcomed the guests and said that Indian Government is promoting Yoga, through schools, colleges, universities so that it reaches every home, thus making the Country healthier. He also proposed vote of thanks at the end.

Dr. Mohammed Fariyad, Coordinator, committee conducted the proceedings and said that University is organizing Yoga day regularly since 2015. Members of the organizing committee Dr. Mohd. Yosuf Khan, Dr. B.L. Meena, Mr. Mohd. Mujahid Ali, Mr. P. Habeebullah, Mr. B. Bhikshapati and Dr. Md. Wasim Raja took active part in the arrangements.

Slogan writing, sketch and poster making competitions for the students were also held on the occasion.

The Yoga Day was also held at MANUU Model School, Hyderabad, Darbhanga (Bihar) and Mewat (Haryana).

(Abid Abdul Wasay)
Public Relations Officer

