

Press Release

مولانا آزاد نیشنل اردو یونیورسٹی
MAULANA AZAD NATIONAL URDU UNIVERSITY

(A Central University established by an Act of Parliament in 1998)

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Press Release

21st June, 2019

MANUU observes International Yoga Day

Hyderabad:

Everyone needs to do Yoga, specially students, as Yoga is beneficial for healthy brain and body. As International Yoga day is held on June 21 when our University have annual vacations, less number of students are available. University should conduct another Yoga programme after vacations when large number of students are available. Dr. Mohammad Aslam Parvaiz expressed these views today in his presidential address during a special programme organized to mark International Yoga Day held at Sports Complex, MANUU.

Dr. M. A Sikandar, Registrar said people think about doing yoga or not. They should think whether they want to be healthy or not. Today, western countries are benefiting from Yoga, part of our ancient culture. Whole family should take benefits of Yoga.

Renowned Yogacharya Dr. Ramakant Sahoo, Patanjali Yogpeeth delivered the lecture on importance of Yoga. Yogacharya Pandit Ramawatar Tiwari of Patanjali Yogpeeth gave demonstration of various asanas to students.

Earlier, Prof. Mohammad Fariyad, Programme Coordinator, NSS Cell & Chairman, Organizing Committee welcomed and informed that Yoga day is being observed in Model Schools of MANUU also since last year.

Dr. Arshia Azam, Principal ITI Hyderabad, the only female participant, attended the yoga practices along with ITI students and staff members. Large number of faculties, staff members attended the programme.

Slogan writing, poster making and other yoga related competitions were also held in ITI Hyderabad. Certificates were also distributed among participants

Members of Yoga Committee supervised the arrangements.

Other campuses of MANUU including Regional Centre, Bangalore & Polytechnic Bangalore also observed International Yoga day.

(Abid Abdul Wasay)

Public Relations Officer

Note: News is being sent through email also.



Yoga 1 & Yoga 2: Mr. Ram Avtar Tiwari demonstrating yoga to staff and students of MANUU. Dr. M. Sikandar and Dr. Arshia Azam and others are also seen.