



Embracing Tradition, Empowering Careers

Yoga at Jamia Millia Islamia



About Yoga at Jamia Millia Islamia

The Yoga Program at Jamia Millia Islamia (JMI) is a pioneering initiative launched under the Department of Sanskrit, integrating traditional yogic wisdom with modern academic excellence. The program was officially approved by the Board of Studies (BoS) on 09.10.2024 and aims to promote yoga education, practice, and research within a structured academic framework.

Aim

The primary aim of this program is to preserve, promote, and propagate the Indian Yogic tradition while fostering academic excellence and professional development. The course is designed to provide a deep understanding of Yoga's philosophical, scientific, and practical aspects for holistic well-being and career growth.

