



Embracing Tradition, Empowering Careers

Yoga at Jamia Millia Islamia



Vision

Holistic Well-being, Knowledge, and Career Growth through Yoga

Objectives

- ✓ To establish JMI as a Center of Excellence in Yoga
- ✓ To propagate the philosophy, science, and art of Yoga
- ✓ To enhance awareness of Yoga's role in health and lifestyle,
- ✓ To uphold India's rich Yogic heritage

