

Yoga Work Shop in J&K Hostel JMI







New Delhi, FEB 26, 2025: The J&K Girls Hostel at Jamia Millia Islamia (JMI) successfully organized a 60-day yoga workshop titled "Yoga and Wellness for Women to Overcome PCOD, PCOS, Obesity, and Stress." The workshop, conducted from October 15 to December 15, 2024, aimed at promoting women's health and holistic well-being among hostel resident. Under the guidance of Prof. Sabah Khan, Provost of J&K Girls Hostel and Yoga instructor (researcher) of department of Sanskrit Mr. Imran Khan conducted the workshop and was honoured with a Certificate of appreciation by the Vice Chancellor of Jamia Millia Islamia, Professor Mazhar Asif, for his enthusiasm. The Vice Chancellor emphasized the importance of promoting yoga for women's health and incorporating yoga into daily life for overall wellbeing.