

WOMEN EMPOWERMENT PROGRAM

DEPARTMENT OF ISLAMIC STUDIES, JMI INVITES YOU TO

PHYSICAL FITNESS FOR ACADEMIC EXCELLENCE

BY SAIMA KHAN

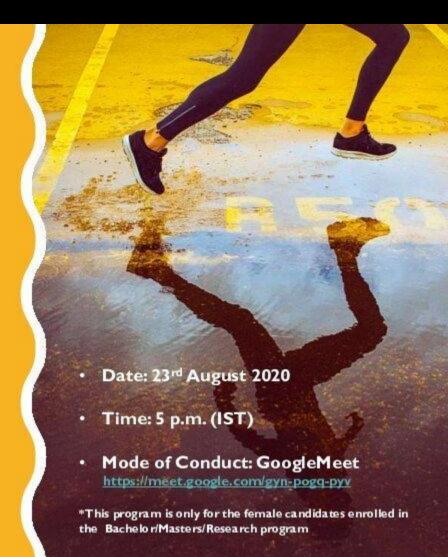
(Mentor -Sports Fitness)



- •Faculty and Master trainer PILATES: Gayo Fitness Academy, Mumbai
- •Kridasan (Sports Yoga)
- *EREPS Level 4 Personal Fitness Trainer

- •SPAA (Sports Academy Association India)
- · Yoga therapist, Pre natal -postal.
- *Ariel fitness instructor

Coordinator women cell: Dr. Mohammad Mushtal Contact hannan.shireen@gmail.com





Studies

Empowering Indian Women with Islamic

Women Cell Department of Islamic Studies JMI host



All Female Panel Discussion

"Women in The Prophetic Teachings"

In Collaboration with

Women
Development
Cell
Govt. Degree
College, Sopore
Kashmir





4pm Thursday 29th October 2k20

Panelists:

DIS.JMI

GDCS.Kashmir

Chief Guest Dr. Abida Quansar Member WDC GDC. Sopore, KMR

Aliza Bano & Shama Firogan (PG-3Sem)
Maria Asim & Nusrat Iqbal (UG-5Sem)
Aliza Khan & Zaheen Khan (UG-3Sem)

Tawqeerun Nisa (PG-8Sem) Insha Altaf (UG-6Sem) Ulfat Bashir (UG-6Sem)

> Coordinator Dr. Muhammad Mushtak Cell- 099107 02673

ALL ARE INVITED.

PANELISTS + PARTICIPANTS WILL BE GIVEN E-CERTIFICATES