

Yoga Sabke Liye, 16th June 2026

A special Yoga session on Sukshma Yogic Kriya and Meditation was organized on 16th June 2026 at Seminar Hall, Rufaida College of Nursing, Jamia Hamdard 4 pm to 5 pm . The session was led by Prof. Seema Rani, President Yoga Club and coordinated by Ms. Suchhanda Bhattacharya, Member, Yoga Club. There was active participation from 50 students, teaching and non-teaching staff. Participants were guided through various Sukshma Kriyas — yogic exercises focusing on joints, eyes, neck, and breathing — aimed at releasing physical stiffness and improving energy flow. This was followed by a guided Meditation session to promote mental relaxation, inner awareness, and stress relief. The participants appreciated the calming effect of the practices and expressed interest in regular sessions for holistic well-being.



Yoga Session, 17th June 2026, 4 pm to 5 pm

A session on Yogasanas, Pranayam and Meditation was organized on 17th June 2026 at Seminar Hall, Rufaida College of Nursing, Jamia Hamdard, led by Prof. Seema Rani. The session witnessed an enthusiastic participation from 50 teaching and non-teaching staff members along with students.

Participants practiced Surya Namaskar, Shavasana, Bhujangasana, Setu Band Asan, Chakki Asan, Dhanurasan, Halasan, Sarvangasana, to enhance flexibility, strength, and vitality, followed

by Pranayams namely Bhramri and Anulom Vilom. In the end of the session a guided meditation session for mental calmness and stress relief was done.

The program was well received, with attendees appreciating the balance of physical and meditative practices for overall well-being.



Yoga Session, 18th June 2026, 4 pm to 5 pm

A yoga session was organized on 18th June 2026 at Jamia Hamdard, focusing on asanas and stress relief. The session was led by Prof. Seema Rani. Participants practiced a comprehensive sequence including Surya Namaskar, Singha Garjana, Simhasana, Pawanmuktasana, Sarvangasana, Halasana, Vajrasana, Shashankasana, Trikonasana, and eye exercises. The session concluded with a stress-relief meditation to promote mental calmness and relaxation. Students, teaching and non-teaching staff participated actively and appreciated the detailed guidance on posture alignment and the combined benefits of physical postures with meditative practices for overall health.



