

Press Release

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MANUU Observes International Yoga Day

Hyderabad:

International Yoga Day was observed on June 21 at Maulana Azad National Urdu University. In view of Covid-19 Pandemic the Government has given the theme "Yoga at home and yoga with family". As per the guidelines of MHRD and UGC, MANUU students, teachers and staff performed yoga asanas at home. On the occasion, NSS Coordinator Prof. Mohammad Fariyad in his message said that yoga not only keeps a person physically fit but also enhances mental abilities. He said that every year through Yoga Day, public awareness is created and various postures prove to be an effective treatment for pain and ailments. Today, other nations are also benefitting from yoga. We and our families must also be benefitted. Prof. Fatima Begum, Vice Chancellor in-charge and Prof. S. M. Rahmatullah, Registrar in-charge, praised the students and staff for observing Yoga Day at home.

Note: News and Photos are being sent though e-mail.

(Abid Abdul Wasay)
Public Relations Officer