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مولانا آزاد نیشنل اردو یونیورسٹی
Maulana Azad National Urdu University, Hyderabad
(A Central University established by an Act of Parliament in 1998)
College of Teacher Education, Aurangabad (MS)

Report on 8th International Yoga Day 21st June 2022

MANUU CTE Aurangabad organized 8th International Yoga Day on 21st June 2022. It was celebrated by the students and the teacher with great enthusiasm Mrs. Syeda Hajera Nausheen and convener of the programme Dr. Shaheen Parveen also participated in the celebration.

The function began with a brief introduction of Yoga Day by Mrs. Syeda Hajera Nausheen. She explained that regular practice of Yoga will help the students achieve better mental and physical health she also welcome Mr. Shahrukh Khan (Alumni student MANUU CTE Aurangabad batch 2018-2020) as a Guest and trainer.

Yoga Day is celebrated among the youth and children to make and understand the importance of Yoga in their life. Mr. Shahrukh Khan demonstrate and few warm up and simple Asanas, were performed by the students and the teachers enthusiastically.

The function ended with a vote of thanks by Dr. Shaheen Parveen. The function was organized by Mrs. Siddiqui Uzma Tahsen, Dr. Rana Saeed, Mrs. Maisara Aziz and Dr. Shaikh Yasmeen along with all office staff that put in a lot of effort to make the function a success.

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29/6/2022
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