



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:
Goyo Fitness Academy, Mumbai

•Kridasan (Sports Yoga)

•EREPS Level 4 Personal Fitness
Trainer

•SPAA (Sports Academy Association
India)

•Yoga therapist, Pre natal -postnatal.

•Ariel fitness instructor

Coordinator women cell: Dr. Mohammad Mushtak

Contact: hannan.shireen@gmail.com



- **Date: 23rd August 2020**
- **Time: 5 p.m. (IST)**
- **Mode of Conduct: GoogleMeet**
<https://meet.google.com/gyn-pogq-pyv>

*This program is only for the female candidates enrolled in the Bachelor/Masters/Research program



**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**



**Via
GOOGLE
MEET**

4pm Thursday 29th October 2k20

Panelists:

DIS.JMI

GDCS.Kashmir

- 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)

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

**Coordinator
Dr. Muhammad Mushtak
Cell- 099107 02673**

**ALL ARE INVITED.
PANELISTS + PARTICIPANTS WILL BE GIVEN E-CERTIFICATES**

Empowering Indian Women with Islamic Studies