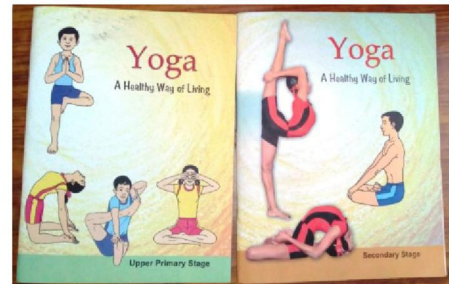
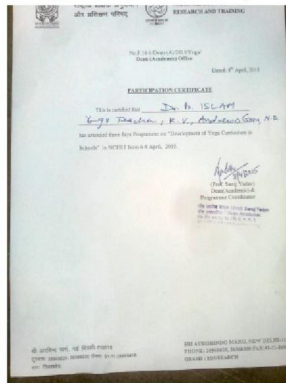
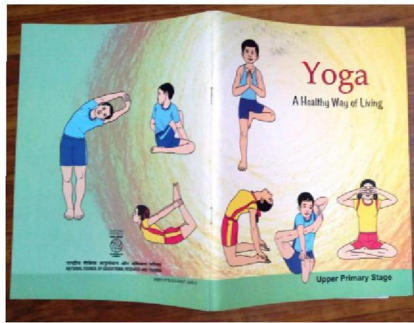


1. From 06-04-2015 till June 2015 (time to time) I contributed as one among the seven Yoga experts of "development team" who developed Yoga syllabus and textual material for Class VI to X at "National Level" which was published in the form of two Books by NCERT, the names of the Books are as under:-

- (i). Yoga A Healthy Way of Living for Upper Primary Stage (Class VI to VIII).
- (ii). Yoga A Healthy Way of Living for Secondary Stage (Class IX and X).



2. At my school level from 27-04-2015 to 13-05-2015 I trained my students in the specific Yoga practices so that they may be selected as participants of the 1st International Day of Yoga.



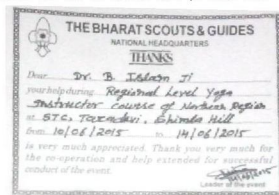
3. Voluntarily/ without remuneration I trained youth in 6-Micro-Yoga - Practices in a National Level Adventure Camp which was held at National Adventure Institute (NAI), BS&G, Pachmarhi M. P. on 18-05-2015.



4. I trained 54 participants of Unit Leaders Meet in 6 Micro Yoga Practices at Punjab State Training Centre, BS&G, Tara Devi Shimla H.P. on dated 09-06-2015.



5. I dedicatedly rendered my duty as Staff-Resource Person in Yoga Instructors Course from 10-06-2015 to 14-06-2015 at Shimla, H.P. India.



6. My students were selected to do specific Yoga practices of 1st International Day of Yoga- 2015 combined with students of 20 Schools of New Delhi from 15-06-2015 to 19-06-2015 at Delhi Cantonment and one of my student selected as demonstrator of Yoga practices for 20 participating Schools



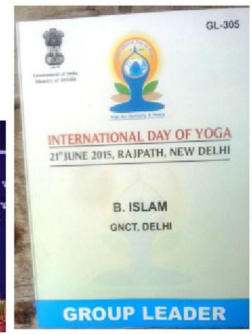
7. I conducted the rehearsal of the specific Yoga practices (of 1st International Day of Yoga) of my students in during Summer Vacations in June 2015 in my school campus.



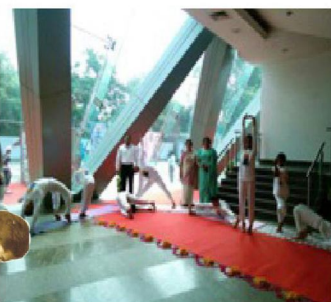
8 My meritorious and selected students participated in the '1st International Day of Yoga' under the Leadership of the Honorable Prime Minister of India at the main showground Rajpath, New Delhi on 21 -06- 2015.



9 As a Group leader I also participated in the '1st International Day of Yoga' under the Leadership of the Honorable Prime Minister of India at the main showground Rajpath, New Delhi on 21-06-2015.

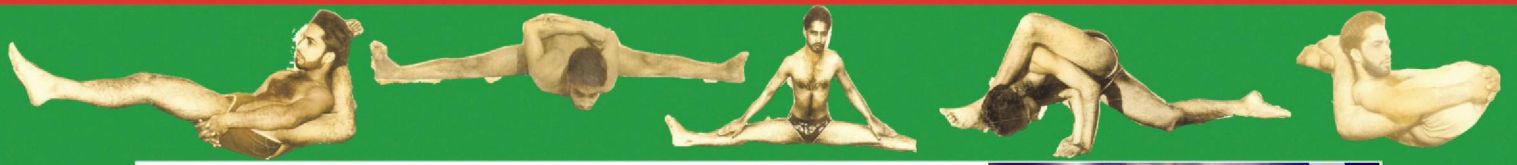


10 Out of one million students of my organization, my 15 meritorious students were selected to demonstrate "YOGA MUDRAS" in inaugural function in front of HRD Minister Govt. of India and Dy. Chief Minister of Delhi at the occasion of Yoga Teachers Conference at Talkatora Stadium on 22-06-2015.



THE PHOTOGRAPHS OF DR. B. ISLAM ARE IN THE BORDER





11 On 22-06-2015 my two books on Yoga were release by Honourable Human Resource and Development Minister Mrs. Smirti Zubin Irani along with Honourable Dy. Chief Minister, Govt. of NCT Delhi Shri Manish Sisodia.

In these two Yoga books I contributed as one among the seven Yoga experts of "development team" who developed Yoga syllabus and textual material for Class VI to X at National Level under National Council of Education Research and Training, Govt. of India, the names of the Books are as under:-

- (i) YOGA –A Healthy Way of Living" for Upper Primary Stage (Class VI to VIII).
- (ii) Yoga –A Healthy Way of Living" for Secondary (Class IX and X).



12 I participated in "Yoga Teachers Conference" at Talkatora Stadium New Delhi from 22-06-2015 to 23-06-2015.

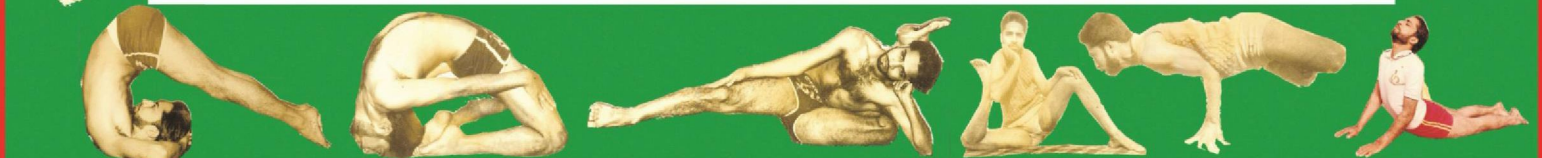
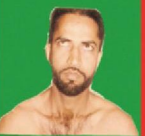
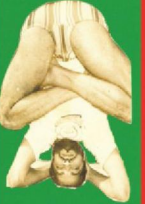
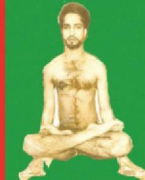
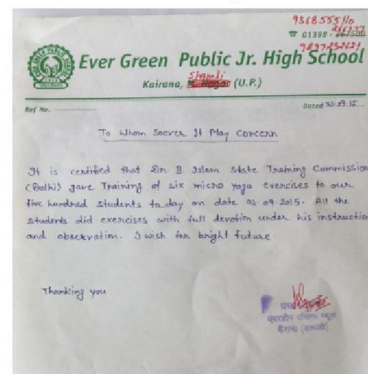
13 Voluntarily/ without remuneration I trained youth/ students of Thirty-five (20 Scouts and 15 Guides) youth were trained in 6-MYPs during the TST Camp and Surf Smart training at KVS BS&G Delhi Region held at KV Dogra Lines, Meerut Cantt. U.P. India on 31 July, 2015 by play way method through internet.



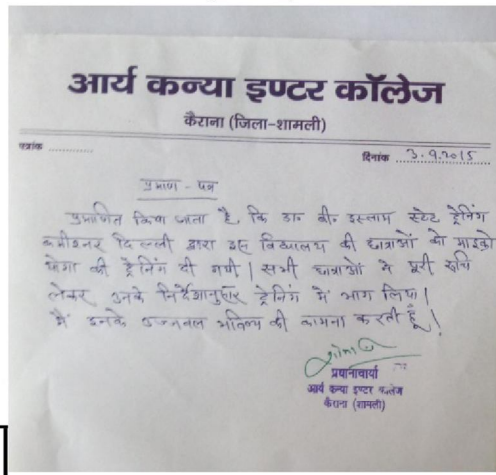
14 I successfully attended the In-service course for Yoga Teachers from 07-08-2015 to 27-08-2015 at K. D. Yoga Institute Lonavla Hills (Distt. Pune M.R.) India.



15 Voluntarily/ without remuneration I trained 500 students of Ever Green Public Junior High School Kairana Distt. Shamli U.P. India on 03-09-2015.

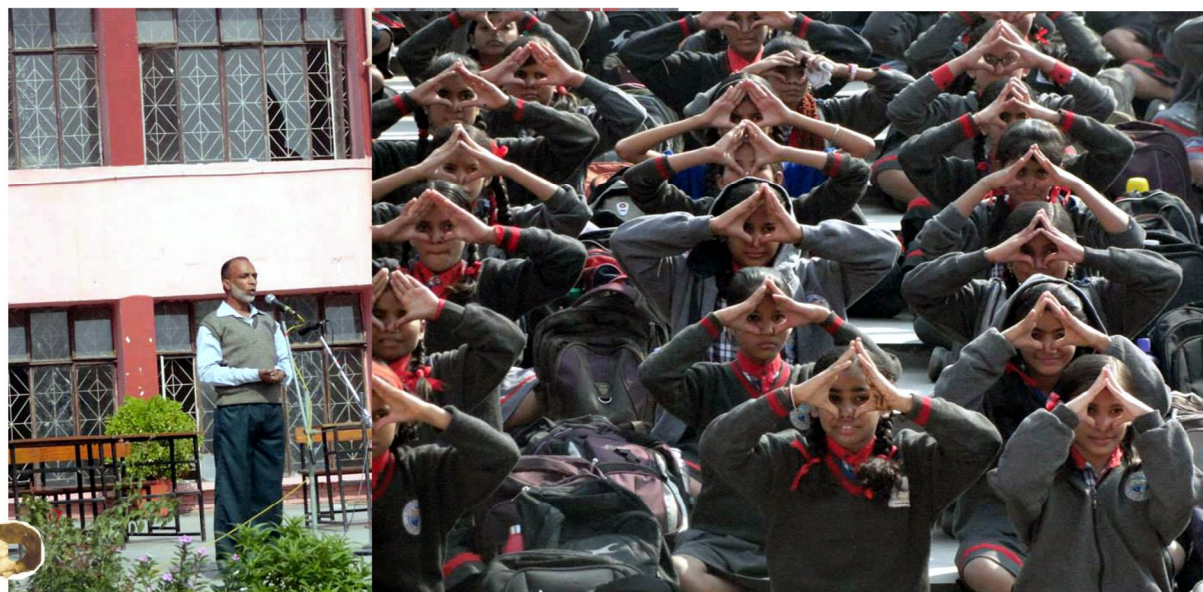


16 Voluntarily/ without remuneration I trained 50 Senior Girls of Arya Kanya Inter College Kairana Distt. Shamli U.P. India on 03-09-2015.



17. **THE RESEARCH WORK ABSTRACT:-**

During the month of Sep. 2015 I developed the abstract of "Simplified Techniques of 6 Micro-Yoga Practices for Mass Participation of Youth and Inculcation of youth leadership in Yoga" which was spread over 75 experiments in various institutions. The same was submitted for Audiovisual and Poster presentation in the "8th International Conference Yoga & Education Principles and Practice" which will be held from 27th to 30th December 2015 at Kaivalyadhama, Lonavla, India.



(Dr. B. ISLAM)

