



NATIONAL SERVICE SCHEME (NSS) CELL
Guru Gobind Singh Indraprastha University
Sector 16-C, Dwarka, New Delhi – 110078
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Dated 28th April, 2022

NOTICE

Invitation to attend the activities of International Day of Yoga- 2022 (25th April 2022 to 21st June 2022)

International Day of Yoga - 2022 (**Yoga for Wellbeing**) is being organised by NSS Cell in collaboration with Director Student's Welfare (DSW) and Morarji Desai National Institute of Yoga (MDNIY) (Affiliated College of GGSIPU) from 25th April 2022 to 21st June 2022. The live Yoga practice will be conducted during abovementioned duration under the guidance of the expert trainers of MDNIY every day in two sessions i.e., 6.30 am-7.30 am and 4.30 pm to 6.30 pm. The live Yoga practice sessions will be started from **1st May 2022 morning**.

Competent Authority desires that faculties and staff members along with their family members and students of the University should participate in International Day of Yoga - 2022 activities. All faculties and staff members of the University along with their family members are cordially invited to join the Yoga sessions every day on abovementioned duration and time.

All the NSS and NCC volunteers, students and PhD scholars of USS and Affiliated Colleges are also invited to attend the Yoga activities. After successful completion of International Yoga Day - 2022, having full attendance in entire duration (1st May 2022 to 21st June 2022) students shall be awarded a **Yoga Volunteers certificate** by MDNIY.

The Common Yoga Protocol shall be practiced on 21st June 2022 from 7.00 am to 7.45 am- International Day of Yoga – 2022.

For NSS students of the University, the Yoga sessions would be counted as their NSS activity hours.

Venue - Community Centre, GGSIPU, Dwarka Campus
(25th April 2022 to 21st June 2022)
(6.30 am- 7.30 am & 4.30pm -6.30pm)

All the participants are advised to follow Covid-19 guidelines during all sessions.

Note: All participants are advised to bring their own mat to perform the Yoga.

Dr. Rajesh Kumar

Asst. Programme Coordinator, GGSIPU NSS Cell

(Prof. Varun Joshi)

Programme Coordinator, GGSIPU NSS Cell

1. All Deans, University Schools of Studies
2. Head, UITS-with request to upload the same on the University website
3. All Program Officers of NSS (USS and Affiliated Collages)
4. All Directors/Principals of Affiliated institutes to GGSIP University
5. A.R. to VC Sectt., GGSIPU- for kind information of Hon'ble Vice Chancellor
6. A.R. to Registrar, GGSIPU- for kind information of the Registrar
7. Office copy