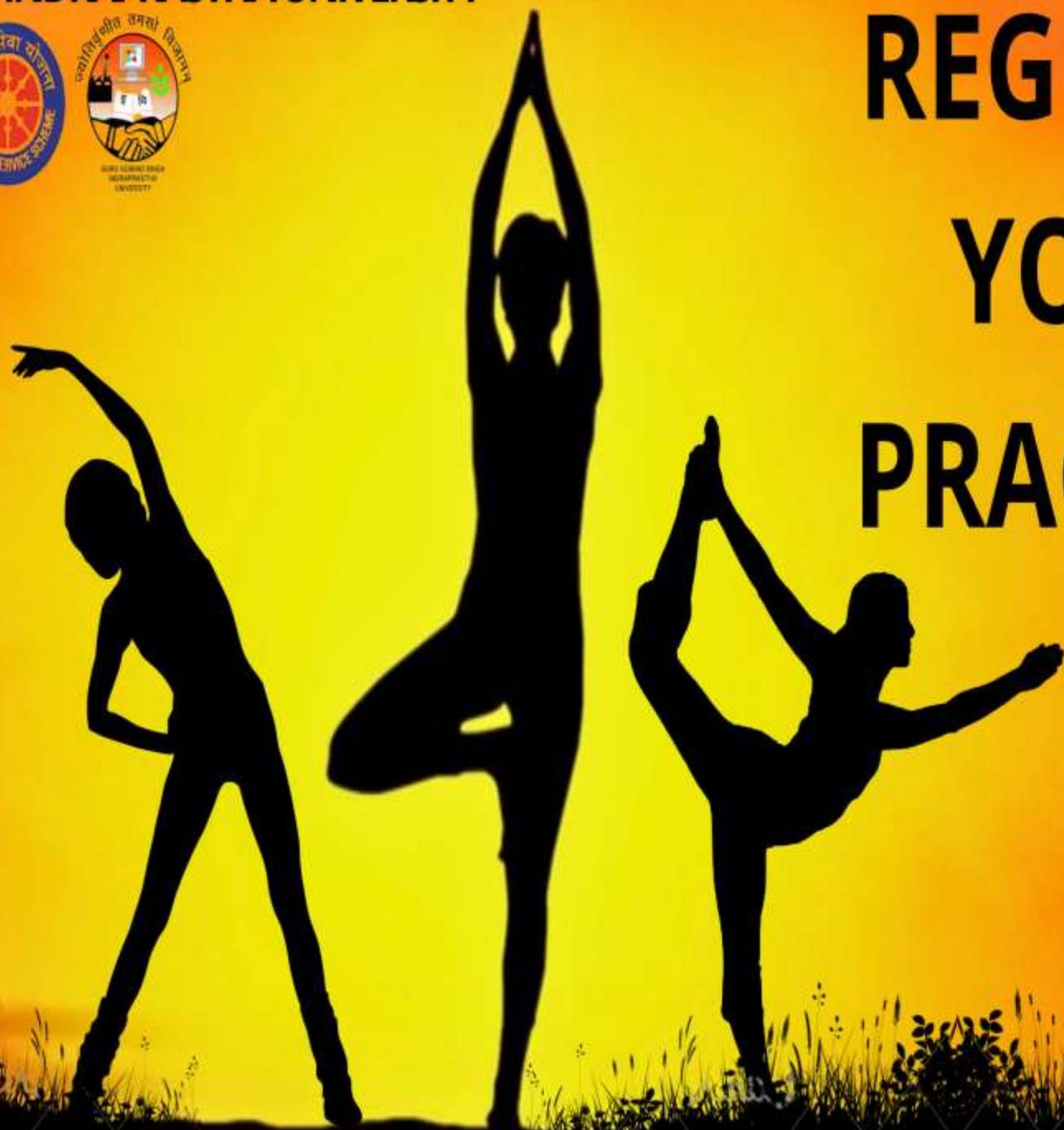


NATIONAL SERVICE SCHEME (NSS) CELL GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY



REGULAR YOGA PRACTICE



DATE

01ST OCTOBER, 2024
TO
31ST MARCH 2025

TIME

7:00 AM TO 8:00 AM

VENUE

COMMON HALL, NSS
OFFICE, OLD USAP
BUILDING,
GGSIP UNIVERSITY,
NEW DELHI

COME & JOIN
YOGA
(MORNING SESSION)

QR CODE
FOR REGISTRATION





NATIONAL SERVICE SCHEME (NSS) CELL
Guru Gobind Singh Indraprastha University
(A State University establishment under Government of NCT of Delhi)
Sector 16-C, Dwarka, New Delhi – 110078
Ph. No.011-25302703, Email Id: nsscell@ipu.ac.in



F. No. GGSIPU/NSSCELL/2024/672

Dated: 11th November, 2024

NOTICE

Sub: Regular Yoga Practice Classes (Six Months) under the aegis of NSS Cell at GGSIPU Main Campus, Dwarka, Delhi – Reg.

NSS Cell of the University in collaboration with Morarji Desai National Institute of Yoga (An Affiliated institution under GGSIPU) is organising “**Regular Yoga Practice Session for Six Months (Offline)**” from **01st October, 2024 to 31st March, 2025** for all faculty/ staff members/ NSS Volunteers/ NCC Cadets/ Hostellers/ other students of USS and Affiliated institutions and family members of faculty and staff who are residing inside the University Campus.

Time and Session

07:00 AM to 08:30 AM (Morning Session)

(Monday to Friday)

(Except Sunday and Gazetted Holiday - Five Days in a Week)

Venue

Common Hall, Old USAP School Building Area,

GGSSIP University Dwarka, New Delhi -110078

All faculty staff and their family members, Volunteers, NCC Cadets, other students of all USS and Affiliated Colleges are invited to join the live Yoga Session. The Yoga Instructors of MDNIY shall be demonstrating Yoga during the regular Yoga Practice.

Note: Classes are already running from 01st November, 2024, 7:00 AM onwards, all interested participants may kindly join and perform yoga wellbeing.

Yoga Instructor Mr. Manish Kumar (9990576828)

Supported Institute: Morarji Desai National Institute of Yoga (MDNIY)

(Prof. Varun Joshi)

Program Coordinator, NSS Cell, GGSIPU

Copy to for information and necessary action please:-

1. To all Deans/Directors/Principals of USS/ Affiliated Institutions under, GGSIP University
2. To all Program Officers of USS/Affiliated Institutions under NSS Cell, GGSIP University
3. To P.S to Hon'ble VC, GGSIP University (For kind information please)
4. To A.R. to Registrar, GGSIP University (For kind information please)
5. Head UITS, request to kindly upload the notice on the University website.
6. Guard File