



NSS @ GGSIPU



Adhyatma Yoga Sansthan



GGSIPU



AIE, Gr. Noida



NSS @ AIE

The Online lecture series on 'Mind over Matter' helped children cope up with their emotional stress & other related problems during Covid-19 times and has reached audience across the globe. In order to strengthen their physical and mental disciplines, now we are launching the Online Yoga Series to achieve a perfect balance of peaceful body and mind.

Yoga in real sense has deeper insight besides yogic postures and exercises which will bring good health and energetic life styles allowing completing regular routine's in one's life very easily. The continued practice of yoga leads to a sense of peace and well-being.

Healthy Body + Healthy Mind = Healthy Life

Give yourself a resolute affirmation today for better living

Ten Days Online National Yoga Workshop

(30 Aug – 09 Sep 2020)

'MY LIFE MY YOGA'

A Sequel to Mind over Matter Series.....

Inaugural Session

You Tube
LIVESTREAM



30 Aug 2020 (Sunday)



09:00 A.M.



<https://www.facebook.com/adhyatma.ansthan>

Registration Link

<https://forms.gle/Hc66W4yCuVNGy7DS8>



Telegram Link

<https://t.me/joinchat/S5nigxkQ4JfbhAU7zzgPZQ>

(Registration FREE OF COST & required ONLY ONCE for the Series)

e-Certificate will be provided to the registered participants



-Chief Guest-

Prof. Ramesh Kumar Pandey

Vice Chancellor
Shri Lal Bahadur Shastri National Sanskrit University
New Delhi



-Chief Patron-

Prof. (Dr.) Mahesh Verma

Padamashree Awardee
Vice Chancellor, GGSIP University
New Delhi

Gracing the Occasion

First Practice Session

30th Aug, 5:00 – 6:00 P.M.

Resource Person : Dr. Ramesh Kumar



Dr. Ramesh Kumar

(World Yoga Exponent)

Assistant Professor Yoga Department
Shri Lal Bahadur Shastri National Sanskrit University
New Delhi

~ Co-Patron ~



Dr. Tania Gupta

Principal
Army Institute of Education, Greater NOIDA

~ Patron ~



Sh Ravi Dadhich

Registrar, GGSIPU, New Delhi

~ Programme Coordinator ~



Prof. B. V. Ramana Reddy

Professor, USIC&T
Programme Coordinator
NSS Cell, GGSIPU, New Delhi

Conveners



Sh Sayan Chatterjee

Program (link) Officer
GGSIPU, Unit C, New Delhi



Ms. Pratibha Garg

Assistant Professor
Programme Officer, NSS Cell
Army Institute of Education, Greater NOIDA



Dr. Yagesh Tyagi

Program Officer
GGSIPU, Unit C
New Delhi

- Organized By -

NSS Cell GGSIPU in collaboration with **Adhyatma Yoga Sansthan**, Dwarka, New Delhi and **NSS Cell Army Institute of Education**, Greater Noida (affiliated to GGSIP University, New Delhi)

Participants are requested to follow these instructions :

- Use Yoga Mat while practicing Yoga
- Use a small towel to avoid sweating
- Keep a water bottle with you
- Remain empty stomach for around 4 hrs before practicing Yoga



GGSIPIU NATIONAL SERVICE SCHEME (NSS) CELL
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F. No. GGSIPU/NSSCELL/2020/373

Dated: 26th August, 2020

INVITATION

YOGA is defined as “**the cessation of the modification of the mind**”. In real sense ‘**Yoga**’ has deeper insight besides yogic postures and exercises which will bring good health and energetic life styles allowing completing regular routines in one’s life very easily. **The meaning of the word "Yoga" is "union" of self with the Cosmos.** It is derived from the Sanskrit root "yuj," (pron. "yug") meaning "to join", "to unite" but also "to subjugate", with the meaning also "to control" and "to discipline". The continued practice of yoga leads you to a sense of peace and well-being, and also a feeling of being at one with your environment.

The Online lecture series on ‘Mind over Matter’ helped children cope up with their emotional stress and other related problems during COVID-19 times and has reached audience across the globe. In order to strengthen their physical and mental disciplines, now we are launching the Online Yoga Series which will help everyone to achieve a perfect balance of peaceful body and mind.

GGSIPIU NSS Cell and NSS Cell, Army Institute of Education, Greater Noida, affiliated to GGSIPU, Delhi in collaboration with the esteemed Adhyatm Yoga Sansthan, Delhi, cordially invite you to attend the **Inaugural Session** of the **Ten Days Online National Yoga Workshop “My Life My Yoga”, A Sequel to Mind over Matter Series.**

The session will be graced by the **Chief Guest, Prof. Ramesh Kumar Pandey, Vice Chancellor, Shri Lal Bahadur Shastri National Sanskrit University, New Delhi** and **Chief Patron, Prof. (Dr.) Mahesh Verma, Padamashree Awardee, Vice Chancellor, Guru Gobind Singh Indraprastha University, Dwarka, New Delhi.**

Shri Ravi Dadhich, Registrar, GGSIPU (Patron); Dr. Tania Gupta, Principal, Army Institute of Education, Greater Noida (affiliated to GGSIPU) (Co-Patron), and Prof. B. V.

Ramana Reddy, Professor, USIC&T, Programme Coordinator, NSS Cell, GGSIPU will also grace the occasion with their presence.

The session will be spearheaded by Dr Ramesh Kumar, World Champion of Yoga, Assistant Professor, Shri Lal Bahadur Shastri National Sanskrit University, Delhi Kindly join with us on **Sunday, 30th Aug, 2020, 09:00 am - 10:30 am IST** on the **YouTube LIVE channel**, please see below link:

Direct YouTube Link: <https://youtu.be/AVn1Y7ja3GQ>

This series is aimed to help individuals, especially students to improve their health, increase flexibility, muscle strength, and body tone. It will help them in improving their respiration, energy and vitality and also building strength and confidence and specially to cope with the current challenging situations of the Covid-19 era.

Registration Link: <https://forms.gle/Hc66W4yCuVNGy7DS8>

**Best Wishes for Healthy and Happy Times ahead,
NSS Cell, GGSIPU**



Ms. Pratibha Garg
Assistant Professor
Programme Officer, NSS Cell
Army Institute of Education
Greater Noida, U.P.



Prof. B. V. Ramana Reddy
Professor, USIC&T
Programme Coordinator, NSS Cell
GGSIPU, New Delhi

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4. AR to Registrar for kind information of Hon'ble Vice Chancellor.
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