



**NATIONAL SERVICE SCHEME (NSS) CELL**  
Guru Gobind Singh Indraprastha University  
Sector 16-C, Dwarka, New Delhi – 110078  
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F. No. GGSIPU/NSSCELL/2023/220  
Date: 26<sup>th</sup> April, 2023

### **NOTICE**

**Sub: Six Months Regular Yoga Practice (01<sup>st</sup> April 2023 to 30<sup>th</sup> September, 2023) to be conducted by NSS Cell at Community Centre, GGSIPU Main Campus, Dwarka, Delhi.**

This is in continuation of notice vide no. *F.No. GGSIPU/NSSCELL/2022/056, Dated: 30<sup>th</sup> Sept., 2022* uploaded on the University website, NSS Cell of the University in collaboration with Morarji Desai National Institute of Yoga (An Affiliated institution under GGSIPU) continuing the yoga classes for next six months as **Regular Yoga Practice Session (Offline)** from **01<sup>st</sup> April 2023 to 30<sup>th</sup> September, 2023** for all faculty/staff and their family members/NSS Volunteers/NCC Cadets/other students of USS and Affiliated institutions:

### **Timings**

**Morning Session**  
**07:30 AM to 08:30 AM**  
**(Monday to Saturday)**

**Evening Session**  
**4:30 PM to 5:30 PM**  
**(Monday to Saturday)**

### **Venue**

**Community Centre, University Main Campus, Dwarka, New Delhi -110078**  
**(Except Sunday)**

All faculty staff and their family members, NSS 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 3<sup>rd</sup> Oct, 2022, all interested participants may kindly join and perform yoga for their benefit.**

**(Prof. Varun Joshi)**  
Program Coordinator, NSS Cell, GGSIPU

### **Copy to:**

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



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



Organising

# **SIX MONTHS REGULAR YOGA PRACTICE**

**For University Faculty / Staff / Students**

**(1<sup>st</sup> April 2023 to 30<sup>th</sup> September 2023)**

**Morning Session**  
**7:30 am to 8:30 am**

**Evening Session**  
**4:30 pm to 5:30 pm**

## **LIVE DEMONSTRATION**

**(OFFLINE)**

by

**Yoga Instructor of Morarji Desai National Institute Of Yoga  
at**

**COMMUNITY CENTRE, GGSIP UNIVERSITY DWARKA**

