



**NATIONAL CADET CORPS (NCC) CELL
NATIONAL SERVICE SCHEME (NSS) CELL**

Guru Gobind Singh Indraprastha University

(A State University established under Government of NCT of Delhi)

Sector 16-C, Dwarka, New Delhi – 110078

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NOTICE

Sub: Celebration of 11th International Day of Yoga-2025 on 21st June, 2025 at GGSIPU, Dwarka Campus

National Service Scheme (NSS) Cell and National Cadet Corps (NCC) Cell of the University is organizing “11th International Day of Yoga-2025” with the theme “Yoga for One Earth, One Health” – “एक पृथ्वी, एक स्वास्थ्य के लिए योग” on 21st June 2025 (Saturday) at 07:00 AM Onwards at GGSIP University Main Auditorium, Main Dwarka Campus, Dwarka, New Delhi.

Venue	Date & Time
University Main Auditorium Dwarka Campus, Sec-16C, Dwarka, New Delhi.	21st June 2025 (Saturday) 07:00 AM onwards (Morning)

You are advised to register through the following Google link:

<https://forms.gle/KEV8Ak2wwcfWzLvT8>

NSS Cell and NCC Cell hereby take this opportunity to invite faculty/ staff members/NSS Program Officers (POs)/Associate NCC Officers (ANOs)/Caretaker Officers (CTOs) alongwith all NSS Volunteers, NCC Cadets and other students of the University School of Studies (USS) and Affiliated Colleges to join us for Yoga practice on International Day of Yoga (IDY-2025) at the University premises.

All registered persons are kindly to reach the venue on or before 6:30 am for the smooth conduct of the live Yoga Practice as per the schedule mentioned above.

(Prof. Varun Joshi)

Prog. Coordinator, NSS Cell & NCC Cell, GGSIPU

Encl: AA

Copy to:

1. All Deans of USS/Directors/All Departments/Officials of University - for kind information please
2. Both Yoga Instructors (Mr. Manish and Mr. Mayank)- To provide their services on the day of IDY-2025 for live yoga Demonstration.
3. ANOs/ CTOs/NSS Program Officers of USS & Affiliated Colleges, GGSIPU - for kind information please
4. PRO, GGSIPU- for kind information please for provide University Photographer for promotion of the event.
5. Security and Sanitation, GGSIPU - for kind information please for provide security and sanitation before and during the event.
6. University Works Department, GGSIPU - for kind information please for providing AC/ Electricity during the event
7. University Health Centre, GGSIPU - for kind information please for ambulance for any medical emergency to provide help during the event.
8. A.R. to VC Sectt., GGSIPU- (for kind information of Hon'ble Vice Chancellor), GGSIPU)
9. A.R. to Registrar, GGSIPU- (for kind information of the Registrar, GGSIPU)
10. Head, UITS-with request to upload the same on the University website
11. Guard /Office copy



MINISTRY OF
AYUSH



युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS



NATIONAL CADET CORPS (NCC) CELL & NATIONAL SERVICE SCHEME (NSS) CELL GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY ORGANIZES

**Celebrating yoga
for wellness**

11th INTERNATIONAL DAY OF

पुरुष्व

21 JUNE 2025

THEME

एक पृथ्वी, एक स्वास्थ्य के लिए योग
YOGA FOR ONE EARTH, ONE HEALTH

VENUE :-

UNIVERSITY MAIN AUDITORIUM,
GGSIP UNIVERSITY, MAIN CAMPUS, DWARKA, DELHI

TIME : 06:30 AM ONWARDS



GAUMU VAKSHA



HAJAGSANA



URDHVA PEMA



DHANA MUDRA



HALASANA



VAJRAPADMASANA