



GGSIPU 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/2018/022

Date: 11th April, 2018

NOTICE

Sub: Invitation to attend lecture titled “Role of YOGA in one’s life” with live demonstration and enrolment for regular practice sessions under the aegis of GGSIPU NSS Cell.

A talk on the topic “Role of YOGA in one’s life” will be delivered by Dr. Ramesh Kumar president adhyatma Yoga Sansthan, New Delhi.

- A. NSS Cell of GGSIP University welcomes all Faculty members of USS, students of USS and non teaching staff along with their families and children to take part in the lecture and enrol themselves for regular yoga practice at Community Hall near Children’s park, main campus GGSIP University, Dwarka.
- B. All Directors of affiliated institutes under GGSIP University are advised to nominate a representative from their institute to explore avenues to start such programmes at their premises and/or enrol some students of their institute to benefit from the programme being launched by GGSIP University in its main campus.

Further, members of Adhyatma Yoga Sansthan shall demonstrate some yogic exercises for practice and explain their importance and relevance in maintaining good balance among physical, mental and spiritual well being of oneself.

Wishing one and all a happy healthy life, commemorating World Health day 7th April 2018.

Venue: Community Hall, near Children Park, Main campus, GGSIPU, Dwarka.

Date & Time: 17.04.2018 & 3PM to 5PM

Note: Any student/ university employee (both teaching and non-teaching) interested in participating for the lecture and enrolling for the daily yoga sessions are advised to enrol themselves on the following link: <https://goo.gl/forms/IU2GeOjaapEWHFkW2>

For any query please contact:

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(Prof. B V Ramana Reddy)

Program Coordinator, (NSS), GGSIPU

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