



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



F. No. GGSIPU/NSSCELL/2022/056

Date: 30th September, 2022

NOTICE

Sub: Six Months Regular Yoga Practice (3rd October, 2022 to 31st March 2023) to be conducted by NSS Cell at Community Centre, GGSIPU Main Campus, Dwarka, Delhi.

GGSIPIU NSS Cell in collaboration with Morarji Desai National Institute of Yoga (An Affiliated institution under GGSIPU) is going to organise **Six Months Regular Yoga Practice (Offline)** from **3rd October, 2022 (Monday)** to **31st March 2023 (Friday)** for all faculty/staff and their family members/NSS Volunteers/NCC Cadets/other students of USS and Affiliated institutions at **Community Centre, University Main Campus, Dwarka, New Delhi-110078.**

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)

(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.

(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