



Anmol Arora &lt;tecniawebsite@tecnia.in&gt;

## Fwd: Invitation to attend the activities of International Day of Yoga- 2022

1 message

Nss Tecnia &lt;nss@tecnia.in&gt;

Thu, Apr 28, 2022 at 4:55 PM

To: Directortias <directortias@tecnia.in>, Ruchi Srivastava <tiasevent@rediffmail.com>, Anmol Arora <tecniawebsite@tecnia.in>, singh.inderpreet05@gmail.com

----- Forwarded message -----

From: GGSIPU NSS Cell &lt;nsscell@ipu.ac.in&gt;

Date: Thu, Apr 28, 2022, 16:39

Subject: Invitation to attend the activities of International Day of Yoga- 2022

To: UITS GGSIP University <upload@ipu.ac.in>, <registrar@aimt.ac.in>, <registrar18@gmail.com>, <theacms@live.in>, <director@bcihmct.ac.in>, <director@bciit.ac.in>, <director@bcip.ac.in>, <admin@bcips.ac.in>, Director BCIPS <director@bcips.ac.in>, <sbcssts@chandiwalaeastate.org>, <bpitindia@yahoo.com>, <coeddelhi@bharativedyapeeth.edu>, <mca@bvicam.ac.in>, CPJ College, Narela, Delhi <cpj.chs@gmail.com>, <info@awadh.org.in>, Dr. R. S. Singh <registrar@dpsr.in>, Delhi Institute of Advanced Studies <dias@dias.ac.in>, DIRD Holambi <dirdcollege456@gmail.com>, DIRD College <dirdcollege123@gmail.com>, info dme <info@dme.ac.in>, Director DME <director@dme.ac.in>, <guptamohit\_11@yahoo.com>, <info@delhitechnicalcampus.ac.in>, <dttc\_teacher@yahoo.com>, <fimtnd@gmail.com>, <infogias@gmail.com>, Prof. S Chaturvedi principal GBIS <gibs@gitarattan.edu.in>, Dr. Charu Sethi GNCE <gncedelhi@yahoo.com>, <Gnim\_it@yahoo.co.in>, <grdcad@yahoo.co.in>, <gtbit@rediffmail.com>, <gtbitdr@gmail.com>, <hmritmdirector@gmail.com>, <ideal\_institute2@rediffmail.com>, <institute@isiconline.org>, <binduaggarwal123@rediffmail.com>, IITM <director@iitmipu.ac.in>, <director@iitmjp.ac.in>, <contact@jimsindia.org>, <jims.vk@jagannath.org>, <dyregistrar.kj@jagannath.org>, Director JIMS Kalkaji <director.kj@jagannath.org>, Dr. R.K.Raghuvanshi Chairman JIMSEMT <chairman@jagannath.org>, <kalkagroup.delhi@yahoo.com>, <krcollege@krcollege.in>, Dr. K. K. Garg Principal LLDIMS (Ligaya) LLDIMS <director.ldims@gmail.com>, <lbncn@rediffmail.com>, Director MAIMS <director@mains.ac.in>, <mainsrohini@yahoo.co.in>, <satvirdeswal@hotmail.com>, <neelam\_sr@yahoo.com>, <principalmis@yahoo.co.in>, <director@msit.in>, <bmef\_2@rediffmail.com>, <mvsit2015@gmail.com>, MERI COLLEGE <meribs@meri.edu.in>, <mbsarchitecture@gmail.com>, NDIM Delhi <ndimprincipal@gmail.com>, <niecnd.dir@gmail.com>, <pmc\_coll@yahoo.co.in>, <pmccdelhi@gmail.com>, <swarupamitra@rediffmail.com>, <jyotsnasinha05@gmail.com>, <admin@rdias.ac.in>, <santharidasscollege@gmail.com>, <sirifortindia@gmail.com>, <sgtbimit@hotmail.com>, <info@srte.in>, <skce.ipu@gmail.com>, <directorrehab@tecnia.in>, st lawrence <slcg@stlawrence.in>, <college@ststephenshospital.org>, <sshdelhi@gmail.com>, <mail@ststephenshospital.org>, <consshdelhi@gmail.com>, Dr. Ajay Kumar <directortias@tecnia.in>, Prof. Barkha Bahl TIPS Director <tips@tips.edu.in>, <ise\_vaka@yahoo.com>, <vditrd@yahoo.com>, VIPS Official <vip.edu@vips.edu>, Mr. Rebhava Raj Raghuvanshi KIHEAT <kamalinsitutehighereducation@gmail.com>, <director.management@sanskar.org>, <dr.nidhi.singhal@autism-india.org>, <director@bmiet.net>, <principal@bmiet.net>, <deepa.chugh@nhi.in>, Dr. Geetika Dutta <principal.blmce@bvbdelhi.org>, <directorvits@gmail.com>, ACCMAN Business School <info@accmanbusinessschool.in>, <dineshgoel@rkgit.edu.in>, <chairman.gnitgroup@gmail.com>, <ditm.jain@gmail.com>, <infogn@united.ac.in>, Sant Gopichand Education & Welfare Society Ahera-Baghat (U.P) <gopichand\_society@yahoo.in>, Prof. Bhavna Agarwal <director@kccilhe.edu.in>, <mbicem0101@yahoo.com>, <info@dbti.in>, <directortips@gn@gmail.com>, <administration@hfhdelhi.org>, <info.sbit@gmail.com>, Trina Som <trina.som@adgitmdelhi.ac.in>, Ms. Dr. Saloni Goel PO AIE <nssaie2020@gmail.com>, Ms. Dr. Saloni Goel PO AIE <aiesalonig@gmail.com>, Dr. Jayant Sanyal BCIPS <jayant@bcips.ac.in>, Ms. Garima Bali BLMCE <garima.bali@blmce.ac.in>, Dr. Arunima Mishra <arunimamishra@bpitindia.com>, <dr.poonamkathuria@gmail.com>, <shikhagupta@bpitindia.com>, <shalinisharmamishra@bpitindia.com>, <engineer.pooja90@gmail.com>, <mugdha.sharma145@gmail.com>, Dr. Karsingh BSAMC <bsamchdelhi@gmail.com>, Dr. Anil kumar <anilcollegemail@gmail.com>, Dr. Vaidya Riju Agarwal CBPACS <rijuagarwal@gmail.com>, Gagan Bhayana PO CPJ <gagan.bhayana@cpj.edu.in>, Sakshi Anand <sakshi@dias.ac.in>, Dr. Smita Gupta DME <s.gupta@dme.ac.in>, Mr. Vinod Kumar PO DSPSR <vinodkumar@dpsr.in>, Ms. Renu PO FIMT <fimt@rediffmail.com>, Mr. H.R. Meena GNDIT <meenahemraj1970@gmail.com>, Kalpana Singh <kalpanasinh@gmail.com>, Brajesh Singh <brajeshsingh.dce@gmail.com>, Ms. Nahid Raees IVS <nahidraees719@gmail.com>, Dr. Manjula Shastri <hodbcom.kj@jagannath.org>, Dr. Rashmi Bhatia JIMS <hodbba.kj@jagannath.org>, Ms. Bhawna Galhotra JIMS, Rohini <bhawna.jims@gmail.com>, Ms. Bhawna Galhotra JIMS, Rohini <bhawna.galhotra@jimsindia.org>, Hakimuddin Khan JIMS VK Khan <hakimuddin.khan@jagannath.org>, Dr. Ravinder Nath Ji JIMSMETC <ravinder.gn@jagannath.org>, Dr. Karunapati Tripathi MAIT <karunapati@gmail.com>, Dr. Vandana Singh MDNIY <mdniy@yahoo.co.in>, Dr. Vandana Singh MDNIY <vandana.singh.50@gmail.com>, Ms. Deepshikha Kalra MERI <deepshikha017@gmail.com>, Dr. Maitri Sawarn MERI <maitri.sawarn@gmail.com>, Dr. Vivek Solanki MSI <drviveksolanki@gmail.com>, Dr. Vivek Solanki MSI <viveksolanki@msi-ggsip.org>, Dr. Savita Ahlawat MSIT <savita.ahlawat@gmail.com>, Dr. Shubham Agarwal NDIM <shubhamagarwal@ndimdelhi.in>, Dr. Diwakar Jha <cmndmchrh@gmail.com>, Dr. Praveen Kumar CMLT HINDU RAO <hodpathrh@gmail.com>, Dr. B.K. Pal, SCERT <delhibedscert@gmail.com>, ABHA KANSAL <abhasiwal@gmail.com>, <drnavneetkaur@sgtbimit.com>, <amanpreetkaur@luthra@sgtbimit.com>, <nss@tecnia.in>, <vaishaliprasad89@gmail.com>, Dr. Deepali Saluja TIPS <deepalisaluja@rediffmail.com>, Aparna Chaturvedi <chaturvedi.aparna.tirwa@gmail.com>, Shilpa Khatri Babbar VIPS <shilpa.khatri.babbar@vips.edu>, Renu Vashisht <renu.vashisht@vips.edu>

Cc: University School of Information & Communication Technology, GGS IP University, Delhi <dean.usict@ipu.ac.in>, University School of Bio-Technology, GGS IP University, Delhi <dean.usbt@ipu.ac.in>, Dean, University School of Mass Communication, GGSIPU <dean.usmc@ipu.ac.in>, University School of Environment Management, GGS IP University, Delhi <dean.usem@ipu.ac.in>, Dean, University School of Management Studies, GGSIPU <dean.usms@ipu.ac.in>, Dean USCT <dean.usct@ipu.ac.in>, University School of Education, GGS IP University, Delhi <dean.use@ipu.ac.in>, University School of Architecture & Planning GGS IP University, Delhi <dean.usap@ipu.ac.in>, University School of Law & Legal Studies, GGS IP University, Delhi <dean.uslls@ipu.ac.in>, University School of Humanities & Social Science, GGS IP University, Delhi <dean.ushss@ipu.ac.in>, University School of Basic & Applied Sciences, GGS IP University, Delhi <dean.usbas@ipu.ac.in>

PFA the Invitation to attend the activities of International Day of Yoga- 2022.

Request to upload the same in the university website.

Mail sent by

**Deepak S. Chauhan (Jr. Asst.)**

9968272584(M)

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**Thanks&Regards,**

**Prof. Varun Joshi**

NSS Program Coordinator,

Professor, USEM

A-002, A-Block, GGSIP University Main Campus


Sector - 16C, Dwarka, New Delhi-110078

Contact Details:

011-25302369 (Direct Landline)

9971122817 (M)

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 **Yaga Invitation 2022.pdf**  
467K



**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](mailto:nsscell@ipu.ac.in)



Dated 28<sup>th</sup> April, 2022

## **NOTICE**

### **Invitation to attend the activities of International Day of Yoga- 2022 (25<sup>th</sup> April 2022 to 21<sup>st</sup> June 2022)**

International Day of Yoga - 2022 (**Yoga for Wellbeing**) is being organised by NSS Cell in collaboration with Director Student's Welfare (DSW) and Morarji Desai National Institute of Yoga (MDNIY) (Affiliated College of GGSIPU) from 25<sup>th</sup> April 2022 to 21<sup>st</sup> June 2022. The live Yoga practice will be conducted during abovementioned duration under the guidance of the expert trainers of MDNIY every day in two sessions i.e., 6.30 am-7.30 am and 4.30 pm to 6.30 pm. The live Yoga practice sessions will be started from **1<sup>st</sup> May 2022 morning**.

Competent Authority desires that faculties and staff members along with their family members and students of the University should participate in International Day of Yoga - 2022 activities. All faculties and staff members of the University along with their family members are cordially invited to join the Yoga sessions every day on abovementioned duration and time.

All the NSS and NCC volunteers, students and PhD scholars of USS and Affiliated Colleges are also invited to attend the Yoga activities. After successful completion of International Yoga Day - 2022, having full attendance in entire duration (1<sup>st</sup> May 2022 to 21<sup>st</sup> June 2022) students shall be awarded a **Yoga Volunteers certificate** by MDNIY.

The Common Yoga Protocol shall be practiced on 21<sup>st</sup> June 2022 from 7.00 am to 7.45 am- International Day of Yoga – 2022.

For NSS students of the University, the Yoga sessions would be counted as their NSS activity hours.

**Venue - Community Centre, GGSIPU, Dwarka Campus  
(25<sup>th</sup> April 2022 to 21<sup>st</sup> June 2022)  
(6.30 am- 7.30 am & 4.30pm -6.30pm)**

All the participants are advised to follow Covid-19 guidelines during all sessions.

***Note: All participants are advised to bring their own mat to perform the Yoga.***

**Dr. Rajesh Kumar**

Asst. Programme Coordinator, GGSIPU NSS Cell

**(Prof. Varun Joshi)**

Programme Coordinator, GGSIPU NSS Cell

1. All Deans, University Schools of Studies
2. Head, UITS-with request to upload the same on the University website
3. All Program Officers of NSS (USS and Affiliated Collages)
4. All Directors/Principals of Affiliated institutes to GGSIP University
5. A.R. to VC Sectt., GGSIPU- for kind information of Hon'ble Vice Chancellor
6. A.R. to Registrar, GGSIPU- for kind information of the Registrar
7. Office copy