



Anmol Arora <tecniawebsite@tecnia.in>

Fwd: International Yoga Day Celebrations - Day 2

1 message

Nss Tecnia <nss@tecnia.in>

Thu, Jun 2, 2022 at 6:19 PM

To: Directortias <directortias@tecnia.in>, Anmol Arora <tecniawebsite@tecnia.in>, Ruchi Srivastava <tiasevent@rediffmail.com>, Fit India Youth Club <Fitindiayouth@tecnia.in>

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

From: **GGSIU NSS Cell** <nsscell@ipu.ac.in>

Date: Thu, Jun 2, 2022, 17:01

Subject: Fwd: International Yoga Day Celebrations - Day 2

To: 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>, <registrar@aimt.ac.in>, <directorrehab@tecnia.in>, <anuguptaag12345@gmail.com>, Director BCIPS <director@bcips.ac.in>, 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 <rjuagarwal@gmail.com>, CPJ College, Narela, Delhi <cpj.chs@gmail.com>, Gagan Bhayana PO CPJ <gagan.bhayana@cpj.edu.in>, Sakshi Anand <sakshi@dias.ac.in>, <deepakjims@rediffmail.com>, Dr. Smita Gupta DME <s.gupta@dme.ac.in>, Mr. Vinod Kumar PO DSPSR <vinodkumar@dpspr.in>, <guptamohit_11@yahoo.com>, Ms. Renu PO FIMT <fimtss@gmail.com>, Dr. Sanjay Singh FIMT <collegefairfield@gmail.com>, NSS Gibs <nss.gibs@gitarattan.edu.in>, Prof. S Chaturvedi principal GBIS <gibs@gitarattan.edu.in>, Dr. Charu Sethi GNCE <gncedelhi@yahoo.com>, Mr. H.R. Meena GNDIT <meenahemraj1970@gmail.com>, Kalpana Singh <kalpanasankalp@gmail.com>, <mskapoor80@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 <ravinderece.gn@jagannath.org>, Prof. Bhavna Agarwal <director@kccilhe.edu.in>, Mr. Rebhava Raj Raghuvanshi KIHEAT <kamalinstutehighereducation@gmail.com>, Dr. K. K. Garg Principal LLDIMS(Ligaya) LLDIMS <director.ldims@gmail.com>, Dr. Karunapati Tripathi MAIT <karunapati@gmail.com>, <neelam_sr@yahoo.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 <viveksolanki@msi-ggsip.org>, Dr. Savita Ahlawat MSIT <savita.ahlawat@gmail.com>, <umeshcpathak.faculty@mains.ac.in>, Director MAIMS <director@mains.ac.in>, Dr. Shubham Agarwal NDIM <shubhamagarwal@ndimdelhi.in>, Dr. Diwakar Jha <cmndmchrh@gmail.com>, <pmccdelhi@gmail.com>, Dr. B.K. Pal , SCERT <delhibedscert@gmail.com>, ABHA KANSAL <abhasiwal@gmail.com>, <ruchi.sharmamba@sanskar.org>, <drnavneetkaur@srgbmit.com>, <amanpreetkaur@luthra@srgbmit.com>, Ayushee Gupta PO SLCGHE <slcg@stlawrence.in>, <godaraseenu@gmail.com>, <nss@tecnia.in>, <vaishaliprasad89@gmail.com>, Dr. Deepali Saluja TIPS <deepalisaluja@rediffmail.com>, Aparna Chaturvedi <chaturvedi.aparna.tirwa@gmail.com>, Sayan Chatterjee <sayan@ipu.ac.in>, <shalini.ipusoe@gmail.com>, Dr. Neetu Rani <neetu_rani@ipu.ac.in>, <srohit0434@gmail.com>, NSS GGSIPU <priyankabhutani9@gmail.com>, Priyanka Bhutani <priyanka.b@ipu.ac.in>, Dr. Rakesh Handa <rakeshhanda_1976@yahoo.co.in>, Dr. Gaurav Talan <gauravtalan@ipu.ac.in>, Renu Vashisht <renu.vashisht@vips.edu>, Deepak Garg <deepak@ipu.ac.in>, Vinita <vinita@ipu.ac.in>, Akhil Das <akhildass@ipu.ac.in>, <rsgupta@ipu.ac.in>, <drsachin@ip.ac.in>, Varun Joshi <varun.joshi@ipu.ac.in>, ICNTRM 2020 GGSIPU <kumarrppi@gmail.com>, Dr. Durgesh Dr. Durgesh Tripathi <drdurgeshtripathi@ipu.ac.in>, <varunj63@gmail.com>, LT. Dr. Anitha G <jovihari2020@gmail.com>, <suhail.10may@gmail.com>, Neelu Mehra, USLLS <neelumehra5@gmail.com>, Neeleshwar Sonnathi <sn@ipu.ac.in>, Gurujit Singh <gurujit@ipu.ac.in>

Dear All,

Please find enclosed the below mail received from Hon'ble VC Office regarding Online Yoga Classes are organising by AICTE-ATAL Academy.

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)

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

From: **Prof Mahesh Verma Vice Chancellor** <vc@ipu.ac.in>

Date: Thu, Jun 2, 2022 at 9:40 AM

Subject: Fwd: International Yoga Day Celebrations - Day 2

To: GGSIPU NSS Cell <nsscell@ipu.ac.in>, Director Student Welfare <dsw@ipu.ac.in>

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

From: **All India Council for Technical Education(no-reply)** <admin@aicte-india.org>

Date: Wed, Jun 1, 2022 at 5:03 PM
Subject: International Yoga Day Celebrations - Day 2
To: <vc@jpu.ac.in>

Dear All,
Greetings from AICTE-ATAL Academy!!!!

International Day of Yoga is around the corner and it's time to get fit, re-energized, and rejuvenated again

We, at AICTE, present a wonderful opportunity for you to join us for Online Yoga Classes with our expert yoga teachers.

Day 1 of the 15 days session has been completed on the theme "Introduction to Yoga", the session can be viewed through the below link.

- o **Day 1 Session Link:** - https://youtu.be/QZz_csn3sJs
- o **Day 2 Theme:** Joint Mobility
- o **Day 2 Session Link:** <https://www.youtube.com/c/MediaAICTE>
- o **Date & Time:** 2nd June from 12:30 pm

Ø Experience the true essence of yoga. Discover an authentic, accessible practice that deeply benefits mind, body, & spirit.

Ø Gain practical, life-enhancing yogic wisdom & insight into your "Mind-Body-Soul" well-being for greater health & vitality.

Click here to Register: - <https://forms.gle/ozC32FXpg7ft1Die9>

Note: - Please ignore if already registered.

You'll have the confidence to practice a full yoga sequence solo & have the tools to reset & rebalance, anytime.

Our experienced & certified Yoga teachers will expertly guide you at every step to achieve holistic health and wellness.



Customized daily Yoga sequence



Listen to one's body and focus on relaxing while in the posture



Coordinate breath with the asana flow



Inspire yourself with correct and helpful instructions



Our sessions end with a short guided meditation

PFA: <https://drive.google.com/file/d/1gfXgJr6qX4qaIE1kLyVnbcC1FuK8Nvsy/view?usp=sharing>

Warmest regards

Mamta Rani Agarwal

Advisor-I

AICTE Training and Learning, (ATAL), Academy, HQ

All India Council for Technical Education,

Nelson Mandela Marg, Vasant Kunj,

New Delhi- 110070

Phone no. 011-29581122



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Prof. (Dr.) Mahesh Verma

MDS, MBA, PhD, FDSRCS (Eng), FDSRCS(Edin), FDSRCPG(Glas)

Padma Shri Awardee

Dr. B.C. Roy Awardee

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आज़ादी का
अमृत महोत्सव



All India Council for Technical Education-ATAL Academy
International Yoga Day Celebration



- ❖ **Day 2 Theme: - Joint Mobility**
- ❖ **Date & Time - 2nd June from 12:30 pm**

For registration

