

NSS YOGA 4 UNITY COURSE REPORT

We all got ourselves enrolled in the Yoga for beginner programme. Yoga is mainly headed by Ms. Nahid Ma'am. In this programme 92 students and some faculty members got themselves enrolled so that we can live a healthy and hassle-free life. We all registered for this programme on 11th April. Such a programme helps us in living a stress-free life. When nobody thought that we all could go through such a pandemic our health and immune system played two major vital roles in our lives. In this programme, we get daily videos and pdfs so that we can do yoga according to our schedule. It's now time to focus on our health as well and this programme helps us to sustain our health in various ways. There are various programmes of yoga where we can choose according to our comfort. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in both body and mind. Yoga postures pranayama and meditation are effective techniques to release stress. And in the end, we all will be rewarded with a participation certificate.



Directorate of Students' Welfare
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GOSIP/DSW/102/07/21

Dead-07.04.2022

NOTICE

Subject - Enrol for Free Yoga Courses Conducted for Students, Faculty and Staff

All Students, Faculty and Staff, GGSIP University are hereby informed that 100 day- Yoga for Unity and Well Being 2022 event is being organized by Association of Indian Universities (AIU) in partnership with eminent Yoga organizations from 20th March to 22nd June 2022.


The said event will be organized at global level and the participants shall be able to avail without any fee on the link yoga4unity.com in one or more of the 5 courses via Master Classes, Yoga 4 Beginners, Yoga 4 Seniors, Yoga 4 Yoga Teachers, Yoga 4 Kids. The session in the courses shall be conducted by eminent personalities like Swami Ramesh, Parajit, Sri Kanchi D.Pad (Dwij), Harshidatta, Dr Chinnay Pandya, Sarinwat Vasudevan, Subodh Tiwari, Dr. Vijay Kumar etc.

All Students, Faculty and Staff, GGSIP University may avail this opportunity by registering themselves as per the details mentioned above on or before 17th April 2022. All the participants will receive a Certificate of Participation after 21.06.2022


Dr. Gaurav Kumar
Associate Director, Students' Welfare

Copy to -

1. All Deans / Directors (IISB & Affiliated Institutions)/ All HODs / Branch In-charge with a request to circulate information amongst the students, faculty and staff to participate in the event
2. All to Vice Vice-Chancellor for kind information of Hon'ble Vice-Chancellor
3. All to Registrar for kind information of the Registrar
4. In-charge, Server Room with a request to upload on University website for information of all concerned.
5. Grant File


Section Officer (SW)

1. Notice for enrollment in yoga programme

2. Confirmation mail after enrolling in the yoga programme

Welcome to Yoga4Unity Inbox ☆



Yoga4Unity 11 Apr
to me ▼



YOGA 4 UNITY

Welcome ,

You have successfully enrolled to the Yoga4unity program. You will be able to access all our content for free, whatever your choose.

You will stay informed receiving our newsletters and also receive a certificate of participation at the end of the program.

Your account has been created!