

YOGA FOR WELLBEING

May 14, 2022



In collaboration with the **NSS Cell** in many colleges, **GGSIU NSS** hosted an event. “**Yoga for wellbeing**”. At the GGSIPU Dwarka campus football ground on Saturday, May 14 from 7 a.m. to 9 a.m.

NSS MSIT volunteers were invited along with 1500 other volunteers to participate in the yoga event. Students and teachers from IP University's affiliated colleges, such as MSIT, JIMS, BPIT, ADGITM, and almost every other college, were present and proudly represented their college with banners.

In addition, there were some of the notable guests who attended the event.

- Mr. Sheilender Parihar, Registrar, GGSIPU
- Mr. Jangjilong, Regional Directorate, Regional Directorate of NSS
- Prof. Varun Joshi, NSS Programme Coordinator, NSS /NCC CELL, GGSIPU
- Dr. Vandana Singh, Asstt. Director, Student's Welfare (DSW)
- Dr. Vandana Singh, Program Officer, MDNIY
- Dr. Pawan Kumar, Asstt. Professor, MDNIY
- Dr. Kamal Kumar Kar, Asstt. Programme Advisor, NSS, Regional Directorate office of NSS

A yoga expert was on stage guiding students through asanas such as kapalbhati, meditation, and some simple asanas, and the audience followed the yoga expert.

And after the yoga session there was a speech about the 100 days of yoga and the benefits of yoga. After the speech, they served refreshments to the students, and then at the last there was a photo session on the stage.







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