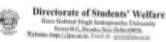
## NSS YOGA 4 UNITY COURSE REPORT

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.





OGSHUBAWIRED / GTZ / S

NOTICE

Subjects - Exercitize Free Yaga Courses Conducted for Students, Faculty and Stuff

All Students, Faculty and Stuff, GOSSF University are healty inferred that 100 day. Yoga for Unity and Well Being 2022 event is being organised by Association of Indian Unive (ARJ) in partnership with revinent Yogo organizations from  $20^6$  Musch to  $22^{16}$  Assoc 2622.

The said event will be regarded in global level and the participants shall be able to could without any fix on the link term regulation, comin one or more of the 5 courses via Manter Classes, Yoga 4 Beylwers, Yoga 4 Soniers, Yoga 4 Yoga Touchers, Yoga 4 Kals. The senion is the courses shall be conducted by reservoid personalities like Sounti Rorsdes, Patrojali, Shri Karelesh D.Patel (Darji), Hearfalocus, Dr Chiessay Pandys, Samonati Visudovans, Subodh Tiwori, Dr. Vijay Kamar etc.

All Students, Faculty and Stuff, CCSSP University may avail this opportunity by registering fluentakes as per the details mentioned above on or before 15th April 2022. All the participants will receive a Certiflore of Participation allow 21.06.2022

- Copy no:

  American Execution, Marken's Marken's American Execution Science (Mr. Continues of Mr. Copy no:

  All Denne / Discusses (USB & Affiliated Institutions): All HOOs. / Branch In-other with a request to circulate information assumpt the analysis, faculty and out participate in the cycle.

  2. All to How his Vice Characteristics are for Engineer.

  3. All to How his Vice Characteristics of the Register.

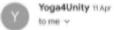
  4. Mr. Longitiers-for kind information of the Register.

  4. In-charge, Service Room with a request to splined on University methods information of all concerned.

  5. Guard File.

Welcome to Yoga4Unity Intox









## 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!

Notice for enrollment in yoga programme

2. Confirmation mail after enrolling in the yoga programme