



Directorate of Students' Welfare
Guru Gobind Singh Indraprastha University
Sector-16 C, Dwarka, Delhi-110078 Website: <http://www.ipu.ac.in>

INVITATION

A little yoga in the morning, at night, or even on a lunch break, can minimize stress and increase productivity. It is believed that yoga is so effective that besides the physical benefits that yoga brings, it reduces stress and anxiety, maintains sense of wellbeing, brings positivity etc.

On the occasion of International day of Yoga, the Directorate of Students' Welfare in association with Connect USS is pleased to present an online session at 04.00 PM on June 21, 2020 (Sunday) at <https://facebook.com/ConnectUSS/> on “ **Yogic Way of Lifestyle Management**” by **Dr. Arpit Kumar Dubey, Assistant Professor, Morarji Desai National Institute of Yoga, New Delhi**. Dr Arpit is PhD (Sanskrit), MA (Sanskrit) and P.G. Diploma in Yoga.

The IPU Web Connect Series is an initiative to reach out to the students and to stay connected with them during the Covid 19 Coronavirus pandemic and to give them useful information for stress reduction and relaxation in the safety of their homes.

All the students of USS and affiliated colleges/institutes are invited to attend the session and have an opportunity to personally interact with **Dr Arpit Kumar Dubey**. The poster is attached.

Stay Home, Stay Safe.

-Sd-
(Prof Manpreet Kaur Kang)
Director

Copy to:

1. All Deans/Directors/Principals of USS/Affiliated Institutes with the request to inform all the students and faculty members of their respective School/Institute
2. Controller of Finance
3. AR to Hon'ble Vice Chancellor for kind information of Hon'ble Vice Chancellor
4. AR to Registrar for kind information of Registrar
5. Head UITS with the request to please upload on the University website.

-sd-
(Rajesh Sharma)
Assistant Registrar



DIRECTORATE OF STUDENT'S WELFARE
GURU GOBIND SINGH INDRAPRASTHA UNIVERSITY

CONNECTUSS

&
ConnectUSS

Presents

CELEBRATING YOGA DAY

IPU WEB
CONNECT

YOGIC WAY OF
LIFESTYLE
MANAGEMENT



Dr. ARPIT KUMAR DUBEY

ASSISTANT PROFESSOR (Sanskrit)
MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ph.D. (Sanskrit)

M.A. (Sanskrit)

P.G. Diploma in Yoga

JUNE 21 | 4:00 PM



LIVE

<https://m.facebook.com/ConnectUSS/>

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