



GURU GOBIND SINGH EDUCATIONAL SOCIETY'S TECHNICAL CAMPUS
KANDRA (V), CHAS - 827013, BOKARO (JHARKHAND)

Ref. No.- Notice/096/2025

Date -14/6/2025

NOTICE

Subject: NSS Unit Notice

All NSS Volunteers are hereby informed that a Yoga Awareness Program will be conducted on occasion of International Yoga Day.

- ☐ Date: 16th June 2025 (Monday)
- ☐ Time: 10:00 A.M. onwards
- ☐ Venue: College Campus

The program will feature a demonstration of 5 essential Yoga Asanas by My Bharat Volunteers, aimed at promoting physical and mental well-being among youth. (Video to be made)

1. Surya Namaskar
2. Vrikshasana
3. Bhujangasana
4. Warrior Pose
5. Anulom Vilom

☐ Instructions for participation:

1. All NSS Volunteers must attend in proper NSS uniform / My Bharat T-Shirt
2. Attendance will be taken

For further information please contact NSS Programme Officer Prof. Dr.A P Burnwal.

Director
GGSESTC, Bokaro

Copy to:

- i) Dean, Academics & Administration
- ii) Administrative Officer
- iii) OSD (HR)
- iv) All HODs
- v) NSS-Programme Officer/ Programme Co-ordinator
- vi) NSS Volunteers
- vii) College Notice Boards
- viii) IT (System Administrator) for website

For kind information:-

Hon'ble Secretary, GGES

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14/06/25