



Miranda House

UNIVERSITY OF DELHI

Society Annual Report Society Activities

Society: Sports Department

Year: 2020-21

Student Office Bearers: Visheshtha Singh (President)
Chhavi Singh (Vice President)
Nandini Sharma (General Secretary)
Manvi Tiwari (Joint Secretary)
Riya Goel (Treasurer)

Staff Advisors: Dr. Amita Rana, Teacher In Charge
Dr. Neeru Yadav, Assistant Professor

Part A.1

Events/Seminars/conferences/workshops/Extension Activities organized

Name of the capacity development and skills enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved, with contact details (if any)
Fitness Workshop- <i>Reboot</i>	25.08.2020-28.8.2020	164	Dr. Meenu Dabas 9311627351
Aerobics workshop- Step Up – Towards Fun Filled Fitness Hours	26.10.2020-28.10.2020	160	Ms. Anuradha Nerwal 8586011540
Sports Fest- Erobern	26.2.2021-27.2.2021	203	Department of Physical Education and Sports
Expert Talk cum Workshop <i>Walk into the world of Aerobics</i>	04.03.2021	76	Dr. Rekha Sharma 9911919956
International Yoga Day- Therapeutic Yoga Session	21.6.2021	99	Ms Neeva Singh 9971928594
Expert Talk on <i>Sports Injuries and Rehabilitation</i>	24.09.2020-25.09.2020	67	Mr. Amit Tyagi 9899594863
Expert Talk on <i>Role of Journalism, Advertising and Marketing in Sports</i>	29.01.2020	80	Ms. Ashima Prakash 9769732312
Sports Quiz- <i>Sportify</i>	11.11.2020	73	Department of Physical Education and Quiz Society, Miranda House




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UNIVERSITY OF DELHI

International Yoga Day- Webinar on Overcoming Dualities Of Mind and Body through Yoga	21.6.2021	112	Dr. Neelam Vats 9818515477
International Yoga Day- Online Poster Making competition- Theme- Finding Balance Through Yoga	21.6.2021	15	Department of Physical Education


Supporting Documents for the Expert Talk on Sports Injuries and Rehabilitation



MIRANDA HOUSE
UNIVERSITY OF DELHI
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Expert Talk On
SPORTS INJURIES & REHABILITATION
BY
Mr. AMIT TYAGI

- Senior Physiotherapist at The National Cricket Academy- Team India, BCCI - 2019- till date
- Chief Physiotherapist, King XI Punjab- IPL- 2017-18
- Physiotherapist of Indian Cricket Team, Tour of Bangladesh 2014
- Experienced in managing player injuries



24 & 25 SEPT, 2020,
4PM TO 5PM

Register at:
https://docs.google.com/forms/d/e/1FAIpQLSdFhCnZL5EhZrSZycrjijn06whtQR4xqZ5rjbMECCIPlesU9A/viewform?usp=sf_link

For further queries, contact;
Dr. Amita Rana (Teacher -In-Charge)- Visheshta Singh (President)-
+91 9811803652 +91 9752869938
Dr. Neeru Yadav (Asst. Prof.)- Manvi Tiwari (Joint Secretary)-
+91 7011930862 +91 8178377728

9/31/2021 Miranda House Mail - Expert talk/ Workshop on 'Sports Injuries and Rehabilitation'

Miranda House Mail Amita Rana <amita.rana@mirandahouse.ac.in>

Expert talk/ Workshop on 'Sports Injuries and Rehabilitation'
4 messages

Amita Rana <amita.rana@mirandahouse.ac.in> 21 September 2020 at 14:47
To: Principal Miranda <principal@mirandahouse.ac.in>
Cc: Secretary Miranda <secretary@mirandahouse.ac.in>

Dear Madam,

The Department of Physical Education and Sports would like to conduct an expert talk/ workshop for 2 days on 'Sports Injuries and Rehabilitation'. This talk will help many students to take care of their injuries during the pandemic situation at home and to deal with the day today postural problems due to long time online sitting hours. This talk is quite apt during this period.

Mr. Amit Tyagi, Senior Physiotherapist, National Cricket Academy, Team India, BCCI, will be the speaker for the talk. This expert talk / workshop will be conducted on 24 and 25 September 2020, at 4:00 pm on google meet app. The talk will be open for Miranda house fraternity. Submitted for your kind approval please.

Thanks & Regards
Dr. Amita Rana
Associate Professor
Dept. of Physical Education
Miranda House
University of Delhi
Ph.No.9811803652

Principal Miranda <principal@mirandahouse.ac.in> 23 September 2020 at 13:23
To: Amita Rana <amita.rana@mirandahouse.ac.in>
Cc: Secretary Miranda <secretary@mirandahouse.ac.in>

Approved

Dr. Bijayalaxmi Nanda
Acting Principal
Miranda House
University of Delhi
Delhi 110 007
Phone: +91-11-27662011
+91-9891443409
Email: principal@mirandahouse.ac.in
bijayalaxmi.nanda@mirandahouse.ac.in
Web: www.mirandahouse.ac.in

(Quoted text hidden)

Amita Rana <amita.rana@mirandahouse.ac.in> 23 September 2020 at 14:45
To: Sandeep Anand <sandeep.anand@mirandahouse.ac.in>

Dear Sandeep,
Please upload this poster on college website.

Thank you

Dr. Amita Rana
Teacher in Charge
Dept. Of Phys Edu and Sports
(Quoted text hidden)

<https://mail.google.com/mail/u/1/?ui=40290a548&view=s&search=delhi&permmsgid=delhi&ui=34v-876644081042300114&simlview=4v34v3207...> 1/2



Miranda House UNIVERSITY OF DELHI

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Timestamp	Name	Course and year	Contact No (whatsapp)	Email-Id	Do you play any sport? If ye Have you ever experienced		Do you feel you could have avoided it if you had proper knowledge before															
9-21-2020 18:46:14	Muskan Maheshwari	B.Sc. Life Science	9354761428	maheshwarimuskan786@gmail.com	Taekwondo		Knee and ankle injury		Maybe													
9-21-2020 18:49:32	Nisha Patwal	BSc Chemistry Honours 2nd year	7906402612	npatwal77@gmail.com																		
9-21-2020 18:52:13	Jyoti chaurasia	B.ed, 1st year	9899077534	jyoti.chaurasia062@gmail.com					Maybe													
9-21-2020 18:55:58	Pooja shah	B.A PROG. 2nd year	9811965861	poojashah8130@gmail.com	No		Yes, while running I have fallen		Maybe													
9-21-2020 19:24:57	Akanaksha bhardwaj	Ba programme 2nd year	9821339926	akanksha8447774747@gmail.com	Archery		Shoulder injury (severe)		Maybe													
9-21-2020 19:31:44	Avidha Sharma	BA programme 2nd year	9140627185	sharmaavidha4@gmail.com	No		Yes															
9-22-2020 5:35:08	Tanu Tada	BAP. 2nd yr	9971715143	tanu.tada@mirandahouse.ac.in																		
9-22-2020 9:39:22	Sapna rawat	Ba honors philosophy 2nd year	6303320530	sapna0000rawat9999@gmail.com	Athletics		Hamstring pull		No													
9-22-2020 10:09:36	Cheshta Agarwal	B.A. Program	9352596631	agarwalcheshta@gmail.com	Yes, Basketball		Yes. Major ligament injury		Maybe													
9-22-2020 10:11:40	Krishnendu Pillai	BA programme 2nd year	9462514528	Krishnendu.pillai.926127@gmail.com	Badminton		No		Yes													
9-22-2020 10:13:21	Richa sharma	B.A programme 2nd year	7428057197	richsharma2032001@gmail.com	Yes, Volleyball		Yes. During the period of knee injury		Yes													
9-22-2020 10:15:35	Prarthana Dwivedi	BA programme 3rd year	8802023313	Prarthana412064@gmail.com	Yes, Tennis.		Yes. Going through it right now		Maybe													
9-22-2020 10:20:47	Navya yadav	B.A. prog and II year	8955800681	navyadav1910@gmail.com			Yes															
9-22-2020 10:22:26	Aditi Singh	2nd year, BA prog	6392456922	aditisinghdec13@gmail.com	Badminton		NO		Maybe													
9-22-2020 10:22:49	Ishtia deshtwal	2nd B.A.P (English + Sociology)	8755195603	Ishtiadeshwal3461@gmail.com	Taekwondo		Yes, back and knee		Maybe													
9-22-2020 10:27:11	Tripti Balayan	B a programme 2nd year	9717506681	triptibalayan1801@gmail.com																		
9-22-2020 10:31:22	Manuja Hooda	BAProg	8199858084	Hoodamanuja@gmail.com	No		No															
9-22-2020 10:33:25	Rubal Grover	BA(H) English	6283945157	rubalgrover660@gmail.com	Taekwondo		Yes, ankle injuries		Maybe													
9-22-2020 10:37:20	Mumal	Geography honours 3rd year	9549597989	Mumal.vaishnav@mirandahouse.ac.in	Rifle shooting		No		Yes													
9-22-2020 10:42:24	Anushka Saraf	BA(H)English / 2nd year	9752840979	saraf.anushka.100@gmail.com	Table tennis		No		Maybe													
9-22-2020 11:12:01	Nicky	B.A.P programme, 2nd year	8800184757	nickylathwal@gmail.com	No		No		No													
9-22-2020 11:40:49	Kinzong Doma Bhutia	BBA(H) Geography	9749620760	bhutiadomakinzong17@gmail.com	Yes, I play basketball		No		Maybe													
9-22-2020 11:43:44	Priya Pandey	B.A. PROGRAM 3rd year	8076899254	noorinandev01526@gmail.com	Taekwondo		I have an knee ligament injury		Yes													
Sports injuries and rehab.																						
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Timestamp	Name	Course and year	Contact No (whatsapp)	Email-Id	Do you play any sport? If ye Have you ever experienced		Do you feel you could have avoided it if you had proper knowledge before															
9-22-2020 12:24:56	Priya Singh	Bap, second year	8210024474	priya.singh@mirandahouse.ac.in	No		No		Maybe													
9-22-2020 12:39:20	K. RICHEL PAUL	B.A PROGRAMMEE (PHYSICS)	7702247424	richeepaul39@gmail.com	No		Yes, Slip disc, compression fracture		Maybe													
9-22-2020 13:15:27	Shagun Singh	2nd year B. Sc. Botany Honours	9080527713	shagunsingh3105@gmail.com	Athletics		Yes, I have a career, but I have a knee injury		Yes													
9-22-2020 13:29:40	Laanya Anam	B.A Programme, 1st Year	7291039114	laanya.anam@gmail.com	No		No		No													
9-22-2020 15:08:22	Divya Tiwari	BA programme 2 year	9315220227	1101.dviyatiwari@gmail.com	Yes (Athletics)		No		No													
9-22-2020 16:19:04	Riya	B.A PROGRAMMEE 2nd year	9460974438	riyasharma380196@gmail.com	No		No		Maybe													
9-22-2020 20:32:32	Noor Mankotia	Ba Program 2019	8699002260	noormankotia8@yahoo.co.in	No		No		No													
9-22-2020 20:50:47	Sonam kumari	B.ed (2nd year)	9971296203	sonamsingha316@gmail.com	Basketball		No		No													
9-22-2020 21:11:54	Shweta	Beled 2nd year	9911048367	shweta.elem@mirandahouse.ac.in	No		No		Maybe													
9-22-2020 21:42:20	Jyoti bishnoi	Ba program 2nd year	9649820029	Jyoti0782dharma@gmail.com	No		No		Maybe													
9-22-2020 21:58:46	Ekgagrata Vats	B.Sc.(H) Zoology, 2nd Year	9911221220	vatskekgagrata@gmail.com	Yes, Judo and Netball		Yes, knee injury		Yes													
9-23-2020 1:35:04	Tanu	BA programme	7007694896	tanu.bharti@mirandahouse.ac.in	Yes, Volleyball and football		Yes, I was volleyball player		Yes													
9-23-2020 8:50:24	Jahnavi Saini	BSc life sciences 3rd year	7011820640	vanishika.kaushik2000@gmail.com	Badminton		No nothing major															
9-23-2020 9:03:31	Akshita saini	BSc(H) mathematics 3rd year	9027092787	akshitasaini29@gmail.com	Yes, taekwondo		Yes		Yes													
9-23-2020 9:22:25	Muskaan Rana	B.A. program	9870311104	muskaanrana030@gmail.com	Tennis		Yes I have		Maybe													
9-23-2020 10:24:29	Akanasha srivastava	Ba prog (3rd yr)	9599394902	Akanasha.srivastava559@gmail.com	Athletics		Yes		Yes													
9-23-2020 10:28:45	Medha Navya Dwivedi	BAP. 2nd year	7880554380	medha.navya.dwivedi@mirandahouse.ac.in																		
9-23-2020 10:31:46	Sharda Singh	BA programme CBCS sec	7015424822	shardarekha1111@gmail.com	Badminton		No		Maybe													
9-23-2020 10:32:23	Gurdeep Kaur	2nd Year B.A Programme	6392743476	gurdeepkaur9839@gmail.com	Tennis																	
9-23-2020 10:35:43	Bhavya Bhalal	BAP 2nd year	7742080630	bhalalbhavya6@gmail.com	Yes Handball		Yes		Yes													
9-23-2020 10:36:58	Abhilasha sharma	Ba program	7065360153	abhilasha21122000@gmail.com	No		Yes		Yes													
9-23-2020 10:41:01	Laaghi Mahotra	Ba programme (2nd year)	7011641607	laaghi.mahotra@mirandahouse.ac.in																		
9-23-2020 10:41:25	Manee Rajput	Ba programme and 2nd year	7898170419	rajputmanee@gmail.com	Volleyball		No		Yes													
9-23-2020 10:45:56	Deepthi Kapoor	BAP 2nd year	9992359904	kapoordeepthi06@gmail.com	Yes, Basketball		Yes, fracture		Maybe													
9-23-2020 10:46:20	Unvashi	Ba program 2year	9888030069	utvashinehra2508@gmail.com	No		No		Maybe													
9-23-2020 11:00:07	Rishita	B.El.Ed 2nd year	9667262682	vinod.juneja1965@gmail.com	No		Not sure		Maybe													
9-23-2020 11:06:27	Vaishali Jain	Bachelors of Elementary Education	9811125127	vaishalijain121@gmail.com	Used to play basketball		No		Yes		sprain											
9-23-2020 11:06:27	Vaishali Jain	Bachelors of Elementary Education	9811125127	vaishalijain121@gmail.com	Used to play basketball		No		Yes		sprain											
Sports injuries and rehab.																						
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1	Timestamp	Name	Course and year	Contact No.(whatsapp)	Email-Id	Do you play any sport? If ye	Have you ever experienced	Do you feel you could have avoided it if you had proper knowledge beforeha		
49	9-23-2020 10:46:20	Urvashi	BA program 2year	9888030069	uvashinehra2508@gmail.c	No	No	Maybe		
50	9-23-2020 11:00:07	Rishita	B.El Ed 2nd year	9867262882	vinodjuneja1965@gmail.c	No	Not sure	Maybe		
51	9-23-2020 11:06:27	Vaishali Jain	Bachelors of Elementary E	9811125127	vaishaliain2121@gmail.co	Used to play basketball, N	Just muscle pain and sprai	Maybe		
52	9-23-2020 11:07:59	Apoorvi Bapai	B.A. Program	9825332389	apoorvi21102000@gmail /	Basketball	Yes	Yes		
53	9-23-2020 11:26:33	Deepika	BA prog / 2nd year	7982351139	Deepikanananwas@gmail	No	No	Yes		
54	9-23-2020 11:40:13	Satvika Doonwar	B.A PROGRAMME (2nd ye	8882082727	satvikadoonwar08@gmail.	Basketball,Swimming	Yes,fracture.	No		
55	9-23-2020 11:53:00	Anjala Reddy	BAP 2nd yr	8688259817	anjalarreddy3708@gmail.c	I do aerobics ,yoga	No	Maybe		
56	9-23-2020 12:02:07	Mishti Pandey	Second year Ba Program	8595265926	shubhamsaxena1100@gm	Badminton	No			
57	9-23-2020 13:07:16	Nandita Sharma	B.A. Program/ 2nd year	958965117	nanditasharma320@gmail	No.	None.	Maybe		
58	9-23-2020 15:33:07	Chhavi	ba hons 3	9590636579	chhavi11101@gmail.com	Table tennis	Nope	Yes		
59	9-23-2020 15:43:42	Shambhavi singh	BA programme	9698597793	shambhavi9698@gmail.co	No	No	Maybe		
60	9-23-2020 15:53:40	Sofia Bhardwaj	B.A. program	8800650593	sofiaonline@gmail.com	Yes, athletics	Yes muscle injury	Maybe		
61	9-23-2020 16:35:53	Ujjwal	BA Programme (2nd year)	8178784535	ujjwalsharan1@gmail.co	Yes, Badminton & basketb	No	Yes		
62	9-23-2020 17:47:46	Simar	BA programme	9911907035	sukh777gulgana@gmail.c	Archery	Shoulder injury	Maybe		
63	9-23-2020 18:02:43	Parul kathuria	B a program 3rd year	9598444250	parulkathuria1998@gmail	Yoga	Not sports injury	Maybe		
64	9-23-2020 19:16:38	Neema	B.A.(H) Hindi / 2nd Year	7409732832	Neemabishr915@gmail.co	Yes, I am a athlete and I pla	Yes	Maybe		
65	9-23-2020 21:23:36	Shreya Kapoor	Ba programme 2nd year	9958609648	shreyakapoor1500@gmail	com				
66	9-23-2020 23:21:31	Sanya Tyagi	BA Programme, 2nd year	9315626413	sanyaat395@gmail.com					
67	9-23-2020 23:41:08	Muskan	B.el ed 2nd year	9910777275	muskan.jaiswal@mirandah	No				
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Sports injuries and rehab.

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Miranda House UNIVERSITY OF DELHI

Supporting Documents for Expert Talk on *Role of Journalism, Advertising and Marketing in Sports*



MIRANDA HOUSE
University of Delhi
DEPARTMENT OF PHYSICAL EDUCATION
& SPORTS

Expert Talk On:

ROLE OF JOURNALISM, ADVERTISING AND MARKETING IN SPORTS

BY: ASHIMA PRAKASH



- Content Head-
MediAvataar India &
MENA
- Founder & Creative Head-
DreamWeave Media

29TH JANUARY 2021, FRIDAY
02:00PM ONWARDS

Register at: <https://forms.gle/zBdYbWXiRE1UVk7o8>

For further queries, Contact:

Dr. Amita Rana (Teacher -In Charge)- +91 9811803652	Visheshta Singh (President)- +91 9752869938
Dr. Neeru Yadav (Asst. Prof.)- +91 7011930862	Manvi Tiwari (Joint Secretary)- +91 8178377728

8/31/2021
Miranda House Mail - Expert Talk on 'Role of Journalism, Advertising and Marketing in Sports'

 Amita Rana <amita.rana@mirandahouse.ac.in>

Expert Talk on 'Role of Journalism, Advertising and Marketing in Sports'
4 messages

Amita Rana <amita.rana@mirandahouse.ac.in> 28 January 2021 at 12:42
To: Principal Miranda <principal@mirandahouse.ac.in>
Cc: NEERU YADAV <neeru.yadav@mirandahouse.ac.in>, Sandeep Anand <sandeep.anand@mirandahouse.ac.in>

Dear Dr. Nanda,

The Department of Physical Education and Sports is conducting an expert talk/ interaction session on 'Role of Journalism, Advertising and Marketing in Sports'. This talk will help many students to understand the role of journalism in promotion of sports and vice versa, along with different advertising and marketing strategies involved in sports journalism. This interaction will also help in motivating students to take up sports journalism as a career option. Ms. Ashima Prakash, Content Head - MediAvataar India & MENA, Founder & Creative Head- Dream Weave Media, will be the speaker for the talk. This expert talk / interaction session will be conducted on 29 January 2021, at 2:00 pm on google meet app. The talk will be open for Miranda house fraternity. Submitted for your kind information please. Thanks and regards

Dr.Amita Rana
Associate Professor
Dept. of Physical Education
Miranda House
University of Delhi
Ph.No.9811803652

 sports journalism- aashima.jpg
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Sandeep Anand <sandeep.anand@mirandahouse.ac.in> 28 January 2021 at 13:19
To: Amita Rana <amita.rana@mirandahouse.ac.in>

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Event info uploaded
[Quoted text hidden]

Sandeep Anand <sandeep.anand@mirandahouse.ac.in> 28 January 2021 at 13:20
To: Amita Rana <amita.rana@mirandahouse.ac.in>
Cc: Principal Miranda <principal@mirandahouse.ac.in>, NEERU YADAV <neeru.yadav@mirandahouse.ac.in>

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Event info uploaded in focus and events

On Thu, 28 Jan 2021 at 12:42, Amita Rana <amita.rana@mirandahouse.ac.in> wrote:
[Quoted text hidden]

Amita Rana <amita.rana@mirandahouse.ac.in> 28 January 2021 at 13:26
To: Sandeep Anand <sandeep.anand@mirandahouse.ac.in>

[https://mail.google.com/mail/u/1/?ik=40290cad54&view=pt&search=all&permthid=thread-f%3A45055593701705383647&siml=msg-f%3A45055593701705383647](https://mail.google.com/mail/u/1/?ik=40290cad54&view=pt&search=all&permthid=thread-f%3A45055593701705383647&siml=msg-f%3A45055593701705383647&siml=msg-f%3A45055593701705383647) 1/2



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1	Timestamp	Name	Course and Year	Contact No.(Whatsapp)	Email-id											
2	2021/01/	Manvi Singh	BA Program 2023	9599909079	manvi.2020.1824@mirandahouse.ac.in											
3	2021/01/	Parul Kathuria	B a program 3rd year	9958444250	parulkathuria1998@gmail.com											
4	2021/01/	Rubal Grover	B.A(H) English	6283945157	rubalgrover660@gmail.com											
5	2021/01/	Mahasweta Kashya	1st year, Sociology Hons.	6001485339	mahasweta.2020.1798@mirandahouse.ac.in											
6	2021/01/	Priyanka saini	Ba (honours) english/ 1st	9717013372	sainipriyanka663@gmail.com											
7	2021/01/	Rubal Grover	English Hons. (3rd Year)	6283945157	rubalgrover660@gmail.com											
8	2021/01/	Shreya Rani	B. A. (Hons.) English (2023)	7280076571	shreya.2020.1799@mirandahouse.ac.in											
9	2021/01/	Srishti Kasar	B.sc (hons) zoology 2nd year	7697575488	srishti14kasar@gmail.com											
10	2021/01/	Ishtia deshwal	B.A.P 2nd yr	8755195603	ishitadeshwal3461@gmail.com											
11	2021/01/	Perna Agarwal	B.A HONS.ENG. 1ST SEMESTER	9982065488	pernaagarwal1724@gmail.com											
12	2021/01/	Richee paul	BA programme 2nd year	7702247424	richeepaul39@gmail.com											
13	2021/01/	Ria	B.A.(H) ECONOMICS (2)	9354695087	ria.goel@mirandahouse.ac.in											
14	2021/01/	Akanksha bhardwaj	Ba programme(english+econon	9821339926	akanksha.bhardwaj@mirandahouse.ac.in@gmail											
15	2021/01/	Chhavi Rathi	BA Programme (1st year)	8168110372	rathichhavi18@gmail.com											
16	2021/01/	Prajna priyadarshini	B.A. geography(honors) 1st yea	8683902195	Prajna.2020.1819@mirandahouse.ac.in											
17	2021/01/	Vanshika Yadav	Bsc Mathematics(Hons),First Ye	6399289518	vanshika.2020.1815@mirandahouse.ac.in											
18	2021/01/	Priyanshi Vats	Ba.(prog) and 3rd year	9953633590	priyanshivats80@gmail.com											
19	2021/01/	Muskan Maheshwa	B.Sc. Life Science, 2nd year	9354761428	maheshwarimuskan786@gmail.com											
20	2021/01/	Ankita Shekhawat	Bsc maths(hons.)	9079172734	ANKITA.2020.1825@mirandahouse.ac.in											
21	2021/01/	Vinita Chaudhary	BA. History (hons)	7827105147	vinita.chaudhary@mirandahouse.ac.in											
22	2021/01/	Hritika Sharma	B.A program(Economics +Politi	8541984317	hritikasharma999@gmail.com											
23	2021/01/	Neema	B.A.(H) Hindi /2year	7409732832	neemabish915@gmail.com											
24	2021/01/	Ojusvini Kotwal	BA (hons) English 1st year	9596681904	kotwalaju@gmail.com											
25	2021/01/	Priya Singh	B A Programme (pol.+ Phy edu)	8210024474	priya.singh@mirandahouse.ac.in											
26	2021/01/	Jnanita Asapu	B.A. programme, 1st year	6303267595	jnanita.asapu@gmail.com											
27	2021/01/	Richa Sharma	Ba programme 2nd year	7428057197	richasharma2001@gmail.com											
28	2021/01/	Muskan Dhama	B.A(Hons) political science 1st y	8700501686	Muskandhama0205@gmail.com											
29	2021/01/	Mansi Sharma	BA(H) political science, 3rd year	9821175653	mansisharma2254@gmail.com											
30	2021/01/	Prarthna Bhattacha	Ba prog (economics+political s	7389055998	prarthnabhattacharya.05@gmail.com											
31	2021/01/	Aayushi kandari	Ba prog 2020	8810642219	aayushikandari@gmail.com											
32	2021/01/	Siya	B.A History Honours 1st year	8278695408	siya.2020.1822@mirandahouse.ac.in											
33	2021/01/	Tanya Singh	B.A.(Hons.) Political Science , 1	9155597272	tanya.2020.1811@mirandahouse.ac.in											
34	2021/01/	Sakshi Gupta	BA Programme (1st Year)	9680335417	guptasakshi1405@gmail.com											
35	2021/01/	Tanu Bhati	BA(physical education and polit	9205279377	pk.bhatihcil@gmail.com											
36	2021/01/	Lamya Saad	History + Physical Education (1s	9651571434	lamya.saad04@gmail.com											
37	2021/01/	Simar	B.A Programme	9911907035	sukh777guglana@gmail.com											
38	2021/01/	Noor Mankotia	Ba program, 2nd year	8699002260	noormankotia8@icloud.com											
39	2021/01/	Mansi Panwar	B A programme(History+Phy.ed	9458569551	Bhagatsingh852710@gmail.com											
40	2021/01/	Nandita Sharma	B.A. Programme	9588965117	nanditasharma320@gmail.com											
41	2021/01/	Yekapriya	Physics honours, 2nd year	6301766878	Yekaberry.2@gmail.com											
42	2021/01/	Eshika Datta	BA English hons. First year	9798098433	eshikadatta14@gmail.com											
43	2021/01/	Sakshi Choudhary	1st year BA Programme	9413950302	Sakshichinu123@gmail.com											
44	2021/01/	Bhavya Bhalla	BA Programme 2nd year	7742080630	bhallabhavya6@gmail.com											
45	2021/01/	Sanya Tyagi	BA Programme, 2nd Year	9314626413	sanyaat295@gmail.com											
46	2021/01/	Satvika Doorwar	B.A PROGRAMME (2nd year)	8882082727	satvika.doorwar@mirandahouse.ac.in											
47	2021/01/	Laamva Anam	B.A. Programme, 2nd Year	7291039114	laamva.anam@gmail.com											



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neeruyadav1983@gmail.com																
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A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	
47	2021/01/;Laamya Anam	B.A. Programme, 2nd Year	7291039114	laamya.anam@gmail.com												
48	2021/01/; Apoorvi Bajpai	BA program 2019	9625332389	apoorvi21102000@gmail.com												
49	2021/01/; JAHNV SINGH	BA PROGRAM (FIRST YEAR)	9311094234	singhjahnv2003@gmail.com												
50	2021/01/; Aastha Patel	BA programme, 1 st year	9451390060	patelaastha0110@gmail.com												
51	2021/01/; Ojusvini Kotwal	BA (hons) English 1st year	9596681904	kotwalaju@gmail.com												
52	2021/01/; Samarka	Ba program	8818046616	Smarika5656@gmail.com												
53	2021/01/; Jetti kokila	Ba program history and politica	9392605228	Kokilayadavjetti@gmail.com												
54	2021/01/; Supriya	BA Programme, first year	9816368185	SUPRIYA.2020.452@mirandahouse.ac.in												
55	2021/01/; Tanu Tada	BAP, 2nd yr	9971715143	tanu.tada@mirandahouse.ac.in												
56	2021/01/; Sharda Singh	BA programme CBCS second ye	7015424822	shardarekha1111@gmail.com												
57	2021/01/; Vijay Laxmi	BA program 1st year	8570057720	vijay.2020.1395@mirandahouse.ac.in												
58	2021/01/; Tanu Tada	BAP, 2nd yr	9971715143	tanu.tada@mirandahouse.ac.in												
59	2021/01/; Anushka Saraf	B.A(H) English / 2nd year	9752840979	saraf.anushka.100@gmail.com												
60	2021/01/; Muskan Dhama	B.A(Hons) political science 1st y	8700501686	Muskandhama0205@gmail.com												
61	2021/01/; Dharini sharma	English hon, 1 year	9873078405	Dharinisharma19@gmail.com												
62	2021/01/; Nicky	B.A.Programme, 2nd year	8800184757	nickyathwal@gmail.com												
63	2021/01/; Jyoti bishnoi	BA program 2nd year	9649820029	Jyoti0782dharnia@gmail.com												
64	2021/01/; Shreya Kapoor	Ba programme	9958609648	shreyakapoor1500@gmail.com												
65	2021/01/; Chanchal	BA programme 1st year	9310446797	Chanchal.sharma050702@gmail.com												
66	2021/01/; Kareena Pachvaniyi	Ba programme 1st year	7011038033	kareenapachvaniya420@gmail.com												
67	2021/01/; Pooja shah	B.A prog. 2nd year	9811965861	poojashah8130@gmail.com												
68	2021/01/; Seazan	B.A prog 1st year	7206929096	kaliramanseazan2838@gmail.com												
69	2021/01/; Urvashi	2year(BA program)	9888030069	utvashinehra2508@gmail.com												
70	2021/01/; Muskaan	B.A Programme	9870311104	muskanrana030@gmail.com												
71	2021/01/; Divya Tiwari	BA programme 2nd year	9315220227	1101.divyatiwari@gmail.com												
72	2021/01/; Deepti Kapoor	BAP 2nd year	9992359904	kapoordeepti06@gmail.com												
73	2021/01/; Adrija Biswas	B.A(hons)Geography, 2nd year	8240949001	adrijabiswas58@gmail.com												
74	2021/01/; Trisha Khajuria	BAP history+political science, 1	8377990016	trishakhajuria@gmail.com												
75	2021/01/; Sakshi Singh	English department 1 year	7061991857	sakshisingh16@gmail.com												
76	2021/01/; Diksha moolchanda	BA(H) economics & 1st year	9302173007	Diksha.2020.1794@mirandahouse.ac.in												
77	2021/01/; Shreya Kapoor	Ba programme	9958609648	shreyakapoor1500@gmail.com												
78	2021/01/; Divyaanshi Upadhyay	Ba programming , 1st year	8006050666	DIVYAANSHI.2020.973@mirandahouse.ac.in												
79	2021/01/; Pritika Godara	BA sociology hons , 2nd yr	8383060675	godarapritika123@gmail.com												
80	2021/01/; Sapna Rawat	Ba philosophy 2nd year	6303320530	sapna0000rawat9999@gmail.com												
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67	2021/01/; Pooja shah	B.A prog. 2nd year	9811965861	poojashah8130@gmail.com												
68	2021/01/; Seazan	B.A prog 1st year	7206929096	kaliramanseazan2838@gmail.com												
69	2021/01/; Urvashi	2year(BA program)	9888030069	utvashinehra2508@gmail.com												
70	2021/01/; Muskaan	B.A Programme	9870311104	muskanrana030@gmail.com												
71	2021/01/; Divya Tiwari	BA programme 2nd year	9315220227	1101.divyatiwari@gmail.com												
72	2021/01/; Deepti Kapoor	BAP 2nd year	9992359904	kapoordeepti06@gmail.com												
73	2021/01/; Adrija Biswas	B.A(hons)Geography, 2nd year	8240949001	adrijabiswas58@gmail.com												
74	2021/01/; Trisha Khajuria	BAP history+political science, 1	8377990016	trishakhajuria@gmail.com												
75	2021/01/; Sakshi Singh	English department 1 year	7061991857	sakshisingh16@gmail.com												
76	2021/01/; Diksha moolchanda	BA(H) economics & 1st year	9302173007	Diksha.2020.1794@mirandahouse.ac.in												
77	2021/01/; Shreya Kapoor	Ba programme	9958609648	shreyakapoor1500@gmail.com												
78	2021/01/; Divyaanshi Upadhyay	Ba programming , 1st year	8006050666	DIVYAANSHI.2020.973@mirandahouse.ac.in												
79	2021/01/; Pritika Godara	BA sociology hons , 2nd yr	8383060675	godarapritika123@gmail.com												
80	2021/01/; Sapna Rawat	Ba philosophy 2nd year	6303320530	sapna0000rawat9999@gmail.com												
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Supporting Documents for Sports Quiz- Sportify

**MIRANDA HOUSE**
University of Delhi

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
In collaboration with
QUIZ SOCIETY OF MIRANDA HOUSE
presents Sports Quiz-

SPORTIFY
" Tune into our world of sports "

Mark
the
Date

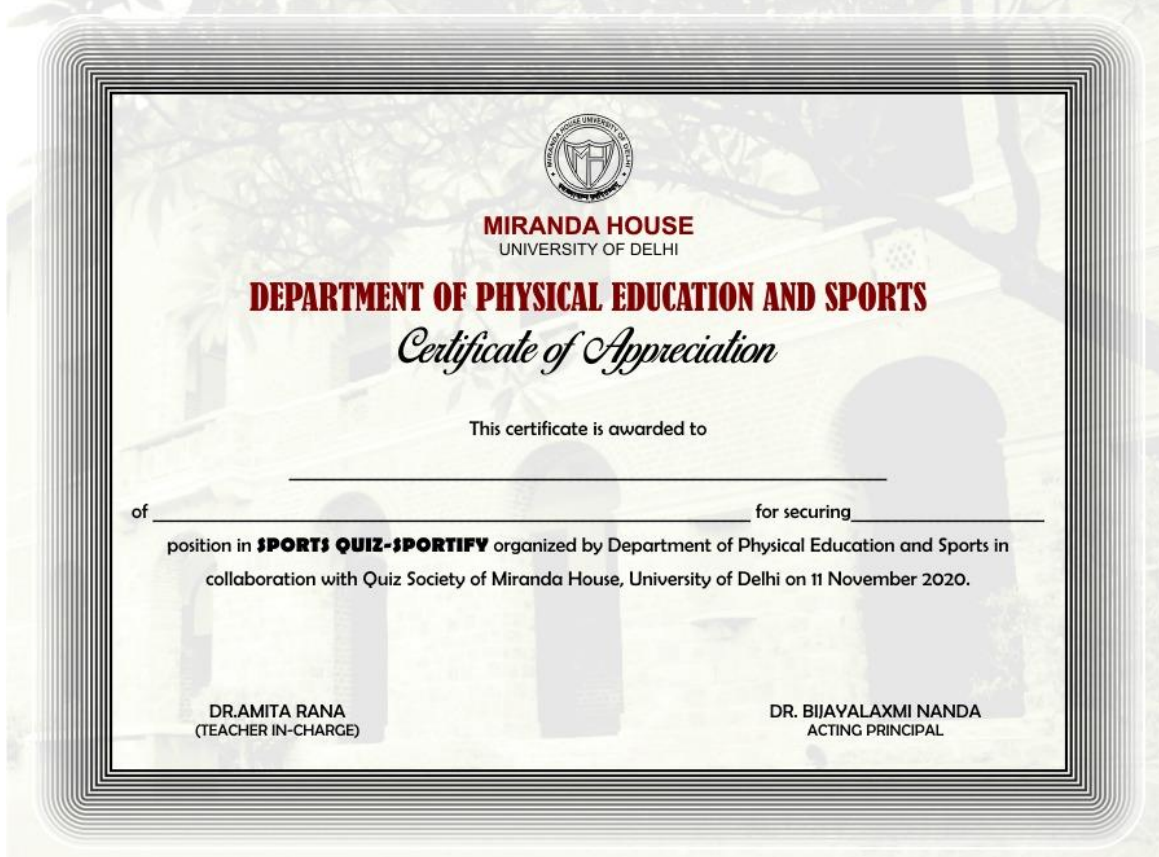

11th
November
2020

Time:
4:30pm

(Only for
students of
Miranda House)

Last date to Register : 10th November 2020(11:59 pm)


For Queries
contact -
Dr. Amita Rana : 9811803652
Dr. Neeru Yadav : 7011930862
Visheshta : 9752869938
Twinkle : 8826280151





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8/31/2021
Miranda House Mail - (no subject)

 Amita Rana <amita.rana@mirandahouse.ac.in>

(no subject)
2 messages

Amita Rana <amita.rana@mirandahouse.ac.in> 9 November 2020 at 20:46
To: Principal Miranda <principal@mirandahouse.ac.in>
Cc: Secretary Miranda <secretary@mirandahouse.ac.in>


Dear Dr. Nanda,

With a great pleasure we would like to bring to your kind notice that Department of Physical Education and Sports in collaboration with the Quiz society, has come up with a thrilling Sports Quiz 'Sportify -Tune into our world of sports' on 11 November 2020, for the students of Miranda House.

Submitted for your kind of information.

...

Dr.Amita Rana
Associate Professor
Dept. of Physical Education
Miranda House
University of Delhi
Ph.No.9811803652

 quiz poster.jpg
139K

Principal Miranda <principal@mirandahouse.ac.in> 9 November 2020 at 23:18
To: Amita Rana <amita.rana@mirandahouse.ac.in>
Cc: Secretary Miranda <secretary@mirandahouse.ac.in>

Excellent
(Quoted text hidden)

@quizsocmb

SPORTIFY

Tune into our world of Sports

Our Top 3 winners of Online Sports Quiz are:

1. Cheshta Agarwal
(B.A.Prog. 2nd year)
@cheshthaagarwal
2. Vaishali Vishnoi
(B.A.Prog. 1st year)
3. Vanshika Kaushik
(B.Sc Life Sciences 3rd year)
@vanshika_kaushik

Heartiest congratulations to the winners..... we also thank everyone who participated and made this a success.

<https://mail.google.com/mail/u/1/?ik=49290cad5&view=pt&search=all&permthid=thread-a%3A4-203845825555752033&siml=msg-a%3A4-2083...> 1/1

Sportify sports quiz - Excel

neeruyadav1983@gmail.com

	A	B	C	D	E	F	G	H
1	Timestamp	Name	Course and year	Contact Number(whatsapp)	Email-id			
2	11-6-2020 21:44:45	Apoorvi Bajpai	BA program 2nd year	9625332389	apoorvi21102000@gmail.com			
3	11-6-2020 21:45:11	Akshita saini	Bsc(h) maths	9027092787	akshisaini29@gmail.com			
4	11-6-2020 21:52:25	Muskan Maheshwari	B.Sc. Life Science, 2nd year	09354761428	maheshwarimuskan786@gmail.com			
5	11-6-2020 21:56:16	Nikita Rajawat	BA programme, 2nd year	7728052555	nikitarajawat31@gmail.com			
6	11-6-2020 21:58:26	Ritika Rajora	Beled 2nd year	7838070051	Ritika.Rajora@mirandahouse.ac.in			
7	11-6-2020 22:16:30	Richa Sharma	B.A programme 2nd year	7428057197	richsharma2032001@gmail.com			
8	11-6-2020 22:38:25	Anjali pandey	BSC (hona) botany ,second	9140362136	anjaliapandey22002@gmail.com			
9	11-6-2020 22:38:40	Richa paul	BA programme, 2nd year	7702247424	richeepaul39@gmail.com			
10	11-6-2020 23:30:36	Prarthana Dwivedi	BA programme 3rd year	8802023313	Prarthana412064@gmail.com			
11	11-7-2020 8:06:43	Nicky	B.A.Programme, 2nd year	8800184757	rickylathwal@gmail.com			
12	11-7-2020 9:33:34	Divya Tiwari	BA programme	9315220227	1101.divyatiwari@gmail.com			
13	11-7-2020 9:39:11	Pooja	B.A(prog)	7217749904	Pooja72177@gmail.com			
14	11-7-2020 9:54:15	Prarthana Dwivedi	BA programme 3rd year	8802023313	Prarthana412064@gmail.com			
15	11-7-2020 9:59:25	Nikita Rajawat	BA programme, 2nd year	7728052555	nikitarajawat31@gmail.com			
16	11-7-2020 10:04:47	Poonam Dey	B.A (H) Economics, 1st Year	8822541378	poonam.dey@mirandahouse.ac.in			
17	11-7-2020 10:10:24	Nimisha Pathak	B.A Hons Economics	8319691719	nimishapathak848@gmail.com			
18	11-7-2020 10:47:05	Prachi	BA program & 3rd year	9306388292	malikprachi27@gmail.com			
19	11-7-2020 10:50:08	Sharda singh	BA programme CBCS sec	7015424822	shardarekha1111@gmail.com			
20	11-7-2020 10:51:13	Muskaan	BA programme 2 year	9870311104	muskaanrana030@gmail.com			
21	11-7-2020 10:52:07	Vanshika Kaushik	Bsc Life Sciences 3rd year	7011820640	vanshika.kaushik2000@gmail.com			
22	11-7-2020 10:52:14	Noor Mankotia	BA program/ 2nd year	8699002260	noormankotia8@cloud.com			
23	11-7-2020 10:54:14	Priya Singh	Ba programme 2nd year	8210024474	priya.singh@mirandahouse.ac.in			
24	11-7-2020 10:54:21	Prerna	B.Sc(h) Chemistry, 3rd year	6729940795	madarfrs1106@gmail.com			

Ready Accessibility: Good to go

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	A	B	C	D	E	F	G	H
1	Timestamp	Name	Course and year	Contact Number(whatsapp)	Email-id			
25	11-7-2020 10:56:47	Navya Yadav	B.A. prog. II	08955800681	navyadav1910@gmail.com			
26	11-7-2020 10:57:07	Deepika	BA prog.	7982351139	Deepikanananwas@gmail.com			
27	11-7-2020 10:57:44	Neema	B.A.(H) Hindi / 2year	7409732832	neemabishr915@gmail.com			
28	11-7-2020 11:00:01	Akanksha bhardwaj	Ba programme 2nd year	9821339926	akanksha.bhardwaj@mirandahouse.ac.in			
29	11-7-2020 11:01:51	Rubal Grover	B.A(H) English	6283945157	rubalgrover660@gmail.com			
30	11-7-2020 11:02:00	Simar	Ba programme, 3year	9911907035	sukh777guglana@gmail.com			
31	11-7-2020 11:02:13	Pooja Shah	B.A prog. 2nd year	9811965861	poojashah8130@gmail.com			
32	11-7-2020 11:09:24	Medha Chauhan	Bsc(H), Mathematics	9388587383	medhachauhan02@gmail.com			
33	11-7-2020 11:17:03	Nandita Sharma	B.A. Programme 2nd year	9588995117	nanditasharma320@gmail.com			
34	11-7-2020 11:30:09	Noor Mankotia	BA program 2nd year	8899002260	noormankotia8@cloud.com			
35	11-7-2020 11:34:04	Chahat Kaushal	B.sc Botany 2nd year	7018653132	chahat.kaushal@mirandahouse.ac.in			
36	11-7-2020 11:34:53	Ishtia deshwali	2nd yr B.A. P	8755195603	ishtiadeshwal3461@gmail.com			
37	11-7-2020 12:27:02	Sapna Rawat	BA (H) PHILOSOPHY 2ND	6303320530	sapna0000rawat9999@gmail.com			
38	11-7-2020 16:35:08	Jyoti bishnoi	BA program 2nd year	9649820029	Jyoti0782dharma@gmail.com			
39	11-7-2020 16:36:06	Khemarun Yumnam	B.A (program) 3rd year	7042079773	khemarun.yumnam@mirandahouse.ac.in			
40	11-7-2020 19:24:21	Parul kathuria	3rd year b a program	9958444250	parulkathuria1998@gmail.com			
41	11-8-2020 0:13:31	Pooja Pandey	B. A PROGRAM 3rd year	7503823594	poopandey901526@gmail.com			
42	11-8-2020 12:16:38	Laamya Anam	B.A. Programme, 1st Year	7291039114	laamya.anam@gmail.com			
43	11-8-2020 12:54:31	Samya Tyagi	BA Programme, 2nd year	9315626413	sanyat295@gmail.com			
44	11-8-2020 12:58:07	Bhavya Bhalla	BAP 2nd year	7742080630	bhallabhavya6@gmail.com			
45	11-8-2020 13:30:31	Bhavya Bhalla	BAP 2nd year	7742080630	bhallabhavya6@gmail.com			
46	11-8-2020 15:23:37	Vinita Chaudhary	BA (HISTORY)hons, 2nd	7827105147	Vinitachaudhary800m@gmail.com			
47	11-8-2020 15:32:43	Shagun Singh	B. Sc. (Hons) Botany, 2nd	9080527713	shagun.singh@mirandahouse.ac.in			
48	11-8-2020 15:39:43	Adrij Biswas	B.A(hons) Geography, 2nd	08240949901	adrijabiswas58@gmail.com			
49	11-8-2020 16:01:11	Cheshta Aganwal	BAP 2nd year	9352569631	aganwalcheshta@gmail.com			
50	11-8-2020 16:05:34	Srishti Kasar	B.Sc (hons) Zoology 2nd yr	7697575488	srishti14kasar@gmail.com			
51	11-8-2020 16:07:29	Satvika Doonwar	B.A PROGRAMME (2nd yr)	08882082727	satvika.doonwar@mirandahouse.ac.in			
52	11-8-2020 16:24:25	Muskan Maheshwari	B.Sc. Life Sciences	09354761428	maheshwanimuskan786@gmail.com			
53	11-8-2020 20:53:18	Pritika	BA (h) Sociology 2nd year	8383060675	godarapritika123@gmail.com			
54	11-8-2020 22:50:01	Sofia Bhardwaj	B. A. Program	8800659593	sofiaonline@gmail.com			
55	11-9-2020 10:18:54	Vasudha Singh	Ba programme 2019	9540190259	vasudhasingham@gmail.com			
56	11-9-2020 10:42:56	Chhavi	Ba hons 3	9950663579	chhavi.singh@mirandahouse.ac.in			
57	11-9-2020 10:45:51	Anu Sehrawat	BA Hons (Political Science	8368956033	anusehrawat@gmail.com			
58	11-9-2020 11:51:46	Diksha	Bsc physical science (thir	9821571572	dikshasharma152000@gmail.com			
59	11-9-2020 14:02:00	Sneh	BA programme, 2nd year	8850505022	sneh.bap@mirandahouse.ac.in			
60	11-9-2020 14:12:57	Jeena	BA Eco(H), 3rd year	8929788029	jeena19jul@gmail.com			
61	11-9-2020 14:23:59	Unvashi Abrol	Chemistry hons, third year	7006084763	abrolunvashi@gmail.com			
62	11-9-2020 15:16:33	Anjan dhir	BA(Hons)Political Science	9643455543	Anjandheer@gmail.com			
63	11-9-2020 15:17:59	Lovely Tajuria	BA prog.	7006512542	lovelytajuria123@gmail.com			
64	11-9-2020 15:26:36	Devishi sharma	Ba programme 2018	9570200052	maildevishisharma64@gmail.com			
65	11-9-2020 15:29:23	Vanshika Kaushik	Bsc Life Sciences 3rd year	7011820640	vanshika.kaushik2000@gmail.com			
66	11-9-2020 15:34:14	Priyanka gupta	Ba Programme 2nd year	9810018175	Priyankag926@gmail.com			
67	11-9-2020 17:45:14	Ria Goel	B.A.H Economics (2)	9354695087	ria.goel@mirandahouse.ac.in			
68	11-9-2020 23:06:21	Anjan dhir	BA(Hons)Political Science	9643455543	Anjandheer@gmail.com			
69	11-10-2020 5:48:47	Priyanka gupta	Ba Programme 2nd year	9810018175	Priyankag926@gmail.com			
70	11-10-2020 8:23:58	Priyanshi Vats	Ba prog and 2nd year	9954633590	priyanshi.vats@mirandahouse.ac.in			
71	11-10-2020 9:18:04	Ajita Tiwari	Bsc. H physics and 1st yea	7310777040	tiwariajita459@gmail.com			
72	11-10-2020 17:01:22	Vaishali Vishnoi	BA programme, 2020-21	9354765099	vaishalivishnoi222@gmail.com			
73	11-10-2020 20:17:09	Anushka Saraf	B.A(H) English / 2nd year	9752840979	saraf.anushka.100@gmail.com			

Ready Accessibility: Good to go

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Sportify sports quiz - Excel

neeruyadav1983@gmail.com

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Paste Clipboard Font Alignment Number Styles Cells Editing

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07-11-2020 08:06:43

	A	B	C	D	E	F	G	H
1	Timestamp	Name	Course and year	Contact Number(whatsapp)	Email-id			
47	11-8-2020 15:32:43	Shagun Singh	B. Sc. (Hons) Botany, 2nd	9080527713	shagun.singh@mirandahouse.ac.in			
48	11-8-2020 15:39:43	Adrij Biswas	B.A(hons) Geography, 2nd	08240949901	adrijabiswas58@gmail.com			
49	11-8-2020 16:01:11	Cheshta Aganwal	BAP 2nd year	9352569631	aganwalcheshta@gmail.com			
50	11-8-2020 16:05:34	Srishti Kasar	B.Sc (hons) Zoology 2nd yr	7697575488	srishti14kasar@gmail.com			
51	11-8-2020 16:07:29	Satvika Doonwar	B.A PROGRAMME (2nd yr)	08882082727	satvika.doonwar@mirandahouse.ac.in			
52	11-8-2020 16:24:25	Muskan Maheshwari	B.Sc. Life Sciences	09354761428	maheshwanimuskan786@gmail.com			
53	11-8-2020 20:53:18	Pritika	BA (h) Sociology 2nd year	8383060675	godarapritika123@gmail.com			
54	11-8-2020 22:50:01	Sofia Bhardwaj	B. A. Program	8800659593	sofiaonline@gmail.com			
55	11-9-2020 10:18:54	Vasudha Singh	Ba programme 2019	9540190259	vasudhasingham@gmail.com			
56	11-9-2020 10:42:56	Chhavi	Ba hons 3	9950663579	chhavi.singh@mirandahouse.ac.in			
57	11-9-2020 10:45:51	Anu Sehrawat	BA Hons (Political Science	8368956033	anusehrawat@gmail.com			
58	11-9-2020 11:51:46	Diksha	Bsc physical science (thir	9821571572	dikshasharma152000@gmail.com			
59	11-9-2020 14:02:00	Sneh	BA programme, 2nd year	8850505022	sneh.bap@mirandahouse.ac.in			
60	11-9-2020 14:12:57	Jeena	BA Eco(H), 3rd year	8929788029	jeena19jul@gmail.com			
61	11-9-2020 14:23:59	Unvashi Abrol	Chemistry hons, third year	7006084763	abrolunvashi@gmail.com			
62	11-9-2020 15:16:33	Anjan dhir	BA(Hons)Political Science	9643455543	Anjandheer@gmail.com			
63	11-9-2020 15:17:59	Lovely Tajuria	BA prog.	7006512542	lovelytajuria123@gmail.com			
64	11-9-2020 15:26:36	Devishi sharma	Ba programme 2018	9570200052	maildevishisharma64@gmail.com			
65	11-9-2020 15:29:23	Vanshika Kaushik	Bsc Life Sciences 3rd year	7011820640	vanshika.kaushik2000@gmail.com			
66	11-9-2020 15:34:14	Priyanka gupta	Ba Programme 2nd year	9810018175	Priyankag926@gmail.com			
67	11-9-2020 17:45:14	Ria Goel	B.A.H Economics (2)	9354695087	ria.goel@mirandahouse.ac.in			
68	11-9-2020 23:06:21	Anjan dhir	BA(Hons)Political Science	9643455543	Anjandheer@gmail.com			
69	11-10-2020 5:48:47	Priyanka gupta	Ba Programme 2nd year	9810018175	Priyankag926@gmail.com			
70	11-10-2020 8:23:58	Priyanshi Vats	Ba prog and 2nd year	9954633590	priyanshi.vats@mirandahouse.ac.in			
71	11-10-2020 9:18:04	Ajita Tiwari	Bsc. H physics and 1st yea	7310777040	tiwariajita459@gmail.com			
72	11-10-2020 17:01:22	Vaishali Vishnoi	BA programme, 2020-21	9354765099	vaishalivishnoi222@gmail.com			
73	11-10-2020 20:17:09	Anushka Saraf	B.A(H) English / 2nd year	9752840979	saraf.anushka.100@gmail.com			

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UNIVERSITY OF DELHI

Supporting Documents for International Yoga Day- Webinar on Overcoming Dualities Of Mind and Body through Yoga



MIRANDA HOUSE
University of Delhi
Department of Physical Education,
NSS & NCC



MIRANDA HOUSE
UNIVERSITY OF DELHI
DEPARTMENT OF PHYSICAL EDUCATION,
NSS & NCC

on the occasion of

International Yoga Day

jointly brings to you

- Therapeutic Yoga Session
- Webinar on 'Overcoming dualities of body and mind through Yoga'
- Online Poster Making Competition on 'Finding Balance Through Yoga'

Date: 21st June, 2021

Dr. Bijayalaxmi Nanda
(Principal,
Miranda House)

Co-ordinators:
Dr. Amita Rana (Convenor, Sports)
CTO Dr. Archana Khushwaha (Convenor, NCC)
Dr. Rekha Kumari (Programme Officer, NSS)
Dr. Neeru Yadav (Assistant Professor, Sports)


A chance for all to make their souls happy. Be Yoga ready.

On the occasion of

International Yoga Day

jointly brings to you

WEBINAR ON
"Overcoming dualities of body and mind through Yoga"



DATE: 21st, JUNE 2021
TIME: 12:00 PM
VIA: ZOOM

Dr. Bijayalaxmi Nanda
(Principal)

Dr. Neelam Vats,
Ph.D in Yoga and Preksha Meditation

Co-ordinators:
Dr. Amita Rana (Convenor, Sports)
CTO Dr. Archana Khushwaha (Convenor, NCC)
Dr. Rekha Kumari (Programme Officer, NSS)
Dr. Neeru Yadav (Assistant Professor, Sports)

For Queries contact:
Nandini Sharma : +91 9680147321
(President, Sports Union)
Cheshta Agarwal : +91 9352569631
(Vice-President, Sports Union)

For queries, contact:
Nandini Sharma (President) +91 9680147321
Cheshta Agarwal (Vice-President)
+91 9352569631

Nidhi Shill: +91 98705 23279
(SERGEANT, NCC)
Amita Singh : +91 7905979143
(President, NSS)

Nidhi Shill: +91 9870523279
(Sergeant, NCC)
Amita Singh: +91 7905979143
(President, NSS)

1/15/22 11:21 AM

Miranda House Mail - Celebration of International Yoga Day



Amita Rana <amita.rana@mirandahouse.ac.in>

Celebration of International Yoga Day

2 messages

Amita Rana <amita.rana@mirandahouse.ac.in>
To: Principal Miranda <principal@mirandahouse.ac.in>

17 June 2021 at 18:58

Dear Dr. Nanda,

We would like to inform you that the Department of Physical Education, NSS and NCC are jointly celebrating 'International Yoga Day' on 21st June 2021 (Monday). Details of the events on 20th and 21st June 2021 are:

1. **Therapeutic Yoga Session:** The instructor for the session will be Ms. Neeva Singh, Yoga and Fitness Expert Senior Girl Cadet Instructor, Ministry of Defence on 21st June 2021 at 8:30 am to 9:30 am. Via Google Meet App.
2. **Webinar on "Overcoming Dualities of Body and Mind through Yoga":** The resource person for the Webinar will be Dr. Neelam Vats, Ph.D. in Yoga and Preksha Meditation on 21st June 2021 at 12:00 Noon via Google Meet App.
3. An online poster making competition on 'Finding Balance through Yoga' will be organized by the Department of Physical Education and Sports on 20th June 2021.

Kindly sanction an amount of Rs. 2000/- for the Resource Person of the Webinar (Dr. Neelam Vats).

Submitted for your kind information and necessary approval, please.

Thanks and Regards

Dr. Amita Rana

Dr. Amita Rana
Associate Professor
Dept. of Physical Education
Miranda House
University of Delhi
Ph.No.9811903652



Poster- international yoga day.jpg

168K

Principal Miranda <principal@mirandahouse.ac.in>
To: Amita Rana <amita.rana@mirandahouse.ac.in>

18 June 2021 at 09:17

Noted. Look forward
(Quoted text hidden)

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International Yoga Day (Responses) - Excel							
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Timestamp	Email Address	Name	Course	College	Which organisation do you belong to?	Which event would you like to register for?	
6-17-2021 21:24:33	udupi.2020.1289@mirandahouse.ac.in	Niranjana Rau	BA(hons) Economics	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:25:03	anisetiyya11@gmail.com	Ria	BA Programme	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:31:11	tayyeba.2020.1040@mirandahouse.ac.in	Tayyeba Ghayas	BAP 1ST YEAR	Miranda house	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:34:08	khushi.sahu@mirandahouse.ac.in	Khushi Sahu	Bsc physical science	Miranda House	National Service Scheme, Miranda House	Webinar on 'Overcoming Qualities of Body and Mind through Yoga' on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:35:14	pahal3803@gmail.com	Pahal Verma	BA Hons. Political Science	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:35:20	apoorva.2020.1041@mirandahouse.ac.in	Apoorva Singh	BAP (Economics and Maths)	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:36:01	shivhareurvashi036@gmail.com	Unvashi shivhare	Sanskrit hons	Miranda house	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:38:28	vgadewi333@gmail.com	Vagdevi	Ba program	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:39:44	poorjabeniwal0100@gmail.com	Pooja Beniwal	BSc mathematics hons	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:41:37	deeptri.rohilla@mirandahouse.ac.in	Deeptri Rohilla	BA geography hons	Mirabda House	Faculty/ Student at Miranda House	Webinar on 'Overcoming Qualities of Body and Mind through Yoga' on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:43:27	sbsatishan@gmail.com	Sakshi	Bsc honors chemistry	Miranda house	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:54:14	priya.singh@mirandahouse.ac.in	Priya Singh	BA programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:55:28	vanishika.2020.782@mirandahouse.ac.in	Vanishika	BA Economics Honours	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:55:36	avani.2020.326@mirandahouse.ac.in	Avani Jayakumar	Ba Economics honours	Miranda house	Faculty/ Student at Miranda House	Online Poster Making Competition on 'Finding Balance through Yoga' on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:00:00	bhsahu2604@gmail.com	Bhawana Sahu	LSR		Faculty/ Student outside Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:05:22	vasundhara310102@gmail.com	Vasundhara Singh	Ba programme	Miranda House	Faculty/ Student at Miranda House	Winning Weekends: 20-20 formula	
6-17-2021 22:06:53	prateeksha.2020.329@mirandahouse.ac.in	Prateeksha	Bsc(h) botany	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:09:24	Nisha97166@gmail.com	NISHA VERMA	HINDI HONOURS	Miranda house college	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:10:16	neelamp324@gmail.com	Neelam	Ba Hons hindi	Miranda House	National Cadet Corps, Miranda House	Online Poster Making Competition on 'Finding Balance through Yoga' on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:19:12	anushagupta2001@gmail.com	Anusha gupta	Ba programme	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:24:54	saloniroya003@gmail.com	Saloni goyal	BAP (Geography+History)	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:26:19	Kanshika.2020.267@mirandahouse.ac.in	Kanshika purchit	BA programme	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:29:23	neatibha.singh@gmail.com	Neatibha Singh	Ba programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	

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neeruyadav1983@gmail.com							
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Ria							
Timestamp	Email Address	Name	Course	College	Which organisation do you belong to?	Which event would you like to register for?	
6-17-2021 22:33:26	supriyayana@gmail.com	Supriya	BA Programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:44:02	sanya161601@gmail.com	Sanya Khandelwal	Bachelors of management	Keshav Mahavidyalaya	Faculty/ Student outside Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:47:27	ayushisatya01@gmail.com	Ayushi Sahay		Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 23:56:14	anushrijain85@gmail.com	Anushri Jain	Bap 2nd year	Miranda house	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 00:05:01	sritishanavane@gmail.com	Sritishi Sonavane	BA (Honours) Political Science	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 1:07:42	shreyansha.2020.1168@mirandahouse.ac.in	Shreyansha Ghosh	BA English Honours, first yr	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 2:03:53	malhotrakasvi@gmail.com	Kasvi Malhotra	Bachelors in Elementary Education	Amity University, Noida	Faculty/ Student outside Miranda House	Online Poster Making Competition on 'Finding Balance through Yoga' on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 6:41:56	ksruti989@gmail.com	Sruti	Ba programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 8:10:34	AISHWARYA.2020.1051@mirandahouse.ac.in	Aishwarya Jaiswal	BSc mathematics honours	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 8:14:03	nitesh2622003@gmail.com	NITESH KUMARI	BAP	MIRANDA HOUSE	National Cadet Corps, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 10:06:30	snehaboruah2468@gmail.com	Sneha Boruah	BA Programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 10:20:36	smatyusmitha35@gmail.com	Smatyitha Vaddani	Ba programme	Miranda House	Faculty/ Student at Miranda House	Winning Weekends: 20-20 formula	
6-18-2021 10:31:56	221206priyasingh@gmail.com	Priya Singh	Bsc Physical Science with	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 11:07:45	silkyjain@gmail.com	Silky Jain	BA Programme	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 11:49:43	yashika.2020.1083@mirandahouse.ac.in	Yashika Grover	BAP	Miranda house	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 13:31:39	janita.asapu@gmail.com	Janita Asapu	Ba programme	Miranda House	Department of Physical Education, Miranda House	Webinar on 'Overcoming Qualities of Body and Mind through Yoga' on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 14:31:33	shruti.2020.1359@mirandahouse.ac.in	Shruti Sharma	BA programme	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 16:12:12	badali.tiwari@mirandahouse.ac.in	Badali Tiwari	BA(h) geography	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 17:05:42	arzoogodara143@gmail.com	Arzo	Geography honors (1st year)	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 20:05:04	isha.2020.772@mirandahouse.ac.in	Isha Tripathi	Hindi hons	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 7:38:49	surya.2020.292@mirandahouse.ac.in	Surya K K	BAP	MIRANDA HOUSE	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 8:32:59	ishanishshasani@gmail.com	Neha Kumari	BA program physical education	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 8:51:13	apoorv21102000@gmail.com	Apoorvi Bajpai	BA program	Miranda house	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 8:54:11	manvi.2020.1824@mirandahouse.ac.in	Manvi Singh	Ba programme	Miranda House3	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 9:06:14	singhresh2@gmail.com	Reshu Singh	Ba programme	Miranda house, DU	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 9:36:20	bhagatishsingh52710@gmail.com	Manvi Panwar	Ba prog	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 11:49:36	Nanditasharma320@gmail.com	Nandita Sharma	BA Programme	Miranda House College	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	



Miranda House

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International Yoga Day (Responses) - Excel

neeruyadav1983@gmail.com

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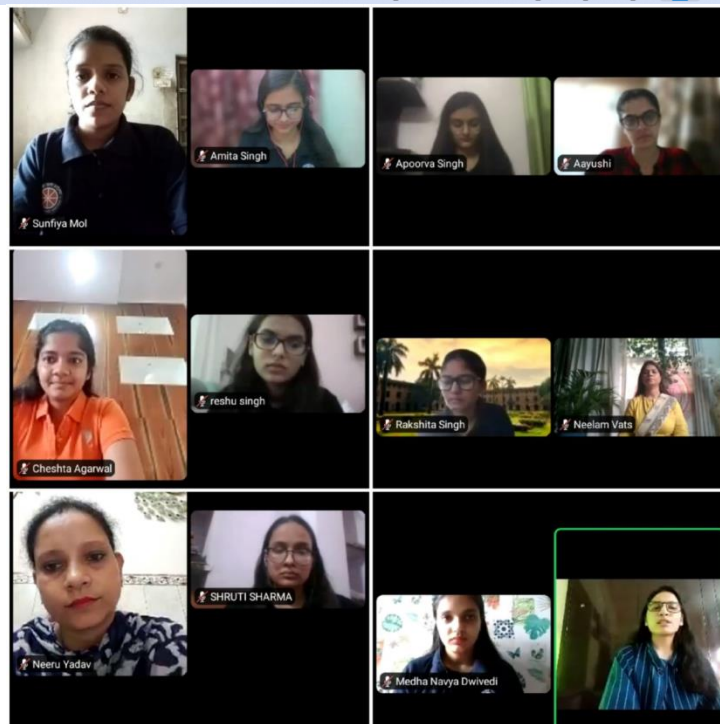
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1	A	B	C	D	E	F	G	H	I
53	6-19-2021 12:21:17	guptasakshi1405@gmail.com	Sakshi Gupta	BA Programme	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am		
54	6-19-2021 12:21:54	guptasakshi1405@gmail.com	Sakshi Gupta	BA Programme	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am		
55	6-19-2021 12:35:05	shrutiaganwal13052003@gmail.com	Shruti Aganwal	B.A. Hindi(H)	Miranda House College	National Cadet Corps, Miranda House	Online Poster Making Competition on 'Finding Balance through Yoga'		
56	6-19-2021 14:29:25	chahat.kaushal@mirandahouse.ac.in	Chahat Kaushal	B.sc Hons. Botany	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
57	6-19-2021 14:48:55	kauprabhneet16@gmail.com	Prabneet Kaur	Ba programme	Miranda House	Faculty Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
58	6-19-2021 16:49:07	savika.doorwar@mirandahouse.ac.in	Savika Doorwar	BA PROGRAMME	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
59	6-19-2021 17:29:10	archita.2020.606@mirandahouse.ac.in	Archita Tyagi	BA PROGRAMME (HISTC	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
60	6-19-2021 18:41:02	charul.2020.763@mirandahouse.ac.in	Charul	BSc Hons Mathematics	Miranda House	Faculty Student at Miranda House	Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
61	6-19-2021 19:19:41	agya.2020.141@mirandahouse.ac.in	Agya Chaturvedi	B.A. Hons. Political Scienc	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
62	6-19-2021 20:16:09	harshita.2020.202@mirandahouse.ac.in	Harshita KUMARI	BA Hons political science	MIRANDA HOUSE	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
63	6-19-2021 21:02:36	deeksha.2020.1334@mirandahouse.ac.in	Deeksha	B.Sc Mathematics Honour	Miranda House	Faculty Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
64	6-19-2021 21:32:11	aanchal.dalal123@gmail.com	Aanchal	BA Programme	Miranda House	Department of Physical Education, Miranda House	Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
65	6-19-2021 22:32:48	sak9142123@gmail.com	Sakshi Shukla	B.A. Programme	Miranda House	Faculty Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
66	6-19-2021 22:33:40	aditi.2020.838@mirandahouse.ac.in	Aditi Gupta	B.A. (Hons.) Economics	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
67	6-19-2021 22:46:35	akanksha.bhardwaj@mirandahouse.ac.in	Akanksha bhardwaj	Ba programme (english+ec	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
68	6-20-2021 0:02:41	srishti.kasar@mirandahouse.ac.in	Srishti Kasar	B.Sc hons Zoology	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
69	6-20-2021 8:47:49	prenamirag@gmail.com	Prema	Ba program	aditi mahavidyalaya college	Faculty Student outside Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
70	6-20-2021 12:58:34	akriti.singh.rathaur@mirandahouse.ac.in	Akriti Singh Rathaur	Hindi Hons	Miranda House	Faculty Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am		
71	6-20-2021 13:22:11	1101.diyatiwari@gmail.com	Diya Tiwari	BA programme	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am		
72	6-20-2021 15:49:23	harshita.2020.1761@mirandahouse.ac.in	Harshita Singh Rathore	B.A. in English Hons	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
73	6-20-2021 20:26:05	isha.2020.772@mirandahouse.ac.in	Isha	Ba programme 2nd year	Miranda House	Faculty Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
74	6-20-2021 22:59:31	richeepaul39@gmail.com	Richee paul	Ba programme	Miranda House	Department of Physical Education, Miranda House	Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
75	6-20-2021 23:21:33	sanyaat295@gmail.com	Sanya Tyagi	BA Programme	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
76	6-21-2021 1:33:24	judiciousunshine@gmail.com	Siddhi Joshi	Bap	Miranda House	Faculty Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overco		
77	6-21-2021 7:33:35	pk.bhatihci@gmail.com	Tanu bhati	Ba programme	Miranda House	Faculty Student at Miranda House	Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		

Form Responses 1

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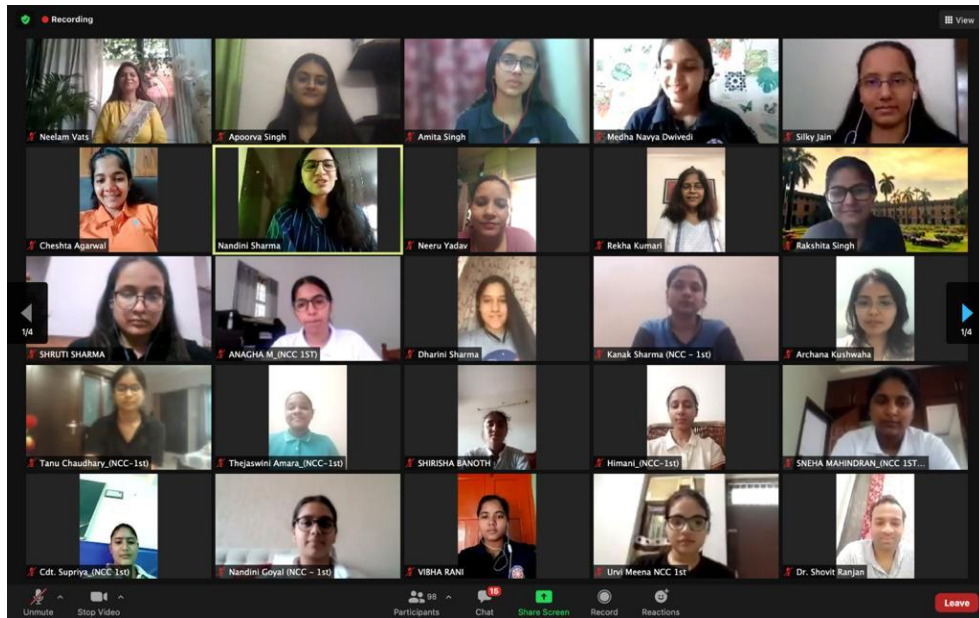
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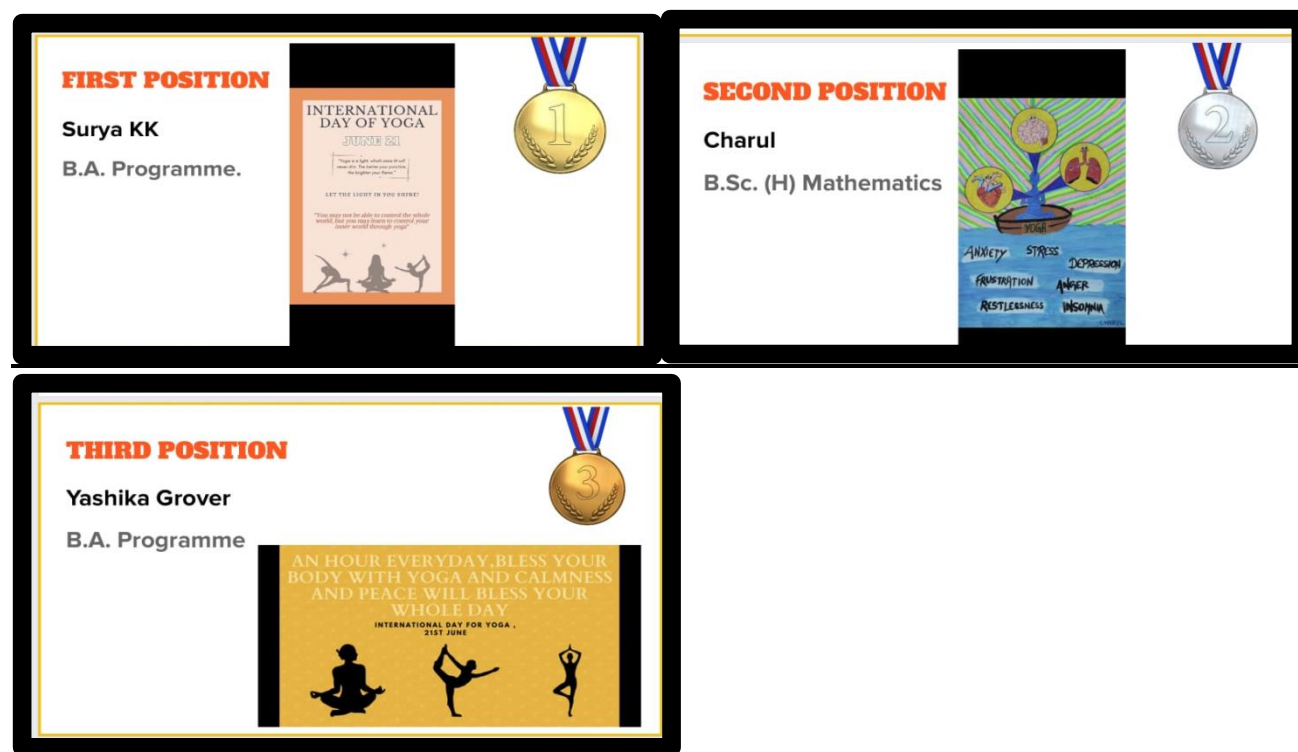


Miranda House UNIVERSITY OF DELHI

Supporting Documents for International Yoga Day- Online Poster Making competition- Theme- Finding Balance Through Yoga

On the occasion of Seventh International Yoga day, the Department of Physical Education, in collaboration with National Service Scheme and National Cadet Corps of Miranda House, University of Delhi conducted an Online Poster-Making Competition on the theme 'Finding balance through Yoga' for the students of Miranda House. The Competition was held completely through online mode and the participants displayed their amazing creativity through handmade as well as digital posters, A total of 15 entries were received with each and every one being beautifully carrying the theme. The outcome of the competition came out to be brilliant and showcased the talents of the students through the innovative ideas. The main motto of the competition was to promote a newer aspect of Yoga into budding minds through the medium of creative thinking, as well as the importance of Yoga in the harsh times of this Covid-19 pandemic.

Although all the poster showed an overwhelming amount of creativity and beauty, top three winners were selected and awarded with certificates. The first position was bagged by Ms. Surya K K of B.A. Programme, first year. She was closely followed by Ms. Charul of B.Sc. (H) Mathematics, first year and Ms. Yashika Grover of B.A. Programme, first year, as the first runner up and second runner up respectively. Competitions like this offer a chance for participants to gain substantial experience, showcase skills, analyse and evaluate outcomes and create a culture of cheerleading and good sportsmanship.





Miranda House UNIVERSITY OF DELHI

Supporting Documents for Fitness Workshop-Reboot



MIRANDA HOUSE
(University of Delhi)

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Presents

"REBOOT"

(A Rediscovery towards Fitness)

By

MS. MEENU DABAS

~DATES~
25/08/2020 to 28/08/2020

NOTE-

1. E-Certificates will be provided.
2. Students shall wear comfortable Sports Attire with shoes.
3. The workshop will be held on Google Meet.

~TIMINGS~
05:00PM TO 06:00PM

(Open for Miranda House Students Only)

Register At:

https://docs.google.com/forms/d/e/1FAIpQLSfv02ldYm0yJL0i5A6N9dHx5WanMMQcDF_UU-rSCKFerx_hAg/viewform?usp=sf_link


DR. AMITA RANA
(Teacher-in-charge)
9811803652

DR. NEERU YADAV
(Asst. Professor)
7011930862

~For Queries Contact~
VISHESHTA (PRESIDENT)
9752869938
JAHANAVI (VICE-PRESIDENT)
9354054496



*Lecturer Physical Education,
Health & Fitness Practitioner since 2014,
Gold Medalist in Masters in Physical Education and
Sports Sciences.
Certified in Yoga Foundation Course,
Principal's Medal Awardee from Miranda House
College, University of Delhi*



MIRANDA HOUSE
UNIVERSITY OF DELHI

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Certificate of Appreciation

This certificate is awarded to

of _____

participated in four days fitness session

"REBOOT – A REDISCOVERY TOWARDS FITNESS"

organised online by Department of Physical Education and Sports, Miranda House,
University of Delhi from 25th August 2020 to 28th August 2020.

DR. AMITA RANA
(TEACHER IN-CHARGE)

DR. BIJAYALAXMI NANDA
ACTING PRINCIPAL



Miranda House

UNIVERSITY OF DELHI

8/31/2021

Miranda House Mail - Permission for Workshop- Reboot (a rediscovery towards fitness)



Amita Rana <amita.rana@mirandahouse.ac.in>

Permission for Workshop- Reboot (a rediscovery towards fitness)

2 messages

Amita Rana <amita.rana@mirandahouse.ac.in>

23 August 2020 at 11:56

To: Principal Miranda <principal@mirandahouse.ac.in>

Dear Madam,

Department of Physical Education is dedicated to supporting and promoting health through physical activity. Amid concerns around the covid 19 pandemic, individuals in communities across the country are being encouraged to stay home. Keeping this in mind, department proposes to conduct online fitness workshop entitled as Reboot (a rediscovery towards fitness) to help continue to stay physically active while at home. The workshop will be conducted by Ms. Meenu Dabas, fitness expert and miranda house alumnae. She will volunteering for the workshop free of cost. The dates for the workshop are 25 august to 28 august 2020 , 5:00 to 6:00 pm on google meet platform. The workshop will be open for all the miranda house students and e-certificates will be provided to all the participants.

Submitted for your kind permission please.

Thanks

Dr. Amita Rana
Teacher in Charge
Dept. Of Physical Education

Principal Miranda <principal@mirandahouse.ac.in>

25 August 2020 at 14:39

To: Amita Rana <amita.rana@mirandahouse.ac.in>

Permission granted.

Dr. Bijayalaxmi Nanda

Acting Principal
Miranda House
University of Delhi
Delhi 110 007
Phone: +91-11-27666201

+91-9891443469

Email: principal@mirandahouse.ac.in

bijayalaxmi.nanda@mirandahouse.ac.in
Web: www.mirandahouse.ac.in

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chhavi.elem@mirandahouse.ac.in										
A	B	C	D	E	F	G	H	I	J	
Timestamp	Name	Father's name	Mother's name	Phone Number(Whatsapp)	Email-id	Course and Year				
8-23-2020 1:05:07	Ekagrata Vats	Sanjeev Sharma	Rita Sharma	9911221220	vatekagrata@gmail.com	B.Sc. (H.) Zoology, Second year				
8-23-2020 1:06:51	Ekagrata Vats	Sanjeev Sharma	Rita Sharma	9911221220	vatekagrata@gmail.com	B.Sc. (H) Zoology , second year				
8-23-2020 1:15:44	Khemarun Yumnam	Borun Yumnam	Mamota Devi Yumnam	7042079773	khemarun.yumam@miranc	B.a (program) 3rd year				
8-23-2020 1:30:21	Aparajita Shah	Ravindra Shah	Sarita Shah	7754941065	aparajita.shah28@gmail.co	B.Sc. Mathematics (H) , Batch of 2020				
8-23-2020 3:18:44	Vasundhra	Mr. Vikram dalal	Mrs. Jyoti	8307174311	Dalavasundhra149@gmail	Ba english honours (2nd)				
8-23-2020 4:46:37	Vyakhya	Lalit Prasad	Renuka Arya	9971140486	vyakhya216@gmail.com	B.A.Music Honours,3rd year				
8-23-2020 4:58:33	Vidhi Singh	Manoj Kumar	Sunita Singh	8920189080	singhvidhi20001@gmail.co	Bsc.(H) Zoology 2 nd year				
8-23-2020 5:28:43	Shivani	Lovekesh kumar	Asha	9354335281	shivaniidhkoliya@gmail.co	Ba programme, 3rd year				
8-23-2020 5:45:31	Srishti Kasar	Mahesh Kumar Kasar	Madhubala Kasar	7697575488	srishti14kasar@gmail.com	B.sc(hons) Zoology 2ng year				
8-23-2020 6:01:39	Prarthana Dwivedi	JK dwivedi	Charu Dwivedi	8802023313	Prarthana412064@gmail.c	BA programme 3rd year				
8-23-2020 6:38:51	Sunita shukla	Bhola prasad shukla	Shashi kala divi shukla	9958397155	sunita.shuklamh0810@gmx	Pol science third year				
8-23-2020 7:01:08	Ritika	Dr. Rajkumar	Mrs. Sunita	9667776758	ritvikakaler1023@gmail.co	B.A(hons) History				
8-23-2020 7:20:47	Navya yadav	Abhay Singh Yadav	Amita yadav	8955800681	navyadav1910@gmail.com	B.A. (prog) and 2nd yr				
8-23-2020 7:34:52	NEETU	Satish kumar	Suresh kumari	9306408950	neetu.baprog@mirandahoi	B.A (prog.) 3rd yr.				
8-23-2020 7:51:55	Sharda Singh	Kuldeep Singh	Rekha rani	7015424822	ssharda99@hotmail.com	BA programme CBCS second year.				
8-23-2020 8:05:44	Muskan Maheshwari	Sanjay Maheshwari	Poonam Maheshwari	09354761428	maheshwarimuskan786@g	B.Sc. Life Science, 2nd				
8-23-2020 8:10:39	Lovely Tajuria	Sham Lal	Sushma Devi	7006512542	lovelytajuria123@gmail.co	BA prog.				
8-23-2020 8:15:10	Parul kathuria	Sanjay kathuria	Geetu kathuria	9958444250	parulkathuria1998@gmail.c	B a program 3rd year				
8-23-2020 8:17:25	Sapna Rawat	Kiran pal	Manju rawat	6303320530	sapna0000rawat9999@gm	Ba (H) philosophy 2nd year				
8-23-2020 8:21:11	Richa Sharma	Dr. Hariom Sharma	Ms. Anita Sharma	7428057197	richsharma2001@gmail.co	B.A programme 2nd Year				
8-23-2020 8:40:20	Anjala reddy	Anjaiah	Pushpa latha	8688259817	anjalarreddy3708@gmail.c	B A(prog) 2nd yr				
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A	B	C	D	E	F	G	H	I	J
Timestamp	Name	Father's name	Mother's name	Phone Number(Whatsapp)	Email-id	Course and Year			
8-23-2020 8:41:12	Apoorvi Bajpai	Mr. Sanjay Bajpai	Mrs. Alka Bajpai	9625332389	apoorvi21102000@gmail.c	B.A. program			
8-23-2020 9:15:15	Urvashi	Arvind nehra	Sheela	9888030069	urvashinehra2508@gmail.c	2year (BA programme)			
8-23-2020 9:16:39	Nicky	Rishi Raj	Anju	8800184757	Nickylathwal@gmail.com	B.A.Programme, 2nd year			
8-23-2020 9:16:55	Nikita Rajawat	Brijendra Singh Rajawat	Pushpa Kanwar	7728052555	nikitarajawat31@gmail.com	BA Programme, 2nd Year			
8-23-2020 9:22:51	Parul	Harsh raj	Sangeeta	9560919794	Parulhpsd2000@gmail.com	BSc zoology 3rd year			
8-23-2020 9:23:30	Deepika	Mr. Dilip Singh	Mrs. Anita Devi	7982351139	deepikanananwas@gmail.c	BA prog. / 2nd year			
8-23-2020 9:30:24	Tripti Balayan	Mr. Inderjeet singh	Mrs. Kavita rani	9717506681	triptibalayan1801@gmail.c	B.a. programme 2nd year			
8-23-2020 9:30:38	Prarthana Dwivedi	JK dwivedi	Charu Dwivedi	8802023313	Prarthana412064@gmail.c	BA programme 3rd year			
8-23-2020 9:30:54	Muskan Maheshwari	Sanjay Maheshwari	Poonam Maheshwari	09354761428	maheshwarimuskan786@g	B.Sc. Life Science, 2nd			
8-23-2020 9:31:23	Jyoti bishnoi	Manohar lal Dharnia	Lakshmi bishnoi	9649820029	Jyoti0782dharma@gmail.c	BA program 2nd year			
8-23-2020 9:40:23	Krishnendu Pillai	Girish Pillai	Shreelata Girish	9462514528	Krishnendu.pillai.926127	@ B.A. programme (2nd year)			
8-23-2020 9:45:08	Akanksha bhardwaj	Sandeep kumar sharma	Babita sharma	9821339926	akanksha8447774747@gm	Ba programme (english+economics) 2nd year			
8-23-2020 9:48:32	Reetika	Narender Singh	Neelam Kumari	8851478188	reetikakarate@gmail.com	Bsc. (Chemistryhonors) 2 year			
8-23-2020 10:05:11	Pooja pandey	Ashok Pandey	Renu Pandey	8076899254/7503823594	poojapandey901526@gma	B. A PROGRAM 3rd year			
8-23-2020 10:05:56	Rubal Grover	Anil Kumar	Asha Rani	6283945157	rubalgrover660@gmail.co	B A(H)English			
8-23-2020 10:07:47	Rubal Grover	Anil Kumar	Asha Rani	6283945157	rubalgrover660@gmail.co	B A(H) English, Third Year			
8-23-2020 10:08:41	Muskaan Rana	Mr. Davender Rana	Mrs. Sunita Rana	9870311104	muskaanrana030@gmail.c	BA programme			
8-23-2020 10:12:30	Shilpa Jaglan	Mr. Rammehar	Mrs. Geeta	9050070471	jaglanshilpa00@gmail.co	BA programme (second year)			
8-23-2020 10:14:29	Richee paul	Benhar paul	Usha sree	7702247424	richeepaul39@gmail.com	BA program 2nd year			
8-23-2020 10:15:55	Neema	Mr. Jagmohan Singh Bisht	Mrs. Bimla Devi	7409732832	neemabisht1915@gmail.co	B.A.(H) Hindi / 2nd year			
8-23-2020 10:22:58	Manvi Tiwari	Raj Kishor Tiwari	Neetu Tiwari	8178377728	manvitiwari4@gmail.com	B A hons Economics (2nd year)			

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44	8-23-2020 10:32:43	Ishita deshwal	Dharmendra deshwal	Neeru deshwal	8755195603	ishitadeshwal3461@gmail.com	B.A.P (English + Sociology) 2nd yr			
45	8-23-2020 10:33:34	Tanu Tada	Chander pal	Seema	9971715143	tanutada1@gmail.com	BA programme, 2yr			
46	8-23-2020 10:38:45	Ria Goel	Ashok Goel	Kanta Goel	9354695087	ria.goel@mirandahouse.ac.in	B.A. (H) Economics (2)			
47	8-23-2020 10:40:26	Priyanka Gupta	Sanjay gupta	Meenakshi gupta	9810018175	priyankag926@gmail.com	BA Programme 2nd year			
48	8-23-2020 10:48:51	Cheshta Agarwal	Ajay Agarwal	Seema Agarwal	9352569631	agarwalcheshta@gmail.com	Ba. Prog. 2nd year			
49	8-23-2020 11:01:45	Prachi	Khel Singh	Kamlesh	9306388292	prachimalik019@gmail.com	Ba program /3rd Year			
50	8-23-2020 11:04:59	Mansi Tyagi	Munendra Kumar tyagi	Aruna tyagi	9354505070	mansityagi261@gmail.com	BA program final year			
51	8-23-2020 11:06:20	Poorva	Vinayendra kumar Pal	Shashi wala	9910201683	poorvaprv@gmail.com	Pol sci hons 3rd year			
52	8-23-2020 11:18:32	Anushka Saraf	Rajesh Verma	Manju	7879057058	saraf.anushka.100@gmail.com	B.A(H) English / 2nd year			
53	8-23-2020 11:28:25	Satvika Doorwar	Sunil Doorwar	Indu Doorwar	08882082727	satvikadoorwar.08@gmail.com	B.A PROGRAMME (2ND YEAR)			
54	8-23-2020 11:51:11	Akansha srivastava	Sushil kr Srivastava	Prem lata srivastava	9599394902	Akanshasrivastava559@gmail.com	BA PROG 3rd yr			
55	8-23-2020 12:00:14	Anirpa Kar	Partha Sarathi Kar	Jayasree Kar	8750895405	ariprkar.ak@gmail.com	Bsc(H) Mathematics (3rd year)			
56	8-23-2020 12:05:10	Jannat saroha	Mr. Sewanand	mrs. Anjana	9306505664	jannatrk986@gmail.com	Ba program, 3rd year			
57	8-23-2020 12:23:32	Varnita sati	Navin Chandra sati	Kalpna sati	8484809134	varnita.sati@mirandahouse.ac.in	Ba programme 2nd year			
58	8-23-2020 12:25:17	Nikita Rajawat	Brijendra Singh Rajawat	Pushpa Kanwar	7728052555	nikitarajawat31@gmail.com	BA Programme, 2nd Year			
59	8-23-2020 12:49:18	Laamya Anam	Sajad Mohammad Sajid	Nahid Zaman	7291039114	laamya.anam@gmail.com	B.A. Programme, 2nd Year			
60	8-23-2020 13:03:03	Poonam Singh	Late jaipal singla	Krishna	9599713349	aggarwalps7119@gmail.com	B.A. Programme 1nd year			
61	8-23-2020 13:08:41	Shagun Singh	Col. Shamsher Singh	Mrs. Seema Yadav	9080527713	shagunsingh3105@gmail.com	B. Sc. Botany (Hons) 2nd year			
62	8-23-2020 13:10:09	Pooja	Narender kumar	Indu	7217749904	Pooja72177@gmail.com	B. A (prog) 3rd year			
63	8-23-2020 13:16:34	Priyanshi Vats	Sanjay Vats	Man is ha Vats	9954633590	priyanshi.vats@mirandahouse.ac.in	Ba prog and 3rd year			
64	8-23-2020 14:18:38	Riya	Vijay Kumar Sharma	Nirmala Sharma	9460974438	riyasharma380196@gmail.com	BA Programme (2nd year)			

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65	8-23-2020 14:33:12	Tara Devi	Late Rahimal Ram	Late Kamlati devi	9450369106	taradevi388@gmail.com	MA Bed			
66	8-23-2020 14:43:06	Diksha Chaudhary	Mr. Ramjanam Chaudhary	Mrs. Seema Chaudhary	7310146948	Chaudharydiksha6812@gmail.com	B.A. (Hons) Political Science			
67	8-23-2020 14:57:55	Srija Reddy	Jaipal Reddy	Radhika	9849376426	srijareddy173@gmail.com	BA Programme 3rd year			
68	8-23-2020 15:21:45	Sageena	Ram Sundar	Lilavati	9717 315 750	Sageena Bhardwaj 1@gmail.com	B.A. Hindi honours			
69	8-23-2020 15:27:08	Avidha Sharma	Mr. Vijay Sharma	Mrs. Anita Sharma	9140627185	avidhasharma14697@gmail.com	BA programme			
70	8-23-2020 16:15:23	Medha Chauhan	Gajendra Singh	Kalpna Chauhan	9368587383	medhachauhan02@gmail.com	B.Sc (H) Mathematics , 2nd year			
71	8-23-2020 18:01:14	Harshita	Dharmendra Kumar govil	Anjum gupta	+919013001534	harshita16012002@gmail.com	B.El.ed 2 year			
72	8-23-2020 18:02:06	Neha n8005927007@gmail.com	Shyam Popli	Geeta	8005927007	N8005927007@gmail.com	B.El.Ed. 2nd year			
73	8-23-2020 18:02:41	Nisha Yadav	Ram Manohar yadav	Sunita Yadav	9650844870	dimpley9650@gmail.com	Beled / 2nd year			
74	8-23-2020 18:05:29	Yashika	Shiv kumar Khanna	Shaily khanna	7428564302	yashika310701@gmail.com	B.El.Ed 2nd yr			
75	8-23-2020 18:10:22	Mansi Rai	Saroj Kumar Rai	Amita Rai	9667580390	raimansi31@gmail.com	BELED,2 year			
76	8-23-2020 18:15:29	Jaya Yadav	Anil Kumar	Sunita Yadav	9999577211	jaya24yadav@gmail.com	B. El. Ed, 2nd year			
77	8-23-2020 18:17:23	Prakriti	Vijay kumar	Sarita	9818133983	prakritikumar774@gmail.com	B.El.ed. 2nd year			
78	8-23-2020 18:27:00	Nancy	Yash pal	Mamta	+44899563789	nancy.nancy1205@gmail.com	Beled 2nd			
79	8-23-2020 18:47:37	Tanushka Rohila	Mr. Rajesh Rohila	Mrs. Renu Rohila	9634880505	tanushka.rohila@mirandahouse.ac.in	B.El.ed 2nd year			
80	8-23-2020 19:05:27	Shruti Bhatt	P. R. Bhatt	Meena Bhatt	9971669890	shruti.elem@mirandahouse.ac.in	B. El. Ed. 2nd year			
81	8-23-2020 19:07:11	Ritika Rajora	Devkinandan	Hemlata	7838070051	Ritika.Rajora@mirandahouse.ac.in	Beled 2nd year			
82	8-23-2020 19:19:48	PRERNA	Jitendra Kumar	Geeta Kumari	9540490809	prerna.elem@mirandahouse.ac.in	B.El.ED 2nd year			
83	8-23-2020 19:36:42	Nandini Sharma	Kamal Kumar Sharma	Neelam Sharma	9680147321	nandiniguidyasharma@gmail.com	BA prog. 2nd year			
84	8-23-2020 19:54:33	Priyanka Gupta	Sanjay gupta	Meenakshi gupta	9810018175	priyankag926@gmail.com	BA Programme 2nd year			
85	8-23-2020 20:48:31	Vini	Sanjay Kumar	Munesh Kumari	9518170173	viniz25sharma@gmail.com	B.Sc. (Honours) Chemistry, 2nd year			

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Timestamp	Name	Father's name	Mother's name	Phone Number(Whatsapp)	Email-id	Course and Year				
86	8-23-2020 20:51:20 Nisha Patwal	Virendra Singh	Anita Patwal	7906402612	npatal77@gmail.com	BSc. Chemistry (H) 2nd year				
87	8-23-2020 20:52:56 Raveena Kumari	Mr. Balbir Singh	Mrs. Bala Rani	9499468094	ritikkoon288@gmail.com	BSC CHEMISTRY Hons , 2nd year				
88	8-23-2020 20:55:54 Anisha Gupta	Mr. Gopal Dass Gupta	Ms. Savita Gupta	8860005520	Anisha.Gupta@mirandahoi	B. El. Ed, 2nd year				
89	8-23-2020 21:11:26 Anjali yadav	J S S Yadav	Sunita Yadav	8368912503	jaishankarsy@gmail.com	B. el.ed 2nd year				
90	8-23-2020 21:46:08 Pallavi	Siddharth	Poonam	09718325818	iampallaviw@gmail.com	BSc. (H) Chemistry 2nd year				
91	8-24-2020 0:33:49 Nancy	Yash pal	Mamta	+449899563789	nancy.nancy1205@gmail.c	Beled 2nd				
92	8-24-2020 2:11:01 Nikita Prasad	Arun Prasad	Kiran kumari	9523145980	nikitaprasad304@gmail.co	Ba Programme 2nd year				
93	8-24-2020 8:24:17 Chaitali Gupta	Neeraj Gupta	Dipti Gupta	8700590878	chaitaligupta0028@gmail.c	B. EL. ED 2nd year				
94	8-24-2020 8:31:19 Chhavi	Rajendra Singh	Suman Visth	9950663579	chhavi11101@gmail.com	B A (H) Political Science 3 year				
95	8-24-2020 8:50:07 Twinkle Verma	Asha Ram Verma	Bhagyawati Verma	8882073364	twinkle.verma@mirandahoi	B. El. Ed 2nd year				
96	8-24-2020 8:50:37 Shweta	Sahansar Pal Singh malik	Geeta devi	9911048367	shwetamalik201517@gmai	Beled 2nd year				
97	8-24-2020 8:58:25 Chhavi	Sujit singh	Promila	8053834003	chhavi.elem@mirandahous	B. el.ed 2nd year				
98	8-24-2020 8:59:36 KASHISH GUPTA	CHANDRA KANT GUPTA	KANCHAN GUITA	7985585751	kashhhgupta@gmail.com	English honours 3rd year				
99	8-24-2020 9:07:22 Anushika Kaushik	S.P Kaushik	Anita Kaushik	09910233082	anushkakaushik18@gmai	B. EL. ED 1year				
100	8-24-2020 9:13:45 MANISHA	MR. MANOJ KUMAR	MRS. SANTOSH DEVI	9315256080	manisha.sharma6299@gm	B. el.ed 2nd year				
101	8-24-2020 9:16:02 Khushi	Meraj Ahmed	Nooraisha khaloon	8882644626	khushiahmed39786@gmai	B. el.ed 2nd year				
102	8-24-2020 9:16:03 Dipika Jain	Sanjay jain	Madhuri Jain	7290989980	singhmadhu1234@gmai	B. el.ed, 2nd year				
103	8-24-2020 9:16:46 Supriya	Rakesh	Anju	9717292479	supriyakumari3399@gmai	B. El. Ed 2nd year				
104	8-24-2020 9:16:49 Shweta	Sahansar Pal Singh malik	Geeta devi	9911048367	shwetamalik201517@gmai	Beled 2nd year				
105	8-24-2020 9:17:11 Kanika Malhotra	Sanjeev Malhotra	Charu Malhotra	8178759381	kanikamalhotra0126@gma	B. el.ed 2nd year				
106	8-24-2020 9:17:47 Niraj Manju Soy	Benjamin Soy	Sarani Soy	9773925287	nirajmanjusoy@gmail.co	Beled 2nd year				
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A86	23-08-2020 20:51:20									
Timestamp	Name	Father's name	Mother's name	Phone Number(Whatsapp)	Email-id	Course and Year				
107	8-24-2020 9:17:48 Sakshi	Satyaveer singh	Babita	7982466149	sakshi8942@gmail.com	B. el.ed. (2nd year)				
108	8-24-2020 9:23:32 Khushi	Harish Sharma	Bimla Sharma	9899257043	khushistr@gmail.com	B. El. Ed(2nd year)				
109	8-24-2020 9:26:27 Kanika sharma	Girish sharma	Ranju sharma	8368875557	Kanikasharma@mirandahc	Second year, B. El. ED				
110	8-24-2020 9:26:55 Kanishka Choudhary	Sunil Kumar	Usha Rani	8368284018	kanishkachaudhary766@g	B. El. Ed. 2nd year				
111	8-24-2020 9:37:16 Jyoti chaurasia	Manilal chaurasia	Baby chaurasia	9899077534	jyoti.chaurasia062@gmai	B. el.ed , 2nd year				
112	8-24-2020 9:45:39 Moni verma	Mr. Mahesh chandra	Mrs. Sandhya verma	84 23 18 12 70	Monivermadu@gmail.com	Honours Sanskrit BA 2nd year				
113	8-24-2020 10:43:40 Sonam kumari	M P singh	Nutan devi	9971296203	sonamsingha316@gmai.c	B. el.ed (2nd year)				
114	8-24-2020 10:46:27 Anchal Xalxo	Stephen Xalxo	Alma Xalxo	8447441892	anchalxalxo2000@gmai.c	B. El. Ed (2nd YEAR)				
115	8-24-2020 10:48:39 Tanuja shakya	Ganesh chandra	Suman shakya	8859957669	Tanuja.shakya@mirandahc	Ba programme 2nd year				
116	8-24-2020 11:11:14 Ritika	Mr. Vinod	Mrs. Meenakshi	8816024596	rbritika2001@gmail.com	Ba program 2nd year				
117	8-24-2020 11:12:28 Komal Rao	K Srinivas rao	K Laxmi Rao	8287248514	kkomalrao12398@gmai.c	B. el.ed 2nd year				
118	8-24-2020 11:22:50 Khushbu kumari	Arvind kumar	Manju devi	7291975399	Khushbookumari48518@g	B a 3 year sanskrit honours				
119	8-24-2020 11:43:12 Nikita Rajawat	Brijendra Singh Rajawat	Pushpa Kanwar	7728052555	nikitarajawat31@gmail.c	Ba Programme, 2nd Year				
120	8-24-2020 12:24:33 Devishi sharma	Sanjay kumar	Anamika singh	9570200952	maildevishisharma64@gm	B a programmer 2018				
121	8-24-2020 12:43:15 Sanskriti	Dhananjay	Renu Bala	8383090399	sanskritidheeraj@gmai.c	B. El. Ed (2nd year)				
122	8-24-2020 12:57:33 Shimpi	Mr. Gorkhnath	Mrs. Aarti Devi	8587848945	shimpi.31117@gmail.com	Hindi honours				
123	8-24-2020 12:59:25 Adrija Biswas	Anupam Biswas	Sunita Biswas	08240949901	adrijabiswas58@gmail.co	B.A (hons)Geography , 2nd year				
124	8-24-2020 13:01:22 pallavi kumari	M.K singh	Seeta devi	8287001996	Pallavi612kumari@gmail.c	B a program 3rd year				
125	8-24-2020 13:04:20 Gurdeep Kaur	Jaideep Singh	Shalu Kaur	6392743476	gurdeepkaur9839@gmai.c	B A Programme , 2nd Year				
126	8-24-2020 13:11:52 Sakshi Shukla	Sushil Kumar Shukla	Deepa Shukla	7827730445	sak9142123@gmail.com	B A Programme second year				
127	8-24-2020 13:22:10 Sofia Bhardwaj	Mr. Arun Kumar Bhardwaj	Sangeeta Bhardwaj	8800650593	sofiaonline@gmail.com	Second year, B.A. program				
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8-24-2020 13:47:41	Urvashi Bagri	Mr. Manoj kumar Bagri	Meenu Bagri	8445108393	kumariurvashi64@gmail.co	B A Programme II Year				
8-24-2020 13:49:16	Urvashi Bagri	Mr. Manoj kumar Bagri	Meenu Bagri	8445108393	kumariurvashi64@gmail.co	B A Programme III Year				
8-24-2020 13:55:10	himani joshi	Anil joshi	nietu joshi	7251825287	himanijoshi2002@gmail.co	ba program				
8-24-2020 14:59:15	Renu bisht	Dalip singh bisht	Manu devi	7618234420	Renu. Bisht@mirandahous	Ba prog. 2nd year				
8-24-2020 15:39:35	Divya Verma	Sachidanand Verma	Poonam Rani	8287586040	divyaverma3103@gmail.co	B.El.Ed , 2nd year				
8-24-2020 16:15:20	Kalyani jha	Mr Vinod Jha	Md Poonam Devi	+91 99116 31820	kalyanijha95@gmail.com	Hindi hons 3rd year				
8-24-2020 16:22:46	Poonam Singla	Late jaipal singla	Krishna	9599713349	aggarwalps7119@gmail.co	B.A. Programme IInd year				
8-24-2020 18:00:01	Vanshika Kaushik	Lalit Kumar Kaushik	Kamlesh Sharma	7011820640	vanshika.kaushik2000@gm	Bsc Life Sciences				
8-24-2020 19:23:20	Lovika Rawat	Mahesh Chandra Singh	Kala Rawat	8178389168	lovikarawat111@gmail.com	B el ed- 2nd year				
8-24-2020 19:31:09	Priya Singh	Sanjay Kumar Singh	Rinku Singh	8210024474	priyas82100@gmail.com	BAP 2nd year				
8-24-2020 19:32:40	Chhaya Sharma	Sanjeev Sharma	Poonma Sharma	+18930358458	chayasharma347@gmail.c	BA Sociology honors. (2 year)				
8-24-2020 19:38:52	Simar	Mr. Sukhvinder Singh	Mrs. Gursharan Kaur	9911907035	sukh777guglana@gmail.co	BA programme 3 year				
8-24-2020 19:39:01	Gitika sharma	Mr umesh kumar	Mamta	7982371125	Sharmagitika530@gmail.co	B el.ed 2 year				
8-24-2020 19:41:50	Rashi Pant	Pradeep Pant	Komal Pant	9643451091	rashipant803@gmail.com	B. El. Ed (2 year)				
8-24-2020 19:43:35	Shristi Sharma	Arun Kumar Sharma	Prema Sharma	9675333111	shristi11sharma@gmail.co	BA(H)History 1st year				
8-24-2020 19:43:40	Manvee Rajput	Bhupendra singh Rajput	Tilotama Rajput	7898170419	rajputmanvee@gmail.com	Ba programme and 2nd year				
8-24-2020 19:50:12	Abhilasha sharma	Ashok pandit	Chanchal sharma	7065360153	abhilasha21122000@gmai	Ba programme 2 nd year				
8-24-2020 19:51:04	Laaghvi Malhotra	Vijay Kumar Malhotra	Marjulika Malhotra	7011641607	laaghvi@gmail.com	Ba programme-2nd year				
8-24-2020 19:53:24	Chahat Kaushal	Ravi Kaushal	Sunita Kaushal	701865312	Chahat.kaushal@mirandah	B. Sc Botany (2)				
8-24-2020 20:00:07	Aditi Singh	Mr. Ajay Singh	Mrs. Shalini Singh	6392456922	aditisinghdec13@gmail.co	Ba prog. 2nd year				
8-24-2020 20:04:09	fiza madar	ashok madar	sakeeran madar	9729940295	madarfiza1106@gmail.com	B.Sc. (H) Chemistry				
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8-24-2020 20:17:33	Tanu Bharti	R. K Bharti	Pratima Bharti	7007694896	tamanna0548@gmail.com	B.A. programme. 2yeat				
8-24-2020 20:44:29	Deepti Kapoor	Mr. Harish Kapoor	Mrs. Rekha Kapoor	9992359904	kapoordeepti06@gmail.co	BA PROGRAM, 2nd year				
8-24-2020 21:54:44	Nandita Sharma	Padmanabh Sharma	Alka Sharma	9588965117	Nandilasharma320@gmail.	B A. Program/2nd Year				
8-24-2020 22:03:39	Medha Navya Dwivedi	N D Dwivedi	Sarita Dwivedi	7880554380	medha.navya.dwivedi@mir	BAP, 2nd year				
8-24-2020 22:24:57	Divya Tiwari	Vijay Kumar Tiwari	Premsheela Tiwari	9315220227	1101.divyatiwari@gmail.co	Ba programme 2nd year				
8-24-2020 23:25:22	Deepti Kapoor	Mr. Harish Kapoor	Mrs. Rekha Kapoor	9992359904	kapoordeepti06@gmail.co	BA PROGRAM, 2nd year				
8-24-2020 23:29:31	Shubhanjali patel	Manoj kumar patel	Komal patel	9131234912	Shubhanjalipatel17@gmai	Hindi honours 2nd year				
8-24-2020 23:42:39	Shubhangi Kardam	Ritesh Kumar	Anju Kardam	9667851644	kardamshubhangi@gmail.c	B el.ed. 2nd year				
8-25-2020 8:58:41	Navneet kaur	Jegjit singh	Kulvinder kaur	9877642021	Navkgoraya@gmail.com	Ba programme and 3rd year				
8-25-2020 10:35:24	Sanya Tyagi	Umesh Tyagi	Laxmi Tyagi	9315626413	sanyaal295@gmail.com	BA Programme, 2019				
8-25-2020 10:44:08	Laamya Anam	Sajjad Mohammad Sajid	Nahid Zaman	7291039114	laamya.anam@gmail.com	B.A. Programme, 1st Year				
8-25-2020 10:46:13	Medha Navya Dwivedi	N D Dwivedi	Sarita Dwivedi	7880554380	medha.navya.dwivedi@mir	BAP, 2nd year				
8-25-2020 11:10:02	Muskan Maheshwari	Sanjay Maheshwari	Poonam Maheshwari	09354761428	maheshwarimuskan786@g	B.Sc. Life Science				
8-25-2020 11:10:05	Rinky Sinha	Sri Ujjwal Sinha	Srimati Madhuri Sinha	9650259767	smilerinkysinha@gmail.co	Hindi honours and Final year				
8-25-2020 11:32:27	HIBAH ILYAS	Mohd. Ilyas	Sheerin	9013210335	hibah60701@gmail.com	B.El.Ed 2nd year				
8-25-2020 12:00:54	Nikita Singh	Mr sardar mal jat	Mrs laxmi devi	7428045007	choudharynikita898@gmai	Ba program 2 year				
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Supporting Documents for Aerobics workshop- Step Up – Towards Fun Filled Fitness Hours

 **MIRANDA HOUSE**
University of Delhi
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS
introduces


"STEP-UP"
Towards fun filled fitness hours
3-day online
Aerobics Workshop
exclusively by

Ms. ANURADHA NERWAL
Certified trainer in:
Group training & Aerobics training (FITCO, I.G.I.P.E.S.S.)
Diet and Nutrition
YOGA from Patanjali

Date: 26th - 28th October, 2020
Timings: 04:30p.m. - 05:30p.m.
Certificates will be provided to the registered participants
The meeting will take place via Google-meet, the link to which will be provided prior to the session.

For queries contact:
Dr. Amita Rana (Teacher in charge) +91 98118 03652
Dr. Neeru Yadav (Assistant Professor) +91 70119 30862
Visheshta Singh (President) +91 97528 69938
Jahanavi Saini (Vice-president) +91 93540 54496



 **MIRANDA HOUSE**
UNIVERSITY OF DELHI
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
Certificate of Appreciation

This certificate is awarded to _____

of _____

participated in three days Aerobics Workshop – **"STEP UP TOWARDS FUN FILLED FITNESS HOURS"**
conducted online by Department of Physical Education and Sports, Miranda House, University of Delhi
from 26th October 2020 to 28th October 2020.

DR. AMITA RANA
(TEACHER IN-CHARGE)

DR. BIJAYALAXMI NANDA
ACTING PRINCIPAL



Miranda House

UNIVERSITY OF DELHI

8/31/2021

Miranda House Mail - Online Aerobic Workshop 'Step up (towards fun filled fitness hours)'



Amita Rana <amita.rana@mirandahouse.ac.in>

Online Aerobic Workshop 'Step up (towards fun filled fitness hours)'

2 messages

Amita Rana <amita.rana@mirandahouse.ac.in>

24 October 2020 at 21:07

To: Principal Miranda <principal@mirandahouse.ac.in>
Cc: Secretary Miranda <secretary@mirandahouse.ac.in>

Dear Dr. Nanda,
Department of Physical Education is dedicated towards supporting and promoting health through physical activity. Amidst concerns around the covid 19 pandemic, individuals in communities across the country are being encouraged to stay home. Keeping this in mind, department is conducting online aerobic workshop entitled as Step up (towards fun filled fitness hours) to help continue to stay physically active while at home. The workshop will be conducted by Mrs. Anuradha Nermal, Certified aerobic trainer. The dates for the workshop are 26 October to 28 October 2020, 4.30 to 5.30 pm on google meet platform. The workshop will be open for all the miranda house students and certificates will be provided to all the participants.
Submitted for your kind information please.
Thanks and Regards
Dr. Amita Rana
Teacher in Charge
Dept. Of Physical Education

Principal Miranda <principal@mirandahouse.ac.in>

5 November 2020 at 14:39

To: Amita Rana <amita.rana@mirandahouse.ac.in>
Cc: Secretary Miranda <secretary@mirandahouse.ac.in>

wonderful initiative! Permission granted.

Dr. Bijayalaxmi Nanda

Acting Principal
Miranda House
University of Delhi
Delhi 110 007
Phone: +91-11-27666201

Email: principal@mirandahouse.ac.in

bijayalaxmi.nanda@mirandahouse.ac.in

Web: www.mirandahouse.ac.in

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2	10-24-2020 20:18:04	Jahanavi	Ba hons pol. Sci 3rd year	9354054496	Jahanavi.saini@mirandahouse.ac.in		
3	10-24-2020 20:20:32	Janvi gupta	Ba hons political science , 3rd yr	9682338912	janvi3189@gmail.com		
4	10-24-2020 20:20:53	Sonam kumari	B el.ed 2nd year	9971296203	sonamsingha316@gmail.com		
5	10-24-2020 20:21:03	Vandana	BA program 3rd year	7982239809	Vandanakardam1999@gmail.com		
6	10-24-2020 20:21:20	Kanika Malhotra	B el.ed 2nd year	8178759381	kanikamalhotra0126@gmail.com		
7	10-24-2020 20:21:22	Shallu Jaglan	BA Programme 3rd	9773952320	Shallujaglan04@gmail.com		
8	10-24-2020 20:21:56	Shweta	Beled 2 nd year	9911048367	shweta.elem@mirandahouse.ac.in		
9	10-24-2020 20:22:06	Sanya Tyagi	BA Programme , 2nd Year	9315626413	sanyaat295@gmail.com		
10	10-24-2020 20:23:23	Parul kathuria	B a program 3rd year	9958444250	parulkathuria1998@gmail.com		
11	10-24-2020 20:23:43	Akanksha bhardwaj	Ba programme , 2nd year	9821339926	akanksha8447774747@gmail.com		
12	10-24-2020 20:24:16	Muskan Maheshwari	B.Sc. life Science	09354761428	maheshwarimuskan786@gmail.com		
13	10-24-2020 20:25:14	Divya Verma	B el.ed 2nd year	8287586040	divyaverma3103@gmail.com		
14	10-24-2020 20:26:54	Pooja	B. A program' 3rd year	7217749904	Pooja72177@gmail.com		
15	10-24-2020 20:27:33	Monika	2nd year and English Hons.	9306326485	monika2001yadav18@gmail.com		
16	10-24-2020 20:27:34	Chahat	Ba program 3rd year	8826103135	chahat.baprog@mirandahouse.ac.in		
17	10-24-2020 20:28:47	Nicky	B.A Programme, 2nd year	8800184757	nickyathwal@gmail.com		
18	10-24-2020 20:32:20	Akshita saini	Bsc (H) maths 3rd year	9027092787	akshisaini29@gmail.com		
19	10-24-2020 20:33:27	Neha Sheoran	BSc(H) Mathematics 3rd year	7018138217	neha.sheoran@mirandahouse.ac.in		
20	10-24-2020 20:34:25	Mumuksha Mahajan	B A B.A Programme , 2nd year	6280203481	2000moksh@gmail.com		
21	10-24-2020 20:34:30	Kumari Latesh	B Sc(h) Mathematics,3rd year	8755225486	kumari.latesh@mirandahouse.ac.in		
22	10-24-2020 20:40:46	Ria Goel	B A (H) Economics (2)	9354695087	ria.goel@mirandahouse.ac.in		
23	10-24-2020 20:44:27	Shivani	B.A PROGRAMME, 3 YEAR	9871125990	shivani875018@gmail.com		
24	10-24-2020 20:45:26	Priva	BA nnon 3rd year	9582850225	priva.hannon@mirandahouse.ac.in		



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25	10-24-2020 20:49:31	Chaitali Gupta	B EL ED 2nd year	8700590878	Chaitali.gupta@mirandahouse.ac.in		
26	10-24-2020 20:50:19	Prema	B EL ED II year	9540490809	prema.elem@mirandahouse.ac.in		
27	10-24-2020 20:51:02	Areti neha nikhita	Ba programme 3rd year	6300602534	aretineha0907@gmail.com		
28	10-24-2020 20:51:25	Kanak Sharma	BA program 2nd year	7011633854	kanaksharma2410@gmail.com		
29	10-24-2020 20:52:34	Karishma Yadav	Ba program II year	7618653974	karishma.yadav@mirandahouse.ac.in		
30	10-24-2020 21:08:20	Nandita Sharma	B.A. Programme 2nd year	9588965117	Nanditasharma320@gmail.com		
31	10-24-2020 21:10:34	Chhavi	BA Hons 3	9950663579	chhavi.singh@mirandahouse.ac.in		
32	10-24-2020 21:26:55	Riya Sharma	B A Programme	9460974438	riyasharma380196@gmail.com		
33	10-24-2020 21:32:58	Prachi	Ba program 3rd year	9306388292	mailprach27@gmail.com		
34	10-24-2020 21:34:43	Aknti Singh Rathaur	B.A. Hindi(hons), 2019-22	7646018974	akntirathaur.is@gmail.com		
35	10-24-2020 21:53:03	Supriya	2nd year b el ed	9717292479	supriyakumar3399@gmail.com		
36	10-24-2020 21:53:53	Damini	2nd year B.A. HINDI	7289882725	kumandamini824@gmail.com		
37	10-24-2020 21:57:01	Pallavi	Bsc (H) Chemistry 2nd year	+919718325818	iampallaviw@gmail.com		
38	10-24-2020 22:05:18	Hibah Ilyas	B.El.Ed 2nd year	901321035	hibah60701@gmail.com		
39	10-24-2020 22:14:37	Shimpi	VA honours hindi	8587848945	shimpi.31117@gmail.com		
40	10-24-2020 22:22:11	Manuja Hooda	BA Prog 2nd year	8199858084	Hoodamanuja@gmail.com		
41	10-24-2020 22:23:09	Anjala Reddy	2nd year .BA.P	8688259817	anjalarreddy3708@gmail.com		
42	10-24-2020 22:23:09	Vasundhara	Ba english honours (2nd)	8307174311	dalavasundhara149@gmail.com		
43	10-24-2020 22:26:56	Neema	B.A. Hindi (H) / 2year	7409372832	neemabish915@gmail.com		
44	10-24-2020 22:27:59	Ishita deshwal	B.A.P 2nd yr	8755195603	ishitadeshwal3461@gmail.com		
45	10-24-2020 22:32:49	Kriti Singh Sengar	B.A. programme, 2nd	09958692461	kritibssengar@gmail.com		
46	10-24-2020 22:37:01	Medha Chauhan	Bsc (H) Mathematics	9368587383	medhachauhan02@gmail.com		
47	10-24-2020 22:46:44	Noor Mankotia	Ba program, 2nd year	8699002260	noormankotia8@icloud.com		
48	10-24-2020 22:52:34	Mansi Rai	Beled 2nd year	9667580390	raimansi31@gmail.com		
49	10-24-2020 22:58:59	Neha	B.El.Ed. 2nd year	8005927007	N8005927007@GMAIL.COM		
50	10-24-2020 23:04:33	Anushi Agrawal	Bsc life science 3rd year	8447858174	agrawalanu1996@gmail.com		
51	10-24-2020 23:08:32	Akasmika Priyadarsani	Bsc (H) zoology	9040830886	justin.akashmika99@gmail.com		
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	A	B	C	D	E	F	G
1	Timestamp	NAME	COURSE AND YEAR	ITACT NUMBER (WHATS)	EMAIL-ID		
52	10-24-2020 23:50:23	Praknti	B el ed 2nd year	9818133983	praktikumar774@gmail.com		
53	10-25-2020 0:24:37	Avidha Sharma	BA programme 2nd year	9140627185	sharmaavidha4@gmail.com		
54	10-25-2020 0:59:05	Noor Mankotia	Ba program, 2nd year	8699002260	noormankotia8@icloud.com		
55	10-25-2020 5:19:27	Srishti Kasar	BSc(hons) Zoology	76975715488	srshti14kasar@gmail.com		
56	10-25-2020 5:29:45	Krishendu Pillai	BA program 2nd year	9462514528	Krishendu.pillai.926127@gmail.com		
57	10-25-2020 6:46:42	VISHESHTA SINGH	B.A. Programme	9752869938	visheshta.singh@mirandahouse.ac.in		
58	10-25-2020 7:49:34	Navya Yadav	B. A. Prog	08955800681	navayadav1910@gmail.com		
59	10-25-2020 7:53:44	Sharda singh	BA programme CBCS second year	7015424822	shardarekha1111@gmail.com		
60	10-25-2020 8:40:04	Muskaan Rana	BA programme 2 year	9870311104	muskaanrana030@gmail.com		
61	10-25-2020 8:57:07	Vinita Chaudhary	BA (history)hons ,2nd	7827105147	vinitachaudhary800m@gmail.com		
62	10-25-2020 9:05:35	Priyanshi vats	Ba prog And 3re year	9953633590	priyanshi.vats@mirandahouse.ac.in		
63	10-25-2020 9:35:12	Anushka Saraf	B A(H) English / 2nd year	9752840979	anushka.saraf@mirandahouse.ac.in		
64	10-25-2020 14:17:27	Nandini Sharma	BAP second year	9680147321	nandini.sharma@mirandahouse.ac.in		
65	10-25-2020 9:46:25	Mamni Tiwari	B.A.hons. Economics (2nd year)	8178377728	manvitiwari4@gmail.com		
66	10-25-2020 10:07:50	Meet	B.A program , 3rd yr.	9306408950	neetunandalhanda1554@gmail.com		
67	10-25-2020 10:27:20	Adrija Biswas	B A(hons)Geography, 2nd year	08240949901	adrijabiswas58@gmail.com		
68	10-25-2020 10:40:43	Richee paul	BA programme ,2nd year	7702247424	richeepaul39@gmail.com		
69	10-25-2020 11:26:33	Sapna Rawat	Ba (H) philosophy 2nd year	6303320530	sapna.rawat@mirandahouse.ac.in		
70	10-25-2020 11:31:17	Divya Tiwari	2nd year BA programme	9315220227	1101.divyatiwari@gmail.com		
71	10-25-2020 11:42:02	Monika	Ba Programme 2nd year	9728951743	monika.bap@mirandahouse.ac.in		
72	10-25-2020 11:49:21	Pooja Pandey	B. A PROGRAM 3rd year	8076889254	poopajpandey901526@gmail.com		
73	10-25-2020 12:10:24	VIDHI SINGH	BSC. (H) ZOOLOGY (2ND YEAR)	8920189080	singhvidhi20001@gmail.com		
74	10-25-2020 13:09:37	Akansha srivastava	BA PROG. 3rd year	9590394902	Akanshasrivastava558@gmail.com		
75	10-25-2020 13:28:52	Satvika Doodnar	B.A PROGRAMME (2nd Year)	08882082727	satvikadoodnar.08@gmail.com		
76	10-25-2020 18:28:07	Muskaan Saham	Bsc (H) Mathematics	9911419387	muskan.saham@gmail.com		
77	10-25-2020 19:01:09	Tanu Tada	BAP, 2nd yr	9971715143	tanutada1@gmail.com		
78	10-25-2020 19:01:20	Anjan dheer	BA(Hons)Political Science 2nd year	9643455543	Anjandheer@gmail.com		
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1	Timestamp	NAME	COURSE AND YEAR	ITACT NUMBER (WHATS)	EMAIL-ID		
79	10-25-2020 19:04:27	Apoorvi Bajpai	B. A. Program 2nd year	9625332389	apoorvi2102000@gmail.com		
80	10-25-2020 19:13:44	Richa Sharma	B A Programme 2nd year	7428057197	richsharma2032001@gmail.com		
81	10-25-2020 19:16:04	Bhavya Bhalla	Ba Programme 2nd year	7742080630	bhallabhavya6@gmail.com		
82	10-25-2020 19:17:14	Tanu Bharti	BA programme 2 year	7007694896	tamanna0548@gmail.com		
83	10-25-2020 19:17:37	Bharti Jakhar	B.A. Programme	9571782502	bhartijakharvinod@gmail.com		
84	10-25-2020 19:19:57	Priya Singh	BA Programme 3rd year	8210024474	priya.singh@mirandahouse.ac.in		
85	10-25-2020 19:22:34	Laamya Anam	B A Programme, 2nd Year	7291039114	laamya.anam@gmail.com		
86	10-25-2020 19:26:35	Gitika sharma	B.el.ed	7982371125	sharmagitika530@gmail.com		
87	10-25-2020 19:32:01	Harshita	Beled 2 year	+919013001534	goelharshita9@gmail.com		
88	10-25-2020 19:34:14	Gurdeep Kaur	2nd Year B A Programme	6392743476	gurdeepkaur9039@gmail.com		
89	10-25-2020 19:51:21	Vanshika Kaushik	Bsc Life Sciences	7011820640	vanshika.kaushik2000@gmail.com		
90	10-25-2020 20:02:10	Jyoti chaurasia	B.el.ed, 2nd yr	9899077534	jyoti.chaurasia062@gmail.com		
91	10-25-2020 20:03:00	Prarthana Dwivedi	BA programme 3rd year	8802023313	Prarthana412064@gmail.com		
92	10-25-2020 20:12:39	Jaya Yadav	B. El. Ed, 2nd year	9999577211	jaya24yadav@gmail.com		
93	10-25-2020 20:20:01	Kanika Malhotra	B.el.ed 2nd year	8178759381	Kanikamalhotra0126@gmail.com		
94	10-25-2020 20:22:15	Anjali yadav	B.el.ed 2nd year	8368912503	anjali.yadav@mirandahouse.ac.in		
95	10-25-2020 20:24:21	Nancy	Beled 2nd year	9899563789	Nancy.nancy1205@gmail.com		
96	10-25-2020 20:25:17	Kanishka Choudhary	B.el.ed, 2nd year	8368284018	kanishka.choudhary@mirandahouse.ac.in		
97	10-25-2020 20:26:21	Nikita Rajawat	2nd year, BA programme	7728052555	nikitarajawat31@gmail.com		
98	10-25-2020 20:26:42	Neetu	B.el.ed 2nd year	8287633575	neetu.elem@mirandahouse.ac.in		
99	10-25-2020 20:29:36	Ritika Rajora	Beled 2nd year	7838070051	Ritika.Rajora@gmail.com		
100	10-25-2020 20:30:43	Anoushka Pant	Beled 2nd year	08826549090	pantanoushka@gmail.com		
101	10-25-2020 20:31:03	Dipika Jain	B.el.ed 2nd year	7290869980	Dipika.Jain@mirandahouse.ac		
102	10-25-2020 20:31:47	Niral Manju Soy	Beled 2nd year	9773925287	niralmanjusoy@gmail.com		
103	10-25-2020 20:32:27	Bhumika joshi	B.El.Ed 2nd year	9773676826	bhumika.joshi@mirandahouse.ac.in		
104	10-25-2020 20:34:10	Lovika Rawat	B.el.ed 2nd year	8178389168	lovika.rawat@mirandahouse.ac.in		
105	10-25-2020 20:34:29	Rashmita Pradhan	B.El.Ed, (2nd year)	9518052574	rashmitapradhan420@gmail.com		
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	A	B	C	D	E	F	G
1	Timestamp	NAME	COURSE AND YEAR	ITACT NUMBER (WHATS)	EMAIL-ID		
106	10-25-2020 20:35:35	Bhavya	B.el.ed 2nd year	8920535557	bhavya.elem@mirandahouse.ac.in		
107	10-25-2020 20:37:17	Kiran Satyarthi	B.El.Ed, 2nd year	8862453507	kiransatyarthi499@gmail.com		
108	10-25-2020 20:40:15	Vaishali Jain	B.el.ed (2nd Year)	9811125127	vaishalijain2121@gmail.com		
109	10-25-2020 20:41:21	Sanskriti	B.El.Ed 2nd year	8383090399	sanskriti.elem@mirandahouse.ac.in		
110	10-25-2020 20:42:04	Kanak	BELED, 2nd year	9205759545	kanak.elem@mirandahouse.ac.in		
111	10-25-2020 20:50:56	Shagun Singh	B. Sc. (Hons) Botany 2nd year	9080527713	shagun.singh@mirandahouse.ac.in		
112	10-25-2020 20:54:13	Anisha Gupta	B. El. Ed 2nd year	8860005520	Anisha.Gupta@mirandahouse.ac.in		
113	10-25-2020 20:55:32	Khushi	B.el.ed 2nd year	8882644626	khushiamed39786@gmail.com		
114	10-25-2020 20:56:20	Rishita Juneja	B.El.Ed II year	9667262682	Rishita.juneja@mirandahouse.ac.in		
115	10-25-2020 20:58:36	Laaghvi	Ba programme-2nd	7011641607	laaghvi.malhotra@mirandahouse.ac.in		
116	10-25-2020 21:00:48	Chhavi	B.el.ed 2nd year	8053834003	chhavi270102@gmail.com		
117	10-25-2020 21:02:11	Nikita Rajawat	2nd year, BA programme	7728052555	nikitarajawat31@gmail.com		
118	10-25-2020 21:05:49	Mishri Pandey	2nd year BAP	8958265926	shubhamsaven1100@gmail.com		
119	10-25-2020 21:08:10	Anushka Kaushik	B.el.ed 2nd year	09910233082	anushkakaushik18@gmail.com		
120	10-25-2020 21:17:47	Nishtha Saini	B.El.Ed 2nd year	8700730776	nishthasaini06@gmail.com		
121	10-25-2020 21:31:09	Shruti Bhatt	B.el.ed 2nd year	9971669890	Shruti.elem@mirandahouse.ac.in		
122	10-25-2020 21:33:04	Bhavya Bhalla	Ba Programme 2nd year	7742080630	bhallabhavya6@gmail.com		
123	10-25-2020 21:40:03	Mirsha yadav	B.el.ed, 2nd year	8376948352	Mirshayadav@gmail.com		
124	10-25-2020 21:52:25	Khushi Sharma	B.El.Ed 2nd year	9899257043	khushistr@gmail.com		
125	10-25-2020 21:54:23	Medha	BAP 2	7880554380	medha.navya.dwivedi@mirandahouse.ac.in		
126	10-25-2020 21:55:36	Prarthana Dwivedi	BA programme 3rd year	8802023313	Prarthana412064@gmail.com		
127	10-25-2020 21:57:29	Deepika Thakur	BELED, Year 2	8882008945	deepikathakur1201@gmail.com		
128	10-25-2020 22:02:42	Manisha	B.el.ed 2nd year	9315250042	maishasharma77@gmail.com		
129	10-25-2020 22:19:24	Devishi Sharma	Ba programme 2018	09570200952	maldevishisharma64@gmail.com		
130	10-25-2020 22:56:33	Vani Dham	B.El.Ed, 2nd year	8800855715	Vanidham31@gmail.com		
131	10-25-2020 23:32:06	Aarushi Dubey	Bsc physical science with computers, third	9818948605	aarushi.dubey@mirandahouse.ac.in		
132	10-25-2020 23:34:52	Khemarun Yunnam	BA (program) 3rd year	7042079773	khemarun.yunnam@mirandahouse.ac.in		
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	Timestamp	NAME	COURSE AND YEAR	CONTACT NUMBER (WHATSAPP)	EMAIL ID			
134	10-26-2020 8:30:32	Akanksha Anand	Bsc. Life Science 2nd Yr	9560761659	akanksha.anand@mirandahouse.ac.in			
135	10-26-2020 9:04:37	Urvashi	2year BA program	988030069	utvashinehra2508@gmail.com			
136	10-26-2020 9:04:43	Simar	BA programme , 3 year	9911907035	sukh777guglana@gmail.com			
137	10-26-2020 9:32:25	Fiza	B.Sc.(h) Chemistry, 3rd	9729940295	madariza1106@gmail.com			
138	10-26-2020 9:34:20	Sofia Bhardwaj	B.A. program 2nd Year	8800650593	sofaisonline@gmail.com			
139	10-26-2020 9:43:28	Smrity Meena	BA programme 3rd year	7428554105	Smrity.meena@mirandahouse.ac.in			
140	10-26-2020 11:32:03	Deepika	BA peog / 2nd year	7982351139	Deepikananawas@gmail.com			
141	10-26-2020 11:55:26	Manvee Rajput	Ba programme 2nd year	7898170419	raputmanvee@gmail.com			
142	10-26-2020 12:08:23	Jyoti bishnoi	BA program 2nd year	9649820029	Jyoti0782dharma@gmail.com			
143	10-26-2020 12:22:13	Aditi Singh	BA prog, 2nd Year	6392456922	aditi.bap2@mirandahouse.ac.in			
144	10-26-2020 12:58:40	Nisha Yadav	Beled 2nd year	9650844870	nisha1.yadav@mirandahouse.ac.in			
145	10-26-2020 13:01:46	Rashi Pant	B el ed 2 year	9818939370	rashi.pant@mirandahouse.ac.in			
146	10-26-2020 13:03:34	Anchal Xalxo	B el ed (2nd year)	8447441892	anchalxalko2000@gmail.com			
147	10-26-2020 13:03:58	Tanushka	B el ed 2nd year	9634880505	tanushkarohila@gmail.com			
148	10-26-2020 13:04:45	Ritu	B.El.Ed, 2nd Year	7428703412	ritu.kumari@mirandahouse.ac.in			
149	10-26-2020 13:05:09	Muskan	B el ed 2nd year	9910777275	muskan.jaiswal@mirandahouse.ac.in			
150	10-26-2020 13:06:56	Fiza Aftreen	B.El.Ed (2nd year)	9650403224	Fiza.reen@mirandahouse.ac.in			
151	10-26-2020 13:09:33	Jemima A Eldred Battye	B.El.Ed lnd year	8447689856	jemima.elem@mirandahouse.ac.in			
152	10-26-2020 13:13:21	Twinkle Verma	B. El. Ed. 2nd year	8882073364	twinkle.verma@mirandahouse.ac.in			
153	10-26-2020 13:14:31	Kanika sharma	B. El. Ed 2nd year	8389675557	Kanika.sharma@mirandahouse.ac.in			
154	10-26-2020 13:16:44	Shubhangi	B.El.Ed 2nd Year	9967851844	Shubhangi.Kardam@mirandahouse.ac.in			
155	10-26-2020 13:18:06	Sakshi	Beled -2nd year	7982466149	sakshi8942@gmail.com			
156	10-26-2020 13:43:12	Yashika	B.El.Ed 2nd yr	7428564302	yashika310701@gmail.com			
157	10-26-2020 13:59:43	Reema	2nd year b el ed	9718706343	Reema.Kumari@mirandahouse.ac.in			
158	10-26-2020 14:02:38	Reema	2nd year b el ed	9718706343	Reema.Kumari@mirandahouse.ac.in			
159	10-26-2020 14:10:19	Anjan dhir	BA(Hons)Political Science 2nd year	9643455543	Anjandheer@gmail.com			
160	10-26-2020 14:12:49	Reema kumari	Beled, 2 year	9718706343	reema.kumari@mirandahouse.ac.in			

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9752869938
JAHANAVI (VICE-PRESIDENT)
9354054496
NANDINI (GENERAL SECRETARY)
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- Sports Mania will be held on 26 and 27th February. There will be three rounds- a preliminary round, a second round and a final round.
- For the preliminary round you will be added to a whatsapp group.
- Only winners of the preliminary round will be eligible to participate in the next rounds.
- Decision of the judges will be final and binding to all.
- Only individual entries allowed.
- Students from all DU colleges, courses, years & departments are welcomed. A maximum of 10 students can apply for Sports Mania, per college.
- The medium will be online- Google meet/ Zoom, Google forms and Whatsapp.

**LAST DAY TO REGISTER : 25
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RHYTHMIC YOGA
Time : 12:30 PM **DATE: 26 FEBRUARY 2021**


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JAHANAVI (VICE-PRESIDENT)
9354054496
NANDINI (GENERAL SECRETARY)
99680147321



SPONSORED BY : 





**RULES AND
GUIDELINES**

- Rhythmic Yoga will be held on 26th February.
- Only individual entries are allowed. This competition is only for women's category.
- Number of postures performed should be 8-10 of competitor's choice. Time duration of the presentation will be 120-150 seconds.

The competition will be Live. But we encourage you to attach a 120-150 seconds video of you performing the Same Rhythmic Yoga so that if on the day of competition you face any technical issue, we can play that video and it will be considered as your performance for the participation in that case*.

- The JUDGES DRESS CODE .
The dress code is free, meaning each competitor may choose.
- Clothing must be form fitting in order to best perceive movement , posture , and breathe work.
- Decision of the judges will be final and binding to all.
- ONLY DU colleges are allowed to take part in this. Maximum of 10 students can apply for Rhythmic yoga, per college.
- The medium will be online - Google meet / Zoom.
- The last date to register for Rhythmic Yoga is *25th February 11:59 AM.*

 **MIRANDAHOUSESPORTS** **MIRANDAHOUSESP2**



Miranda House UNIVERSITY OF DELHI

MIRANDA HOUSE
University of Delhi

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

PRESENTS

EROBERN'21

Online Sports Fest

Chess

Date : 26th february 2021

Free discount coupons for all the participants

CASH AND OTHER EXCITING PRIZES FOR THE WINNERS

For further queries, contact:

VISHESHTA (PRESIDENT)
9752869938
JAHANAVI (VICE-PRESIDENT)
9354054496
NANDINI (GENERAL SECRETARY)
9680147321

OUR SPONSORS

MIRANDA HOUSE
University of Delhi

RULES AND GUIDELINES

PLATFORM - LICHESS.ORG

TIME : 01:30 PM

All the participants are requested to download the above mentioned app beforehand

□ This will be a Swiss Tournament .

~Only students from DU are allowed to take part in this. Maximum of 10 students can apply for this tournament, per college

~ There will be NO separate categories for men and women

☆ All participants play the same no. of games and can only play each other once.

☆ A win is worth 1 point , a draw a ½ point , and a loss 0 point.

☆ When a player can't be paired during a round , they receive a *bye* which is worth 1 point.

☆ When all the rounds have been played , the tournament will be ended and a winner declared.

Last Date to Register:
25th february 2021 , 11:59 AM

MIRANDAHOUSESPORTS
MIRANDAHOUSESP2

MIRANDA HOUSE
University of Delhi

Department of Physical Education & Sports

PRESENTS

EROBERN 2021

ONLINE SPORTS FEST

AEROBICS

Time : 12:30 PM
Date: 27th February, 2021

CASH AND OTHER EXCITING PRIZES FOR THE WINNERS

Link to register :
<https://forms.gle/f6VsuEzEbWkAsWv8A>

For Further Details:

Visheshta: 9752869938 (President)
 Jahanavi: 9354054496 (Vice-President)
 Nandini: 9680147321 (Secretary)

Free Discount coupons for all the participants

SPONSORED BY :

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University of Delhi

RULES AND GUIDELINES

- Aerobics will be held on 27th Feb. 2021. There will be 1 round only.
- The 4 important criteria for Aerobics exercise are Frequency, Intensity, Time & Type
- ~ All the participants are requested to wear proper sports clothes and shoes for the event.
- ~*The competitions will be held live. But we encourage you to attach a 3-4 mins video of you doing aerobics so that if on the day of competition you face any technical issue, we can play that video and it will be considered as your entry for the participation.
- ▶ Only individual entries allowed.
- ▶ Students from all DU Colleges, courses, years & departments are welcomed. A maximum of 10 students can apply for Aerobics per college.
- ▶ This will only be held for the women category.
- Time duration for each participant is 3-4 minutes. Participants are requested to adhere to the timelimit.
- ▶ The medium will be Online-Google meet/Zoom.

LAST DATE TO REGISTER: 25 FEBRUARY 2021, 11:59 AM

MIRANDAHOUSESPORTS
MIRANDAHOUSESP2



Miranda House

UNIVERSITY OF DELHI



MIRANDA HOUSE
University of Delhi

DEPARTMENT OF PHYSICAL EDUCATION
& SPORTS



EROBERN'2021
Online Sports Fest



ALUMNI INTERACTIVE SESSION

DATE: 26TH FEB' 2021 TIME: 12:30PM

NAME: MS. KITTY KALRA
BATCH YEAR: 1993
COURSE: B.A. (HONS) ECONOMICS
GAME: ATHLETICS

- CELEBRITY FITNESS TRAINER
- RENOWNED PILATE, ZUMBA, AQUAZUMBA, SUSPENSION TRAINING & MORE
- RECIPIENT OF PRESTIGIOUS BHARAT NIRMAN AWARD 2016
- FITNESS ANCHOR HOTSTAR DISNEY, AIRTEL DIGITAL TV'S FITNESS CHANNEL, RED FM, FITNESS STUDIO



NAME: MS. MOQIERISH TAK
BATCH YEAR: 2010
COURSE: B.A. (HONS) MATHEMATICS
GAME: BASKETBALL & NETBALL

- CO-FOUNDER & DIRECTOR, INDIA ASSIST (JULY 2017- PRESENT)
- ASSOC. DIRECTOR, REDWOOD MEDIA (AUG 2015- JULY 2017)



NAME: MS. MEDHA SHRI
BATCH YEAR: 2007
COURSE: B.A. (HONS) ENGLISH
GAME: SWIMMING, SOFTBALL, SHOOTING, ATHLETICS

- CELEBRITY JOURNALIST
- EDITOR-IN-CHIEF OF OS.ME
- WRITES ARTICLES FOR VARIOUS MAGAZINES AND NEWSPAPERS



NAME: MS. SAPNA CHOUDHARY
BATCH YEAR: 2009
COURSE: B.A. (HONS) HISTORY
GAME: SHOOTING

- SELECTED IN INDIAN TEAM FOR 'HUNGARIAN OPEN AIR WEAPONS SHOOTING CHAMPIONSHIP' HELD AT HUNGARY.
- ALL INDIA INTER SCHOOL SHOOTING CHAMPIONSHIP 2003, GOLD MEDALIST
- RANKED 5TH ALL OVER INDIA AMONG INDIAN SHOOTER UNDER JUNIOR WOMEN'S CATEGORY.



For Queries:
Visheshta (President): 9752869938
Jahanavi (Vice-President): 9354054496



MIRANDA HOUSE
University of Delhi

DEPARTMENT OF PHYSICAL EDUCATION
& SPORTS



EROBERN'2021
Online Sports Fest



ALUMNI INTERACTIVE SESSION

DATE: 27TH FEB' 2021 TIME: 03:30PM

NAME: MS. DEEPTI MALIK
BATCH YEAR: 2009
COURSE: B.A. (HONS) POLITICAL SCIENCE
GAME: ATHLETICS

- CHIEF OPERATING OFFICER OF THE NPRTS TEAM
- HEADED MORE THAN 60 PROJECT TEAMS SPECIALIZING IN CONTENT WRITING AND SOCIAL MEDIA ACTIVITIES.
- CREATED CHILD CENTERED LEARNING ENVIRONMENT CHARACTERIZED BY CONSISTENT APPLICATION OF SOUND MENTAL HEALTH.
- KEPT STUDENTS ON-TASK WITH PROACTIVE BEHAVIOUR MODIFICATION AND POSITIVE REINFORCEMENT STRATEGIES.



NAME: MS. SMARIKA KHARI
BATCH YEAR: 2009
COURSE: B.A. (HONS) POLITICAL SCIENCE
GAME: SOFTBALL

- FOUNDER AND CEO OF 'THE NPRTS TEAM'
- WORKED FOR NGOs LIKE PRAYAS, AN ORGANISATION THAT WORKS FOR WELFARE OF CHILDREN IN JUVENILE REHABS.
- SILVER MEDALIST IN MEDIA COURSES AT YWCA



NAME: DR. SAYEMA AHMED
BATCH YEAR: 2008
COURSE: BACHELOR OF ARTS
GAME: ATHLETICS

- ASSISTANT PROFESSOR AT ZAKIR HUSSAIN COLLEGE
- CO-ORDINATOR, DELHI WOMEN FOOTBALL ASSOCIATION
- DIPLOMA IN NUTRITION AND HEALTH EDUCATION
- AIFF 'D' LICENCE COURSE (FOOTBALL)



NAME: MS. MUKTA SATVA
BATCH YEAR: 2009
COURSE: BA(HONS) ECONOMICS
GAME: ATHLETICS

- CHIEF RESEARCHER NOMURA RESEARCH INSTITUTE CONSULTING AND SOLUTIONS INDIA PVT. LTD.
- POST GRADUATE DIPLOMA IN BANKING AND FINANCIAL MANAGEMENT (PGDBFM) FROM NARSEE MONJEE INSTITUTE OF MANAGEMENT STUDIES (NMIMS) (2020)



For Queries
Visheshta (President): 9752869938 Jahanavi (Vice-President): 9354054496



Miranda House

UNIVERSITY OF DELHI



MIRANDA HOUSE
(UNIVERSITY OF DELHI)

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

WELCOMES YOU TO ONLINE SPORTS FEST
EROBERN'21





EVENT : CHESS MEN'S CATEGORY

THIRD POSITION :



YASH DAHIYA
JAIHAR HUSSAIN DELHI COLLEGE

RESULT DECLARATION

SECOND POSITION :



ASHUTOSH PUROHIT
RAMULAS COLLEGE

FIRST POSITION :



MUDIT KASLIWAL
SRCC

EVENT: CHESS WOMEN'S CATEGORY



THIRD POSITION :



PRIYAMVADA MUNJAL
GARGI COLLEGE

SECOND POSITION :



DIKSHA MOOLCHANDANI
MIRANDA HOUSE

FIRST POSITION :



RISHIJA SHRIVAS
P (WOMEN)

EVENT : RHYTHMIC YOGA



THIRD POSITION :



PRATIBHA SINGH
MIRANDA HOUSE

SECOND POSITION :



BABITA
JAIHAR HUSSAIN COLLEGE

FIRST POSITION :



SHIVANI SHARMA
SRCCSW

EVENT : AEROBICS



THIRD POSITION :



RISHITA GANDHI
ABSD COLLEGE

SECOND POSITION :



NIKITA RAJAWAT
MIRANDA HOUSE

FIRST POSITION :



TAROO KAPOOR
GARGI COLLEGE








EVENT: SPORTS MANIA GENERAL CATEGORY





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<p>THIRD POSITION :</p>  <p>TAVISHI BANSAL KIRORIMAL COLLEGE</p>	<p>SECOND POSITION :</p>  <p>ADITI GANDHI MIRANDA HOUSE</p>	<p>FIRST POSITION :</p>  <p>APOORVI BAJPAI MIRANDA HOUSE</p>
<p>EVENT : SPORTS MANIA PWD CATEGORY</p> 	<p>THIRD POSITON :</p>  <p>PREETI MIRANDA HOUSE</p>	<p>SECOND POSITION :</p>  <p>MEHWISH MIRANDA HOUSE</p>
<p>FIRST POSITION :</p>  <p>ANJALI NEGI MIRANDA HOUSE</p>		



Miranda House UNIVERSITY OF DELHI

Supporting Documents for Expert Talk cum Workshop -Walk into the world of Aerobics



MIRANDA HOUSE
University of Delhi
Department of Physical Education & Sports

Invites you to

" WALK INTO THE WORLD OF AEROBICS "

DATE : 4TH MARCH, 2021
TIME : 01:00 PM

With :



DR. REKHA SHARMA

- Certified Gym trainer and Fitness Aerobics Trainer.
- Assistant Professor in Physical education at Hindu Girls College, Sonapat
- Represented University of Delhi in All India Inter University Wrestling Championship .

PLATFORM : ONLINE VIA GOOGLE MEET

REGISTRATION LINK : [HTTPS://FORMS.GLE/6ZRS6GT92BKFUX8](https://forms.gle/6ZRS6GT92BKFUX8)

FOR QUERIES CONTACT :

DR. AMITA RANA (TEACHER-IN-CHARGE)
9511803652
DR. NEERU YADAV (ASSISTANT PROFESSOR)
7011930862

VISHESHTA (PRESIDENT)
7011930862
JAHANAVI (VICE-PRESIDENT)
9354054496

8/31/2021

Miranda House Mail - Workshop on Aerobics- Walk into the World of Aerobics



Amita Rana <amita.rana@mirandahouse.ac.in>

Workshop on Aerobics- Walk into the World of Aerobics

2 messages

Amita Rana <amita.rana@mirandahouse.ac.in>
To: Principal Miranda <principal@mirandahouse.ac.in>

3 March 2021 at 16:35

Dear Dr. Nanda,

The Department of Physical Education is dedicated towards supporting and promoting health through physical activity. Amid concerns around the covid 19 pandemic, individuals in communities across the country are being encouraged to stay home. Keeping this in mind, the department is conducting an online aerobic workshop entitled "Walk into the World of Aerobics" to help continue to stay physically active while at home. The workshop will be conducted by Dr. Rekha Sharma, Assistant Professor and Fitness Expert. The workshop will be conducted on 04.03.2021 at 1:00 pm on google meet platform. The workshop will be open for all the miranda house students. Submitted for your kind information please.

Thanks and Regards
Dr. Amita Rana
Teacher in Charge
Dept. Of Physical Education

--

Dr. Amita Rana
Associate Professor
Dept. of Physical Education
Miranda House
University of Delhi
Ph.No.9811803652



aerobics workshop.jpg
157K

Principal Miranda <principal@mirandahouse.ac.in>
To: Amita Rana <Amita.Rana@mirandahouse.ac.in>

4 March 2021 at 08:12

Thanks

[Quoted text hidden]

Walk into world of aerobics - Excel

neeruyadav1983@gmail.com

Timestamp	Name	Contact No (whatsapp)	Email Id	Course	Year
3-3-2021 16:10:51	Apoorvi Bajpai	9625332399	apoorvi21102000@gmail.com	BA program	2
3-3-2021 16:12:57	Nandita Sharma	9588965117	nanditasharma330@gmail.com	BA Program	2
3-3-2021 16:13:06	Gati Kochar	9425144621	kochargati28@gmail.com	B A programme	1
3-3-2021 16:15:02	Aanchal	7988357515	Aanchaldalal123@gmail.com	BA Programme	1
3-3-2021 16:16:44	Chahat	9896877977	chahatgarhwal391@gmail.com	Ba programme	1
3-3-2021 16:22:41	Supriya	9816368185	supriya.2020.452@mirandahouse.ac.in	BA Programme	1
3-3-2021 16:29:59	Kanika Malhotra	8178759381	Kanikamalhotra0126@gmail.com	B el ed 2nd yr	2
3-3-2021 16:31:30	Yashika	7428564302	yashika310701@gmail.com	B el ed	2
3-3-2021 16:36:03	Nikita	7728052555	nikitarajawat31@gmail.com	BA programme	2
3-3-2021 16:45:11	Muskaan	9870311104	muskaanrana030@gmail.com	BA programme	2
3-3-2021 16:48:04	Muskan Maheshwari	9354761428	maheshwarimuskan786@gmail.com	B.Sc. Life Science	2
3-3-2021 16:49:21	Neha Bharti	7667451191	nehabharti513@gmail.com	Ba program	1
3-3-2021 16:49:55	Sharda Singh	7015424822	shardarekha1111@gmail.com	BA programme CBCS	2
3-3-2021 16:50:47	Anvita Pattanaik	8114381298	anvita.pattanaik@gmail.com	BA programme	1
3-3-2021 16:53:06	Laanya Anam	7291039114	laanya.anam@gmail.com	B.A. Programme	2
3-3-2021 17:03:44	Mansi rai	9667580390	raimansi31@gmail.com	Beled	2
3-3-2021 17:06:34	Bhavya Pari	7070598641	bhavya.2020.917@mirandahouse.ac.in	Ba programme	1
3-3-2021 17:08:18	Tanisha	7082462515	tanishathur7@gmail.com	BA PROG(physical educati	1
3-3-2021 17:12:18	Shubhangi	9355339124	shubhangisharma2628@gmail.com	B A Programme	1
3-3-2021 17:21:55	Nicky	8800184757	nickylathwal@gmail.com	B A Programme	2
3-3-2021 17:32:17	Jnanita Asapu	6303267595	jnanita.asapu@gmail.com	B A prog	1
3-3-2021 17:34:47	Reshu Singh	7080808615	singhreshu2@gmail.com	BAP POLITICAL SCIENCE	1
3-3-2021 18:18:47	Nisha	8005927007	n8005927007@nmail.com	R.El.Ed	2

walk into world of aerobics

Ready Accessibility: Good to go

80%

17:54 08-02-2022



Miranda House UNIVERSITY OF DELHI

Walk into world of aerobics - Excel							neeruyadav1983@gmail.com		
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1	Timestamp	Name	Contact No (whats app)	Email Id	Course	Year			
25	3-3-2021 19:08:05	Akansha srivastava	9599394902	Akanshasrivastava181@gmail.com	Ba prog	3			
26	3-3-2021 19:08:33	Neema	7409732832	neemabisht915@gmail.com	BA (H) Hindi	2			
27	3-3-2021 19:42:49	Ankita Shekhawat	9079172734	ankita.2020.1825@mirandahouse.ac.in	Bsc. Maths (Hons)	1			
28	3-3-2021 19:42:50	Jyoti bishnoi	9649820029	Jyoti782dharma@gmail.com	BA program	3			
29	3-3-2021 19:42:55	Jeena	8929788029	jeena16july@gmail.com	BA Eco Hons	3			
30	3-3-2021 19:43:08	Prarthna Bhattacharya	7389055998	prarthnabhattacharya.05@gmail.com	Ba prog. (Economics +poli	1			
31	3-3-2021 19:44:19	Prachi	9306388292	mailkprachi27@gmail.com	BA program	3			
32	3-3-2021 19:44:23	Anushka Saraf	9752640979	saraf.anushka.100@gmail.com	BA(H) English	2			
33	3-3-2021 19:44:48	Bhavya Bhatia	7742080630	bhallabhavya6@gmail.com	BA Programme	2			
34	3-3-2021 19:45:35	Vanshika Yadav	6390289518	vanshikayadav5802@gmail.com	Bsc Mathematics Hons	1			
35	3-3-2021 19:46:07	Sanya Tyagi	9315626413	sanyaat295@gmail.com	BA programme	2			
36	3-3-2021 19:48:34	Kanika Chaudhary	8950500877	kanikachaudhary004@gmail.com	BA programmes (physical	1			
37	3-3-2021 19:50:28	Rekha Kumari	9462344372	bajiyarekha2002@gmail.com	B A Programme	1			
38	3-3-2021 19:53:10	Siya	8278695408	siya.2020.1822@mirandahouse.ac.in	B A History Honours	1			
39	3-3-2021 19:57:35	Sakshi Gupta	9680335417	guptasakshi1405@gmail.com	BA Programme	1			
40	3-3-2021 20:00:06	Hritika Sharma	8541984317	hritikasharma999@gmail.com	B A Programme	1			
41	3-3-2021 20:01:38	Vanshika Kaushik	7011820640	vanshika.kaushik2000@gmail.com	Bsc Life Sciences	3			
42	3-3-2021 20:05:01	Noor Mankotia	8899002260	noormankotia8@yahoo.com	Ba program	2			
43	3-3-2021 20:09:08	Shambhavi Singh	9896597793	shambhavi9896@gmail.com	Ba program	2			
44	3-3-2021 20:11:14	Nipunika Gupta	8171123530	ngupta0595@gmail.com	Ba programme	1			
45	3-3-2021 20:14:33	Swati Chaudhary	7930406061	chaudharyswati030@gmail.com	ba programming(history+pl	1			
46	3-3-2021 20:20:12	Aayushi	8810642219	Aayushikandari@gmail.com	BAP	1			
47	3-3-2021 20:21:08	Khushi Bisht	6397662629	khushibisht003@gmail.com	Ba program	1			
48	3-3-2021 20:29:36	Nikita	7728052555	nikitarajawat31@gmail.com	BA programme	2			
49	3-3-2021 20:29:58	Anjali	7027331184	84anjaliyadav@gmail.com	B A P	1			
50	3-3-2021 20:32:53	Neelam Choudhary	9509596622	neelam.2020.1235@mirandahouse.ac.in	Geography+ history	1			
51	3-3-2021 20:33:37	Satvika Doorwar	8882082727	satvika.doorwar@mirandahouse.ac.in	B A PROGRAMME	2			
walk into world of aerobics									
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neeruyadav1983@gmail.com									
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1	Timestamp	Name	Contact No (whats app)	Email Id	Course	Year			
51	3-3-2021 20:33:37	Satvika Doorwar	8882082727	satvika.doorwar@mirandahouse.ac.in	B A PROGRAMME	2			
52	3-3-2021 20:46:34	Divya Tiwari	9315220227	1101.divyatiwari@gmail.com	BA programme	2			
53	3-3-2021 21:30:05	Shreya Rani	7280078571	shreya.2020.1799@mirandahouse.ac.in	BA English (Hons)	1			
54	3-3-2021 21:47:54	Noor Mankotia	8899002260	noormankotia8@yahoo.com	Ba program	2			
55	3-3-2021 21:56:33	Bhagya Sowmya Thota	9121700843	bhagya.2020.619@mirandahouse.ac.in	Philosophy and physical ec	1			
56	3-3-2021 22:02:40	PRIYA SINGH	8210024474	priya.singh@mirandahouse.ac.in	BA programme	2			
57	3-3-2021 22:11:42	Kareena	7011038033	Kareenapachvaniya420@gmail.com	Ba programme	1			
58	3-3-2021 22:31:07	Supriya	9717292479	supriyakumari3399@gmail.com	B.el.ed	2			
59	3-3-2021 23:08:15	Poorva	9910201683	poorva.polsc@mirandahouse.ac.in	Pol sci hons	3			
60	3-4-2021 0:36:14	Rinku Choudhary	7976585767	rinkuchoudhary5621@gmail.com	BA PROGRAM	1			
61	3-4-2021 0:38:24	Osheen Singh	7905291959	osheen.2020.819@mirandahouse.ac.in	BA Programme (Philosoph	1			
62	3-4-2021 0:46:56	Tanu Bharti	7007694896	tanu.bharti@mirandahouse.ac.in	Ba programme	2			
63	3-4-2021 2:00:47	Anagha Sheju	8224048093	anaghashaju08@gmail.com	B A programme	1			
64	3-4-2021 6:50:03	Manvee Rajput	78981 70419	rajputmanvee@gmail.com	Ba programme	2			
65	3-4-2021 8:19:43	Nikita	7728052555	nikitarajawat31@gmail.com	Ba programme	2			
66	3-4-2021 8:36:04	Priyanshi vats	9953633590	priyanshivats80@gmail.com	Ba.(prog)	3			
67	3-4-2021 8:36:54	Bhavya Bhalla	7742080630	bhallabhavya6@gmail.com	BA Programme	2			
68	3-4-2021 8:55:23	Samanka	8818048616	Smarika5656@gmail.com	Ba program (history+politic	1			
69	3-4-2021 9:04:39	Lovely	7006512542	lovelytanjuria123@gmail.com	BA PROG	2			
70	3-4-2021 9:33:37	Tanisha	7082462515	tanishatushir7@gmail.com	BA PROG(physical educati	1			
71	3-4-2021 9:49:53	Divyaanshi Upadhyay	8006050666	divyaanshi.2020.973@mirandahouse.ac.in	Ba program	1			
72	3-4-2021 9:52:31	Pooja Shah	9811965861	poojashah6130@gmail.com	B A PROG	2			
73	3-4-2021 10:34:01	Chanchal	9310446797	Chanchal.2020.897@mirandahouse.ac.in	Ba programme	1			
74	3-4-2021 10:41:23	Srishti Kasar	7697575488	srishti14kasar@gmail.com	B.sc (Hons) Zoology	2			
75	3-4-2021 11:15:34	KAJAL DHARI VJAL KANU	7016681044	vijalchadharan1006@gmail.com	BA PROGRAMME	1			
76	3-4-2021 11:57:30	Kinzong Doma Bhutia	7602555944	bhutiadomakinzong17@gmail.com	Ba(H) Geography	2			
77									
walk into world of aerobics									
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Miranda House

UNIVERSITY OF DELHI

International Yoga Day (Responses) - Excel							
neeruyadav1983@gmail.com							
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Timestamp	Email Address	Name	Course	College	Which organisation do you belong to?	Which event would you like to register for?	
6-17-2021 21:24:33	udupi.2020.1289@mirandahouse.ac.in	Niranjana Rau	BA(hons) Economics	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:25:03	anisetiyya11@gmail.com	Ria	BA Programme	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:31:11	tayyeba.2020.1040@mirandahouse.ac.in	Tayyeba Ghayas	BAP 1ST YEAR	Miranda house	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:34:08	khushi.sahu@mirandahouse.ac.in	Khushi Sahu	Bsc physical science	Miranda House	National Service Scheme, Miranda House	Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:35:14	pahal3803@gmail.com	Pahal Verma	BA Hons. Political Science	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:35:20	apoorva.2020.1041@mirandahouse.ac.in	Apoorva Singh	BAP (Economics and Maths)	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:36:01	shivhareurvashi036@gmail.com	Unvashi shivhare	Sanskrit hons	Miranda house	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:38:28	vgadewi333@gmail.com	Vagdevi	Ba program	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:39:44	poorjabeniwal0100@gmail.com	Pooja Beniwal	BSc mathematics hons	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:41:37	deeptri.rohilla@mirandahouse.ac.in	Deeptri Rohilla	BA geography hons	Mirabda House	Faculty/ Student at Miranda House	Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:43:27	sbsatishan@gmail.com	Sakshi	Bsc honors chemistry	Miranda house	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:54:14	priya.singh@mirandahouse.ac.in	Priya Singh	BA programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:55:28	vanishika.2020.782@mirandahouse.ac.in	Vanishika	BA Economics Honours	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 21:55:36	avani.2020.326@mirandahouse.ac.in	Avani Jayakumar	Ba Economics honours	Miranda house	Faculty/ Student at Miranda House	Online Poster Making Competition on 'Finding Balance through Yoga'	
6-17-2021 22:00:00	bhsahu2604@gmail.com	Bhawana Sahu	LSR		Faculty/ Student outside Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:05:22	vasundhara310102@gmail.com	Vasundhara Singh	Ba programme	Miranda House	Faculty/ Student at Miranda House	Winning Weekends: 20-20 formula	
6-17-2021 22:06:53	prateeksha.2020.329@mirandahouse.ac.in	Prateeksha	Bsc(h) botany	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:09:24	Nisha97166@gmail.com	NISHA VERMA	HINDI HONOURS	Miranda house college	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:10:16	neelamp324@gmail.com	Neelam	Ba Hons hindi	Miranda House	National Cadet Corps, Miranda House	Online Poster Making Competition on 'Finding Balance through Yoga'	
6-17-2021 22:19:12	anushagupta2001@gmail.com	Anusha gupta	BA programme	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:24:54	saloni.goyal003@gmail.com	Saloni goyal	BAP (Geography+History)	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:26:19	Kanshika.2020.267@mirandahouse.ac.in	Kanshika purchit	BA programme	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:29:23	neatibha.singh@gmail.com	Neatibha Singh	Ba programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
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Timestamp	Email Address	Name	Course	College	Which organisation do you belong to?	Which event would you like to register for?	
6-17-2021 22:33:26	supriyayana@gmail.com	Supriya	BA Programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:44:02	sanya161601@gmail.com	Sanya Khandelwal	Bachelors of management	Keshav Mahavidyalaya	Faculty/ Student outside Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 22:47:27	ayushisatya01@gmail.com	Ayushi Sahay	Miranda house	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-17-2021 23:56:14	anushrijain85@gmail.com	Anushri Jain	Bap 2nd year	Miranda house	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 00:05:01	srishitasonavane@gmail.com	Srishi Sonavane	BA (Honours) Political Science	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 1:07:42	shreyansha.2020.1168@mirandahouse.ac.in	Shreyansha Ghosh	BA English Honours, first yr	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 2:03:53	malhotrakasvi@gmail.com	Kasvi Malhotra	Bachelors in Elementary Education	Amity University, Noida	Faculty/ Student outside Miranda House	Online Poster Making Competition on 'Finding Balance through Yoga'	
6-18-2021 6:41:56	ksruti989@gmail.com	Sruti	Ba programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 8:10:34	AISHWARYA.2020.1051@mirandahouse.ac.in	Aishwarya Jaiswal	BSc mathematics honours	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 8:14:03	nitesh2622003@gmail.com	NITESH KUMARI	BAP	MIRANDA HOUSE	National Cadet Corps, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 10:06:30	snehaboruah2468@gmail.com	Sneha Boruah	BA Programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 10:20:36	smayusmitha35@gmail.com	Smayitha Vaddani	BA programme	Miranda House	Faculty/ Student at Miranda House	Winning Weekends: 20-20 formula	
6-18-2021 10:31:56	221206priyasingh@gmail.com	Priya Singh	Bsc Physical Science with	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:00 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 11:07:45	silkyjain@gmail.com	Silky Jain	BA Programme	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 11:49:43	yashika.2020.1083@mirandahouse.ac.in	Yashika Grover	BAP	Miranda house	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 13:31:39	janita.asapu@gmail.com	Janita Asapu	Ba programme	Miranda House	Department of Physical Education, Miranda House	Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 14:31:33	shruti.2020.1359@mirandahouse.ac.in	Shruti Sharma	BA programme	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 16:12:12	badali.tiwari@mirandahouse.ac.in	Badali Tiwari	BA(h) geography	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 17:05:42	arzoogodara143@gmail.com	Arzo	Geography honors (1st year)	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-18-2021 20:05:04	isha.2020.772@mirandahouse.ac.in	Isha Tripathi	Hindi hons	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 7:38:49	surya.2020.292@mirandahouse.ac.in	Surya K K	BAP	MIRANDA HOUSE	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 8:32:59	ishanishasann@gmail.com	Neha Kumari	BA program physical education	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 8:51:13	apoonv21102000@gmail.com	Apoorvi Bajpai	BA programme	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 8:54:11	manvi.2020.1824@mirandahouse.ac.in	Manvi Singh	BA programme	Miranda House3	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 9:06:14	singhresh2@gmail.com	Reshu Singh	Ba programme	Miranda house, DU	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 9:36:20	bagyatsingh852710@gmail.com	Manvi Panwar	Ba prog	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
6-19-2021 11:49:36	Nanditasharma320@gmail.com	Nandita Sharma	BA Programme	Miranda House College	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming Qualities of Body and Mind through Yoga'	
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Miranda House

UNIVERSITY OF DELHI

International Yoga Day (Responses) - Excel

neeruyadav1983@gmail.com

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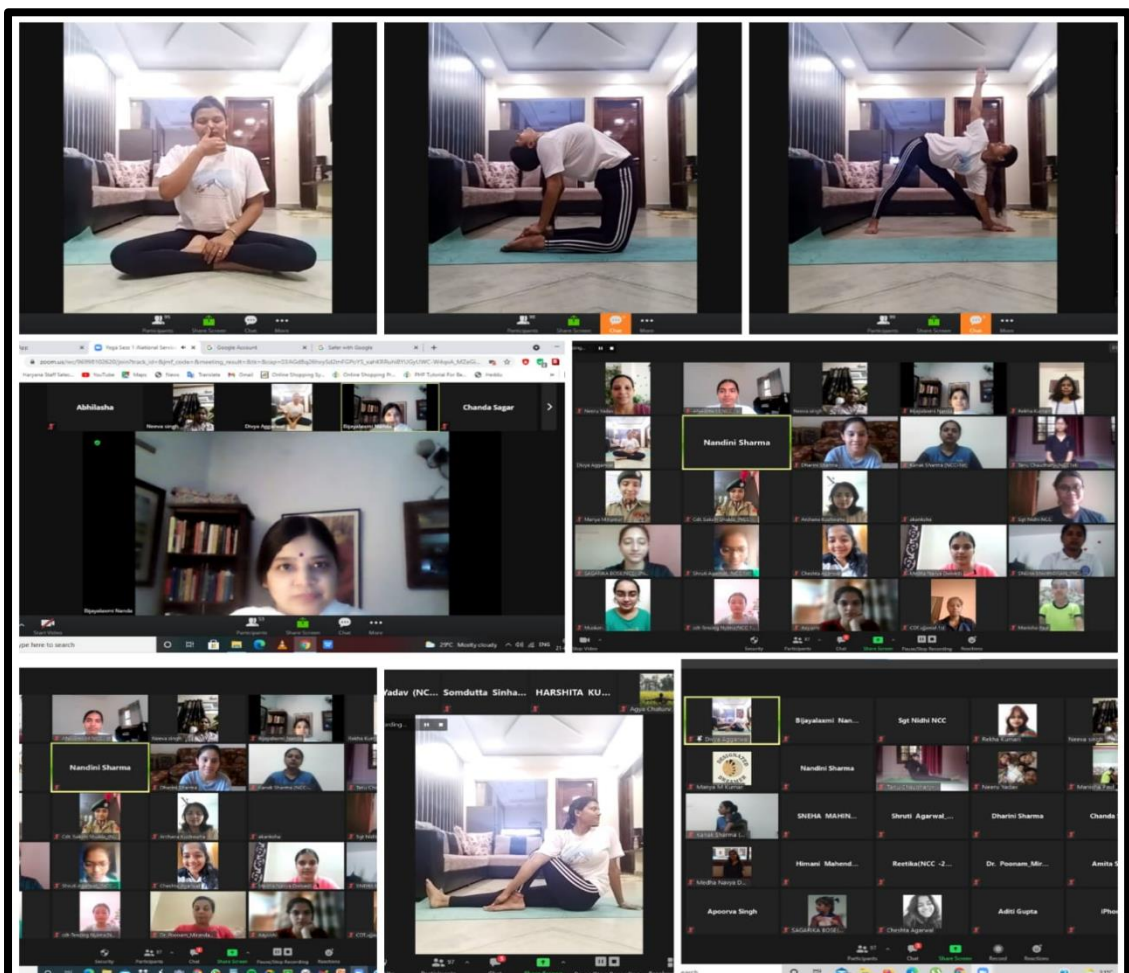
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1	Timestamp	Email Address	Name	Course	College	Which organisation do you belong to?	Which event would you like to register for?		
53	6-19-2021 12:21:17	guptasakshi1405@gmail.com	Sakshi Gupta	BA Programme	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am		
54	6-19-2021 12:21:54	guptasakshi1405@gmail.com	Sakshi Gupta	BA Programme	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am		
55	6-19-2021 12:35:05	shrutiagarwal13052003@gmail.com	Shruti Agarwal	B.A. Hindi(H)	Miranda House College	National Cadet Corps, Miranda House	Online Poster Making Competition on 'Finding Balance through Yoga'		
56	6-19-2021 14:29:25	chahat.kaushal@mirandahouse.ac.in	Chahat Kaushal	B.sc Hons. Botany	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
57	6-19-2021 14:48:55	kauprabhneet16@gmail.com	Prabhneet Kaur	Ba programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
58	6-19-2021 16:49:07	satvika.doorwar@mirandahouse.ac.in	Satvika Doorwar	BA PROGRAMME	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
59	6-19-2021 17:29:10	archita.2020.606@mirandahouse.ac.in	Archita Tyagi	BA PROGRAMME (HSTC	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
60	6-19-2021 18:41:02	charul.2020.763@mirandahouse.ac.in	Charul	BSc Hons Mathematics	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
61	6-19-2021 19:19:41	agya.2020.141@mirandahouse.ac.in	Agya Chaturvedi	B.A. Hons. Political Science	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
62	6-19-2021 20:16:09	harshita.2020.202@mirandahouse.ac.in	Harshita KUMARI	BA Hons political science	MIRANDA HOUSE	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
63	6-19-2021 21:02:36	deeksha.2020.1334@mirandahouse.ac.in	Deeksha	B.Sc Mathematics Honours	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
64	6-19-2021 21:32:11	aanchal.dalal123@gmail.com	Aanchal	BA Programme	Miranda House	Department of Physical Education, Miranda House	Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
65	6-19-2021 22:32:48	sak9142123@gmail.com	Sakshi Shukla	BA Programme	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
66	6-19-2021 22:33:40	aditi.2020.838@mirandahouse.ac.in	Aditi Gupta	B.A. (Hons.) Economics	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
67	6-19-2021 22:46:35	akanksha.bhardwaj@mirandahouse.ac.in	Akanksha bhardwaj	Ba programme (english+ec)	Miranda house	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
68	6-20-2021 0:02:41	srishti.kasar@mirandahouse.ac.in	Srishti Kasar	B.Sc hons Zoology	Miranda house	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
69	6-20-2021 8:47:49	prenamirag@gmail.com	Prema	Ba program	aditi mahavidyalaya college	Faculty/ Student outside Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
70	6-20-2021 12:58:34	akriti.singh.rathaur@mirandahouse.ac.in	Akriti Singh Rathaur	Hindi Hons	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am		
71	6-20-2021 13:22:11	1101.diyaliwani@gmail.com	Diya Tiwari	Ba programme	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am		
72	6-20-2021 15:49:23	harshita.2020.1761@mirandahouse.ac.in	Harshita Singh Rathore	B.A. in English Hons	Miranda House	National Service Scheme, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
73	6-20-2021 20:26:05	isha.2020.772@mirandahouse.ac.in	Isha	Ba programme 2nd year	Miranda house	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
74	6-20-2021 22:59:31	richeepaul39@gmail.com	Richee paul	Ba programme	Miranda house	Department of Physical Education, Miranda House	Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
75	6-20-2021 23:21:33	sanyaat295@gmail.com	Sanya Tyagi	Ba Programme	Miranda House	Department of Physical Education, Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
76	6-21-2021 1:33:24	judiciousunshine@gmail.com	Siddhi Joshi	Bap	Miranda House	Faculty/ Student at Miranda House	Therapeutic Yoga Session on 21st June at 8:30 am, Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		
77	6-21-2021 7:33:35	pk.bhatiicil@gmail.com	Tanu bhati	Ba programme	Miranda House	Faculty/ Student at Miranda House	Webinar on 'Overcoming dualities of body and mind through Yoga' on 2		

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Miranda House UNIVERSITY OF DELHI

Part A.2

Awards and recognition received at State/ National Level

<p>Pooja, B.A. Program-III Year</p> <p>-Participated in 36th Junior National Athletics Championship held at Guwahati (Assam) from 6th to 10 February 2021.(3000 mts.)</p> <p>-Gold medal in 80th Delhi State Athletics Championship from 14th to 22nd January 2021 (5000 mts.)</p>	 <p>36TH NJAC-2021 358 ADLF105365</p> <p>ATHLETICS FEDERATION OF INDIA</p>  <p>DELHI ATHLETICS ASSOCIATION</p> <p>MERIT CERTIFICATE</p> <p>This is to certify that <u>Pooja</u> Son/Daughter of <u>Sh. Narendar Kumar</u> Representing <u>Miranda House</u> Secured <u>1st</u> place in <u>5000m</u> in the age group of <u>Girls - 20</u> 80TH DELHI STATE ANNUAL ATHLETICS CHAMPIONSHIPS Org. by Delhi Athletics Association at J.L.N. STADIUM, New Delhi 14th & 22nd January 2021 With a Performance of: <u>19:41.75 mts</u> Date of Birth given by him / her is <u>30th May 2001</u> R. Sunny Joshua President, DAA Sandeep Mehta Secretary, DAA</p>
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Miranda House UNIVERSITY OF DELHI

-Gold medal in Jr. Delhi State Athletics Championship from 5th to 6th October 2020 (5000 mts)

DELHI ATHLETICS ASSOCIATION

MERIT CERTIFICATE

This is to certify that Pooja
Son/Daughter of Narinder S Kumar
Representing MHC
Secured 1st place in 5000m in
the age group of U-20 Girls in

**JUNIOR DELHI STATE
ATHLETICS CHAMPIONSHIPS**

Org. by Delhi Athletics Association at Jawahar Lal Nehru Stadium, New Delhi
From 5th & 6th October, 2019

Performance: 19:15.54 sec.
Date of Birth given by him / her is 30/05/2001

R. Sunny Joshua
R. Sunny Joshua
President, DAA

Sandeep Mehta
Sandeep Mehta
Secretary, DAA

Certificate is only valid if the original Date of Birth Certificate matches with the Date of Birth mentioned on this Certificate.

-Silver medal in 80th Delhi State Athletics Championship from 14th to 22nd January 2021 (3000 mts.)

DELHI ATHLETICS ASSOCIATION

MERIT CERTIFICATE

This is to certify that Pooja
Son/Daughter of Sh. Narinder Kumar
Representing Miranda House
Secured Second place in 3000m in
the age group of Girls - 20 in

**80TH DELHI STATE ANNUAL
ATHLETICS CHAMPIONSHIPS**

Org. by Delhi Athletics Association at J.L.N. STADIUM, New Delhi
14th & 22nd January 2021

With a Performance of: 11:17.01 mts
Date of Birth given by him / her is 30th May 2001

R. Sunny Joshua
R. Sunny Joshua
President, DAA

Sandeep Mehta
Sandeep Mehta
Secretary, DAA

Certificate is only valid if the original Date of Birth Certificate matches with the Date of Birth mentioned on this Certificate.



Miranda House UNIVERSITY OF DELHI

-I Position in Delhi State Cross Country Championship held on 17th January 2021 (Cross Country)

DELHI ATHLETICS ASSOCIATION
A-124 B 105365

MERIT CERTIFICATE

This is to certify that Pooja
Son/Daughter of Sh. Navendar Kumar
Representing Miranda House
Secured First place in 6 km
Performance 25:26.38 in the age group of Girls-20

IN DELHI STATE CROSS COUNTRY CHAMPIONSHIPS

Held at JLN Stadium
on: 17th January 2021 Date of Birth 30th May 2001

R. Sunny Joshua
President, DAA

Sandeep Mehra
Secretary, DAA

Certificate is only valid if the original Date of Birth Certificate matches with the Date of Birth mentioned on this Certificate.

Prarthana Bhattacharya, B.A.
Program- I Year

-Gold medal in Chhattisgarh XVII Chhattisgarh State Athletics Championship held at Raipur, Chhattisgarh from 11th- 13th December 2020 (100 mts. & 200 mts.)

CHHATTISGARH ATHLETICS ASSOCIATION
XVII Chhattisgarh Athletics Championships 2020

CERTIFICATE OF MERIT

This is to certify that Sri/Smt./Ms. Prarthana Bhattacharya
Son/Do. of Shri Sudip Bhattacharya
representing Surat secured 1st
position in 100 mts Run with a performance of 28.94
in the age group of Girls-20 in the XVII Chhattisgarh Athletics Championships held at Suarni Vivekananda Stadium Raipur held from 11th Dec 2020 to 13th Dec 2020
Date of Birth given by the athlete is 22/01/2002

O.S. Sonburo President
Ravishankar Dhangar Organizing Secretary
Chhattisgarh Athletics Association XVII Chhattisgarh Athletics Championship Chhattisgarh Athletics Association

CHHATTISGARH ATHLETICS ASSOCIATION
XVII Chhattisgarh Athletics Championships 2020

CERTIFICATE OF MERIT

This is to certify that Sri/Smt./Ms. Prarthana Bhattacharya
Son/Do. of Shri Sudip Bhattacharya
representing Surat secured 1st
position in 100 mts Run with a performance of 28.94
in the age group of Girls-20 in the XVII Chhattisgarh Athletics Championships held at Suarni Vivekananda Stadium Raipur held from 11th Dec 2020 to 13th Dec 2020
Date of Birth given by the athlete is 22/01/2002

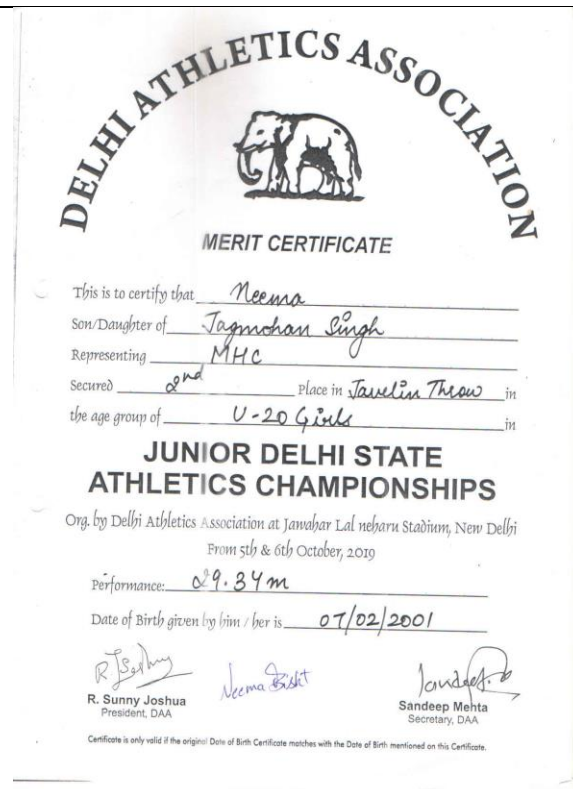
O.S. Sonburo President
Ravishankar Dhangar Organizing Secretary
Chhattisgarh Athletics Association XVII Chhattisgarh Athletics Championship Chhattisgarh Athletics Association



Miranda House UNIVERSITY OF DELHI

Neema, B.A. (H.) Hindi -II Year

-Gold medal in Jr. Delhi State Athletics Championship held from 5th to 6th October 2020 (5000 mts)



Manvi Singh, B.A. Program- I Year

Indoor Archery Worldwide Competition (All India Rank -1; World Rank; 42), held online.





Miranda House UNIVERSITY OF DELHI

Participated in 1st National Field Archery Online E- Championship, held online 2nd -3rd January 2021



Vanshika Yadav, B.Sc. (H.) Maths-I Year

Participated in UTT 82nd Senior Table Tennis National Championship held at Panchkula, Haryana from 14th to 23rd February 2021.





Miranda House UNIVERSITY OF DELHI

Silver medal in Uttarakhand State Table Tennis Championship held at Dehradun, Uttarakhand from 8th to 10th January 2021.(Youth Girls Category)



Gold medal in Uttarakhand State Table Tennis Championship held at Dehradun, Uttarakhand from 8th to 10th January 2021. (Women Category)



Visheshta Singh, B.A. Program-III Year

-2 Gold Medals in All India Open Rollar Skating Championship held at Chandigarh, 28th January 2021.





Miranda House

UNIVERSITY OF DELHI

Part A.3

Awards/medals for outstanding performance in sports organised by the institution/other institutions

Achievements in Erobern – sports fest organised by Department of Physical Education and Sports, Miranda House, University of Delhi w.e.f. 26th to 27th February 2020

Nikita Rajawat, B.A. Program II
II Position in Aerobics

Diksha Moolchandani, B.A.(H.)
Eco I
II Position in Chess

Pratibha Singh, B.A. Program I
III Position in Rhythmic Yoga


Apoorvi Bajpai, B.A. Program II
I Position in Sports Mania
(General)

Aditi Gandhi, B.A.(H.) Eco I
II Position in Sports Mania
(General)

Preeti, B.A. Program I
I Position in Sports Mania (PWD)

Mehvish, B.A. Program I
II Position in Sports Mania (PWD)

Anjali Negi, B.A. Program I
III Position in Sports Mania
(PWD)




MIRANDA HOUSE
मिरांडा हाऊस

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

Results of Miranda House Students in EROBERN- Sports Fest 2020-21
Dates of the Event: 26th -27th February 2021

Sports/ Event	Category	Position	Name of the Student	Course
Aerobics	Individual	II	Nikita Rajawat	B.A. Program II
Chess	Individual	II	Diksha Moolchandani	B.A.(H.) Eco I
Rhythmic Yoga	Individual	III	Pratibha Singh	B.A. Program I
Sports Mania	Individual (General)	I	Apoorvi Bajpai	B.A. Program II
		II	Aditi Gandhi	B.A.(H.) Eco I
Sports Mania	Individual (PWD)	I	Preeti	B.A. Program I
		II	Mehvish	B.A. Program I
		III	Anjali Negi	B.A. Program I


Dr. Amita Rana
Teacher In Charge
Dept. of Phy. Edu & Sports Sc.

MIRANDA HOUSE UNIVERSITY OF DELHI-110007 मिरांडा हाऊस, दिल्ली विश्वविद्यालय, दिल्ली- 110007
Phone: 91-11-27662193, 91-11-27667367 website: www.mirandahouse.ac.in




Miranda House

UNIVERSITY OF DELHI

A.4

Scholarships Received by the Students

Reetika (Taekwondo) received cash incentive of ₹10000 from Delhi government for winning III position in National karate championship	<p style="text-align: center;">MIRANDA HOUSE University of Delhi</p> <p style="text-align: center;"><u>DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES</u></p> <p>Month & Year : 2020-21</p> <p>Name of the Student : Reetika</p> <p>Course and Semester : B.Sc(H) Chemistry - IInd YEAR</p> <p>Game/ Sport : KARATE</p> <p>Performance : 3rd Position in National Karate Championship</p> <p>Amount of Scholarship received: ₹10000</p> <p>Sponsored agency : Cash Incentives from Directorate of Education, Sports Branch</p> <p> (Signature)</p>
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