Miranda House
UNIVERSITY OF DELHI

Society Annual Report
Society Activities

Society: Department of Physical Education and Sports

Year: 2021-22

Student Office Bearers: Nandini Sharma (President)
Chestha Aggarwal (Vice President)
Dharini Sharma (General Secretary)
Muskan Dhama (Joint Secretary)
Jnanita Asapu (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)
International Olympics Day Online Quiz	23rd June 2021 and 24th June, 2021	250	Department of Physical Education and Sports
Burn it with Bhavna- Online Zumba session	07th July, 2021	45	Bhavna, Zumba Instructor
Fit together- Online Fitness Challenge	06th August to 11th August, 2021	20	Department of Physical Education and Sports
Azadi ka Amrut Mahotsav- Fitness ka Doze Adha Ghanta Roz	14th August, 2021	100	Department of Physical Education and Sports
Tokyo Olympics Quiz	27th August 2021	296	Department of Physical Education and Sports
Frolic- Quiz on National Sports Day	29th August, 2021	25	Department of Physical Education and Sports
Certificate Course in Foundation of Yog	31st August, 2021 to 25th September 2021	81	Ms. Kiran Sharma, Yoga Expert
Expert Talk on Fitness Mantra and Success Mantra	08th October 2021	81	*Dr. Sunita Godara*, Asian Marathon Champion 1992 and Fitness Coach

Expert Talk on Women's Health Expert	15th November 2021	45	*Prof. Sushma Ghildyal,* Department of Physical Education, Banaras Hindu University
75 Crore Surya Namaskar Project	13th January, 2022 to 10th February, 2022.	200	Department of Physical Education and Sports and *Yogacharaya Shri Manish Kapoor, Wellness and Lifestyle Management Coach*
Expert Talk on *Effects of Yoga on Lifestyle Diseases*	20th January, 2022	56	Ms. Shailly Vij, Yoga Expert
Erobern 2022- Annual Sports Fest	10th and 11th March 2022	300	Department of Physical Education and Sports
International Yoga Day	16th to 21st June 2022	50	*Yogacharaya Shri Manish Kapoor, Wellness and Lifestyle Management Coach*

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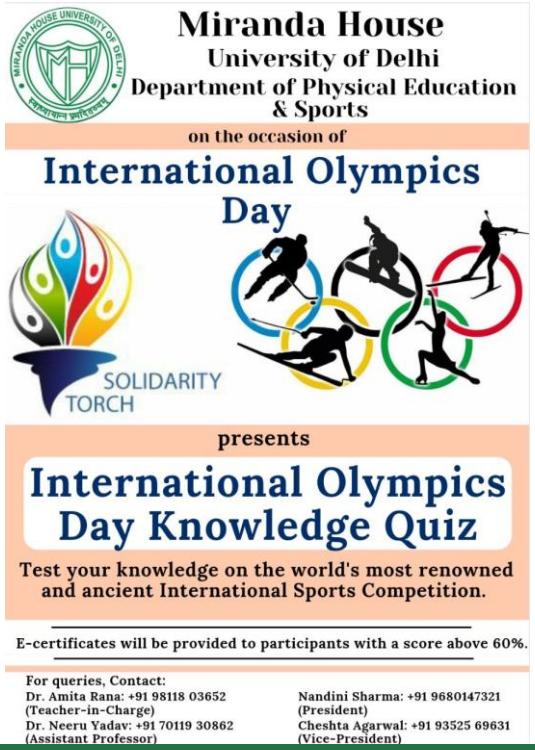
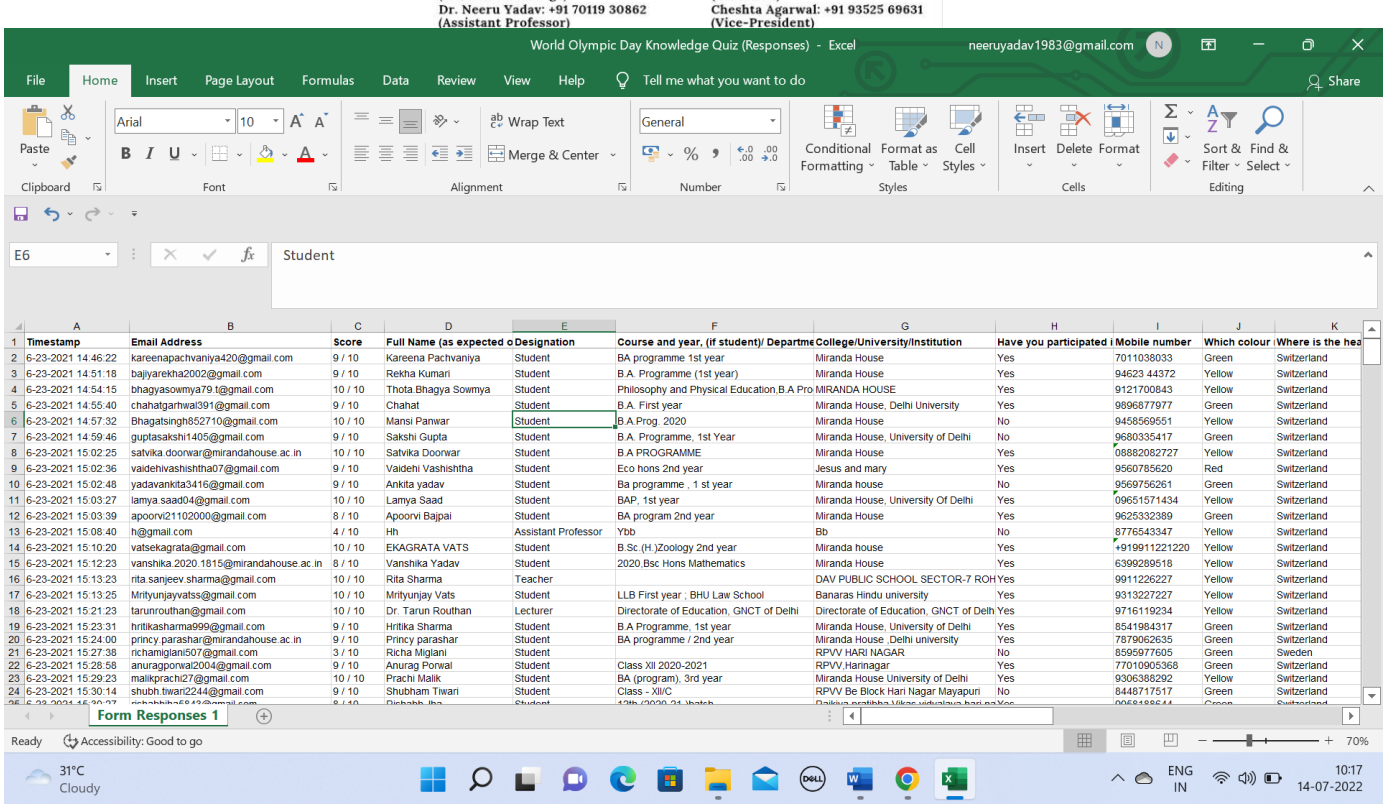
Supporting Documents for the International Olympics Day Online Quiz





	Timestamp	Email Address	Score	Full Name (as expected o	Designation	Course and year, (if student)/ Departme	College/University/Institution	Have you participated i	Mobile number	Which colour	Where is the hea
2	6-23-2021 14:46:22	kareenapachvaniya420@gmail.com	9 / 10	Kareena Pachvaniya	Student	BA programme 1st year	Miranda House	Yes	7011038033	Green	Switzerland
3	6-23-2021 14:51:18	bajiyarekha2002@gmail.com	9 / 10	Rekha Kumari	Student	B.A. Programme (1st year)	Miranda House	Yes	94623 44372	Yellow	Switzerland
4	6-23-2021 14:54:15	bhagyasowmya79.t@gmail.com	10 / 10	Thota.Bhagya Sowmya	Student	Philosophy and Physical Education,B.A Pro	MIRANDA HOUSE	Yes	9121700843	Yellow	Switzerland
5	6-23-2021 14:55:40	chahatgarhwal391@gmail.com	9 / 10	Chahat	Student	B.A. First year	Miranda House, Delhi University	Yes	9896877977	Green	Switzerland
6	6-23-2021 14:57:32	Bhagatsingh852710@gmail.com	10 / 10	Mansi Panwar	Student	B.A Prog. 2020	Miranda House	No	9458569551	Yellow	Switzerland
7	6-23-2021 14:59:46	guptasakshi1405@gmail.com	9 / 10	Sakshi Gupta	Student	B.A. Programme, 1st Year	Miranda House, University of Delhi	No	9680335417	Green	Switzerland
8	6-23-2021 15:02:25	satvika.doorwar@mirandahouse.ac.in	10 / 10	Satvika Doorwar	Student	B.A PROGRAMME	Miranda House	Yes	08882082727	Yellow	Switzerland
9	6-23-2021 15:02:36	vaidehivashishtha07@gmail.com	9 / 10	Vaidehi Vashishtha	Student	Eco hons 2nd year	Jesus and mary	Yes	9560785620	Red	Switzerland
10	6-23-2021 15:02:48	yadavankita3416@gmail.com	9 / 10	Ankita yadav	Student	Ba programme , 1 st year	Miranda house	No	9569756261	Green	Switzerland
11	6-23-2021 15:03:27	lamya.saad04@gmail.com	10 / 10	Lamya Saad	Student	BAP, 1st year	Miranda House, University Of Delhi	Yes	09651571434	Yellow	Switzerland
12	6-23-2021 15:03:39	apoorvi21102000@gmail.com	8 / 10	Apoorvi Bajpai	Student	BA program 2nd year	Miranda House	Yes	9625332389	Green	Switzerland
13	6-23-2021 15:08:40	h@gmail.com	4 / 10	Hh	Assistant Professor	Ybb	Bb	No	8776543347	Yellow	Switzerland
14	6-23-2021 15:10:20	vatsekagrata@gmail.com	10 / 10	EKAGRATA VATS	Student	B.Sc.(H.)Zoology 2nd year	Miranda house	Yes	+919911221220	Yellow	Switzerland
15	6-23-2021 15:12:23	vanshika.2020.1815@mirandahouse.ac.in	8 / 10	Vanshika Yadav	Student	2020,Bsc Hons Mathematics	Miranda House	Yes	6399289518	Yellow	Switzerland
16	6-23-2021 15:13:23	rita.sanjeev.sharma@gmail.com	10 / 10	Rita Sharma	Teacher		DAV PUBLIC SCHOOL SECTOR-7 ROH	Yes	9911226227	Yellow	Switzerland
17	6-23-2021 15:13:25	Mrityunjayvatss@gmail.com	10 / 10	Mrityunjay Vats	Student	LLB First year ; BHU Law School	Banaras Hindu university	Yes	9313227227	Yellow	Switzerland
18	6-23-2021 15:21:23	tarunrouthan@gmail.com	10 / 10	Dr. Tarun Routhan	Lecturer	Directorate of Education, GNCT of Delhi	Directorate of Education, GNCT of Delh	Yes	9716119234	Yellow	Switzerland
19	6-23-2021 15:23:31	hritikasharma999@gmail.com	9 / 10	Hritika Sharma	Student	B.A Programme, 1st year	Miranda House, University of Delhi	Yes	8541984317	Green	Switzerland
20	6-23-2021 15:24:00	princy.parashar@mirandahouse.ac.in	9 / 10	Princy parashar	Student	BA programme / 2nd year	Miranda House ,Delhi university	Yes	7879062635	Green	Switzerland
21	6-23-2021 15:27:38	richamiglani507@gmail.com	3 / 10	Richa Miglani	Student		RPVV HARI NAGAR	No	8595977605	Green	Sweden
22	6-23-2021 15:28:58	anuragporwal2004@gmail.com	9 / 10	Anurag Porwal	Student	Class XII 2020-2021	RPVV,Harinagar	Yes	77010905368	Green	Switzerland
23	6-23-2021 15:29:23	malikprachi27@gmail.com	10 / 10	Prachi Malik	Student	BA (program), 3rd year	Miranda House University of Delhi	Yes	9306388292	Yellow	Switzerland
24	6-23-2021 15:30:14	shubh.tiwari2244@gmail.com	9 / 10	Shubham Tiwari	Student	Class - XII/C	RPVV Be Block Hari Nagar Mayapuri	No	8448717517	Green	Switzerland

Miranda House
UNIVERSITY OF DELHI

World Olympic Day Knowledge Quiz (Responses) - Excel

E6 | Student

	Timestamp	Email Address	Score	Full Name (as expected o	Designation	Course and year, (if student)/ Departme	College/University/Institution	Have you participated i	Mobile number	Which colour	Where is the hea
25	6-23-2021 15:30:27	rishabhjha5843@gmail.com	8 / 10	Rishabh Jha	Student	12th (2020-21)batch	Rajkiya pratibha Vikas vidyalaya hari na	Yes	9958188644	Green	Switzerland
26	6-23-2021 15:30:27	kabaddiking2023@gmail.com	9 / 10	HARIOM PANDEY	Student	12 class	RAJKIYA PRATIBHA VIKAS VIDYALAYA	Yes	8595269561	Yellow	Switzerland
27	6-23-2021 15:31:57	sahilsalmani4420@gmail.com	9 / 10	sahil	Student		diet	Yes	9971674420	Green	Switzerland
28	6-23-2021 15:32:16	priyavermaroshan@gmail.com	8 / 10	Priya Verma	Student	BPED sixth sem 2021	LNIPE, Gwalior	Yes	9589577435	Green	Switzerland
29	6-23-2021 15:32:29	goru770188@gmail.com	9 / 10	Gourav Kumar	Student	12th in 2020	RAJKIYA PRATIBHA VIKAS VIDYALAYA	No	7701887316	Green	Switzerland
30	6-23-2021 15:32:31	ss4495622@gmail.com	1 / 10	Sandeep sharma	Student	B. Sc in physical education	igi	Yes	9.18288E+11	Green	Germany
31	6-23-2021 15:32:38	vishalarya4182@gmail.com	9 / 10	Vishal	Student	Non medical 12th class student	RPVV Hari Nagar	Yes	9582282874	Green	Switzerland
32	6-23-2021 15:32:57	harshponwal0001@gmail.com	10 / 10	HARSH	Student	XII(2021-2022)	RPVV,Harinagar	Yes	77010905368	Yellow	Switzerland
33	6-23-2021 15:36:05	yashutkarsh30@gmail.com	8 / 10	Yash utkarsh	Student	BA PROG. (PHYSICAL EDUCATION + POL	Motilal nehru college evening	No	7260876806	Green	Switzerland
34	6-23-2021 15:36:20	priya.singh@mirandahouse.ac.in	9 / 10	Priya Singh	Student	BA programme, 2nd year	Miranda House, Delhi university	Yes	8210024474	Green	Switzerland
35	6-23-2021 15:36:51	manishkumar995852@gmail.com	9 / 10	Manish Kumar	Student	12th-D Science	RPVV, HARINAGAR New Delhi	Yes	9599223744	Green	Switzerland
36	6-23-2021 15:38:35	manvi.2020.1824@mirandahouse.ac.in	9 / 10	Manvi Singh	Student	BA Program 1st year	Miranda House Delhi University	Yes	9599909079	Green	Switzerland
37	6-23-2021 15:39:17	ektabaghel444@gmail.com	10 / 10	Ekta Baghel	Student		Army school	Yes	7009783014	Yellow	Switzerland
38	6-23-2021 15:39:44	komals1999vinty@gmail.com	8 / 10	Komal solanki	Student	Bped final year	Lnipe gwalior	Yes	9518095810	Green	Switzerland
39	6-23-2021 15:40:48	ahujautkarsh80@gmail.com	10 / 10	Utkarsh Ahuja	Student		Rajkiya pratibha vikas vidyalay	No	8851738440	Yellow	Switzerland
40	6-23-2021 15:41:04	attrimanshi@gmail.com	9 / 10	Manshi Kumari	Student	B.A programme (2nd semester)	Motilal Nehru College	Yes	9310453981	Yellow	Switzerland
41	6-23-2021 15:41:49	pmanthan757@gmail.com	9 / 10	Sumit Prajapati	Student		Delhi University	Yes	9625857993	Green	Switzerland
42	6-23-2021 15:42:53	ashwanikarate123@gmail.com	7 / 10	Ashwani	Student	Ba programme +physical education 2020-2	Motilal nehru collage (evening)	Yes	7827563568	Yellow	Switzerland
43	6-23-2021 15:43:01	akashbaghel444@gmail.com	10 / 10	AKASH BAGHEL	Student		Motilal Nehru College (Evening)	Yes	8729045867	Yellow	Switzerland
44	6-23-2021 15:44:37	thesumitofficial16@gmail.com	10 / 10	Sumit Prajapati	Student		Delhi University	Yes	9625857993	Yellow	Switzerland
45	6-23-2021 15:46:11	ishasarinishasarin@gmail.com	9 / 10	Neha Kumari	Student	BA programme (physical education+philoso	Miranda House Delhi University	Yes	9871560652	Yellow	Switzerland
46	6-23-2021 15:48:03	premak9450@gmail.com	9 / 10	Prerna Kumari	Student	Bsc. Hons. Zoology / 1st year	Kalindi College /Delhi University	Yes	8953281088	Green	Switzerland
47	6-23-2021 15:48:21	ishasarinishasarin@gmail.com	10 / 10	Neha Kumari	Student	BA programme (physical education+philoso	Miranda House Delhi University	Yes	9871560652	Yellow	Switzerland
48	6-23-2021 15:48:58	prernaagarwal1724@gmail.com	4 / 10	Prerna Agarwal	Student	Ba eng hons	Miranda house	Yes	09982065488	Yellow	United States
49	6-23-2021 15:49:26	premkumarsingh1009@gmail.com	6 / 10	Prem kumar singh	Student	B.a program 1st year student	Delhi university	Yes	8178975124	Red	Switzerland
50	6-23-2021 15:49:43	dikshamoolchandani05@gmail.com	9 / 10	Diksha Moolchandani	Student	BA(H) Economics & 1st year	Miranda House	Yes	7000785500	Green	Switzerland
51	6-23-2021 15:50:58	sauravthakur977@gmail.com	2 / 10	Saurav kumar	Student	Ba program (2020)	Dcac(du)	Yes	7903663625	Red	United States

Form Responses 1

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World Olympic Day Knowledge Quiz (Responses) - Excel

E6 | Student

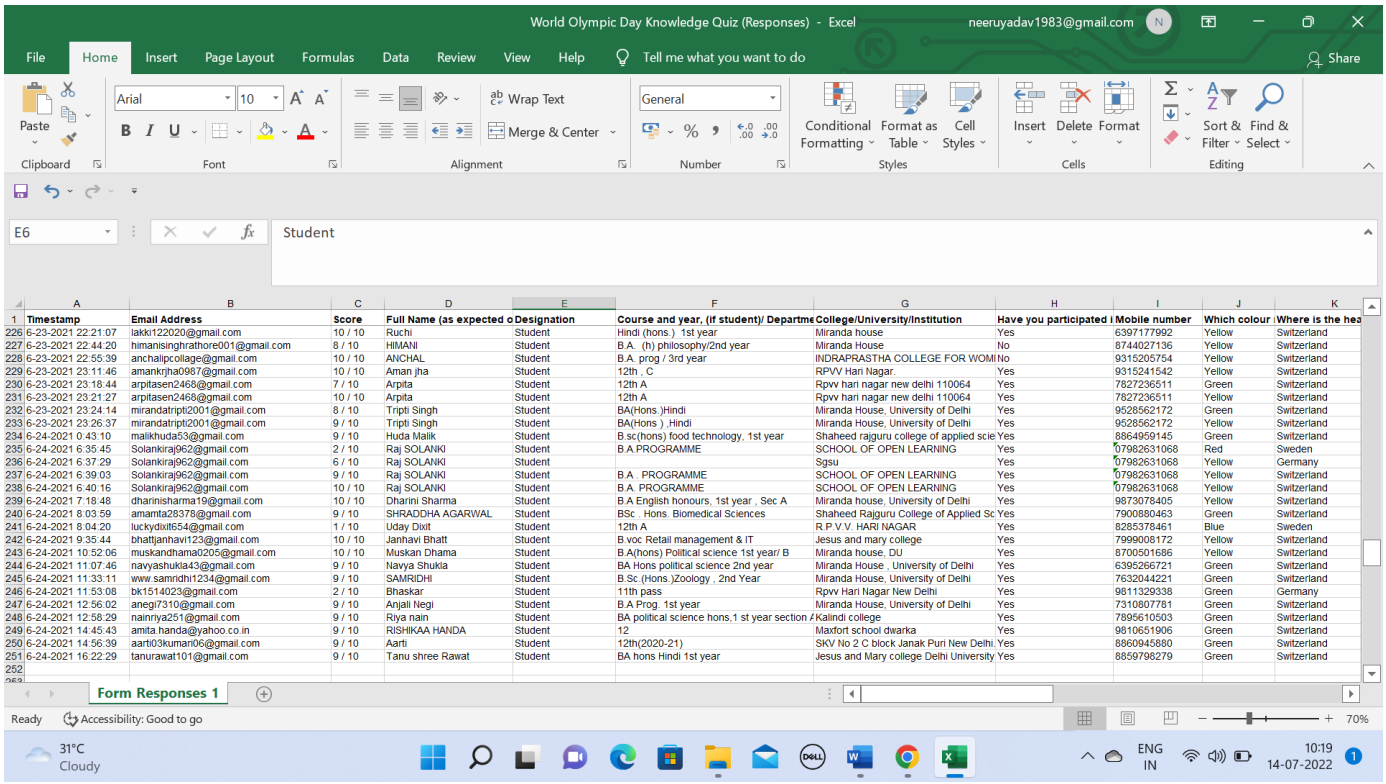
	Timestamp	Email Address	Score	Full Name (as expected o	Designation	Course and year, (if student)/ Departme	College/University/Institution	Have you participated i	Mobile number	Which colour	Where is the hea
53	6-23-2021 15:52:13	kumaranshkeshav@gmail.com	10 / 10	Keshav Kumar Ansh	Student	12 B	Gyan Mandir Public School,Naraina Vih	Yes	7065931284	Yellow	Switzerland
54	6-23-2021 15:52:36	nishant114999@gmail.com	8 / 10	NISHANT KUMAR	Student	12TH SCIENCE STREAM	RPVV HARINAGAR	Yes	9205302824	Green	Germany
55	6-23-2021 15:53:30	anjali3612das@gmail.com	3 / 10	Anjali	Student	Science stream	Institution	Yes	9310283234	Green	Germany
56	6-23-2021 15:53:41	NIKITABARKESIYA2000@GMAIL.COM	10 / 10	NIKITA BARKESYA	Student	B.A.LL.B 4th year	Mody university	Yes	09549828871	Yellow	Switzerland
57	6-23-2021 15:56:19	saurav20bap1596@dcac.du.ac.in	9 / 10	Saurav Kumar	Student	Ba program 2020	Dcac (du)	Yes	7903663625	Red	Switzerland
58	6-23-2021 15:56:44	tanwarharshita450@gmail.com	8 / 10	Harshita Tanwar	Student	Class 12th	RPVV harinagar	Yes	9310339306	Green	Switzerland
59	6-23-2021 15:56:54	raj.raj.rk35@gmail.com	9 / 10	RAJ KUMAR	Student	12 Arts 2021-22	RPVV HARI NAGAR	No	8377055544	Green	Switzerland
60	6-23-2021 15:57:31	akashbaghel444@gmail.com	10 / 10	Vaibhav बैजू सुप्रिया	Student		Army School	Yes	8729045867	Yellow	Switzerland
61	6-23-2021 16:01:23	akshatsavita0@gmail.com	9 / 10	Akshat	Student	Bped and 2nd year	LNIPE Gwlior	Yes	7505558764	Green	Switzerland
62	6-23-2021 16:01:38	saurav.20bap1596@dcac.du.ac.in	10 / 10	Saurav kumar	Student	Ba program 1st year	Dcac (University of Delhi)	Yes	7903663625	Yellow	Switzerland
63	6-23-2021 16:01:40	parulgoyal004@gmail.com	8 / 10	Parul Gupta	Student	12th D Science section	RPVV Harinagar	No	9213427169	Green	Switzerland
64	6-23-2021 16:01:41	attrimanshi@gmail.com	10 / 10	Manshi Kumari	Student	B.A programme 1st year student	Motilal Nehru College	No	9310453981	Yellow	Switzerland
65	6-23-2021 16:03:08	arvindsingh1982001@gmail.com	5 / 10	ARVIND SINGH	Student	B.A PROGRAMME 1YEAR	Motilal Nehru college Evening DU	Yes	8595870006	Green	Sweden
66	6-23-2021 16:03:53	akashtomar701@gmail.com	8 / 10	Akash Tomar	Student	B.A. Programme (Physical Education + Hist	Motilal Nehru College (Evening)	Yes	7838629216	Green	Switzerland
67	6-23-2021 16:06:06	snehal.2020.1643@mirandahouse.ac.in	9 / 10	Snehal rao	Student	1st year,BA economics hons.	miranda house	Yes	7357577076	Green	Switzerland
68	6-23-2021 16:06:47	anmolyadavjii6@gmail.com	9 / 10	Anmol yadav	Student	BA-1year	Motilal nehru college	Yes	6397095047	Yellow	Switzerland
69	6-23-2021 16:08:33	tdltanu@gmail.com	9 / 10	Tanu Upadhyay	Student	BSc Hons Electronics 1st	Shaheed Rajguru College of Applied Sc	Yes	8006617059	Green	Switzerland
70	6-23-2021 16:09:48	himanshinanda00@gmail.com	8 / 10	Himanshi Nanda	Student	BA Hons Political Science, 3rd year	Kalindi College, University of Delhi	Yes	9582965222	Green	Switzerland
71	6-23-2021 16:11:14	avidha.sharma@mirandahouse.ac.in	8 / 10	AVIDHA SHARMA	Student	BA programme 3rd year	Miranda House	Yes	9140627185	Green	Switzerland
72	6-23-2021 16:12:12	tanu15042016@gmail.com	9 / 10	Tanu Shree	Student	Microbiology and 1st year	Shaheed Rajguru College of Applied sci	Yes	7880981491	Green	Switzerland
73	6-23-2021 16:12:18	naveentarar3312@gmail.com	10 / 10	Kiran	Student	Bsc. Chem hons. 1st year	Kalindi college, University of Delhi	Yes	9050441698	Yellow	Switzerland
74	6-23-2021 16:13:29	3431pgsmart@gmail.com	9 / 10	Gunjan Singh	Student	Bsc.H. Microbiology 1st year	Shaheed Rajguru College of Applied Sc	Yes	9811634920	Green	Switzerland
75	6-23-2021 16:14:10	bythenamehimanshu@gmail.com	10 / 10	Himanshu Nishad	Student		Rajkiya Pratibha Vikas Vidhyalaya, Hari	Yes	8368418698	Yellow	Switzerland
76	6-23-2021 16:14:48	vermahimanshi2014@gmail.com	9 / 10	HIMANSHI VERMA	Student	Mped (2 semester) 2021	LNIPE	Yes	8982791854	Yellow	Switzerland
77	6-23-2021 16:16:26	himanshueg57@gmail.com	9 / 10	Himanshu sharma	Student	Class 12	Rpvv, hari nagar	Yes	9310328235	Yellow	Switzerland
78	6-23-2021 16:17:27	kavitathakur496@gmail.com	9 / 10	Kavita kumari	Student	Bsc physics (hons) -3rd year	Kalindi college, delhi university	Yes	8218949094	Green	Switzerland
79	6-23-2021 16:17:45	shivaniballharabalhara@gamil.com	9 / 10	Shivani	Student	1st year BA programme	Miranda house	Yes	9813149005	Green	Switzerland

Form Responses 1

Ready | Accessibility: Good to go | 70%

31°C Cloudy | ENG IN | 10:18 14-07-2022

Miranda House
UNIVERSITY OF DELHI



	A	B	C	D	E	F	G	H	I	J	K
1	Timestamp	Email Address	Score	Full Name (as expected o	Designation	Course and year, (if student)/ Departme	College/University/Institution	Have you participated i	Mobile number	Which colour	Where is the hea
226	6-23-2021 22:21:07	lakki122020@gmail.com	10 / 10	Ruchi	Student	Hindi (hons.) 1st year	Miranda house	Yes	6397177992	Yellow	Switzerland
227	6-23-2021 22:44:20	himanisinghrathore001@gmail.com	8 / 10	HIMANI	Student	B.A. (h) philosophy/2nd year	Miranda House	No	8744027136	Yellow	Switzerland
228	6-23-2021 22:55:39	anchalipcollage@gmail.com	10 / 10	ANCHAL	Student	B.A. prog / 3rd year	INDRAPRASTHA COLLEGE FOR WOMI	No	9315205754	Yellow	Switzerland
229	6-23-2021 23:11:46	amankrjha0987@gmail.com	10 / 10	Aman jha	Student	12th , C	RPVV Hari Nagar.	Yes	9315241542	Yellow	Switzerland
230	6-23-2021 23:18:44	arpitasen2468@gmail.com	7 / 10	Arpita	Student	12th A	Rpvv hari nagar new delhi 110064	Yes	7827236511	Green	Switzerland
231	6-23-2021 23:21:27	arpitasen2468@gmail.com	10 / 10	Arpita	Student	12th A	Rpvv hari nagar new delhi 110064	Yes	7827236511	Yellow	Switzerland
232	6-23-2021 23:24:14	mirandatripti2001@gmail.com	8 / 10	Tripti Singh	Student	BA(Hons.)Hindi	Miranda House, University of Delhi	Yes	9528562172	Green	Switzerland
233	6-23-2021 23:26:37	mirandatripti2001@gmail.com	9 / 10	Tripti Singh	Student	BA(Hons) ,Hindi	Miranda House, University of Delhi	Yes	9528562172	Yellow	Switzerland
234	6-24-2021 0:43:10	malikhuda53@gmail.com	9 / 10	Huda Malik	Student	B.sc(hons) food technology, 1st year	Shaheed rajguru college of applied scie	Yes	8864959145	Green	Switzerland
235	6-24-2021 6:35:45	Solankiraj962@gmail.com	2 / 10	Raj SOLANKI	Student	B.A PROGRAMME	SCHOOL OF OPEN LEARNING	Yes	07982631068	Red	Sweden
236	6-24-2021 6:37:29	Solankiraj962@gmail.com	6 / 10	Raj SOLANKI	Student		Sgsu	Yes	07982631068	Yellow	Germany
237	6-24-2021 6:39:03	Solankiraj962@gmail.com	9 / 10	Raj SOLANKI	Student	B.A . PROGRAMME	SCHOOL OF OPEN LEARNING	Yes	07982631068	Yellow	Switzerland
238	6-24-2021 6:40:16	Solankiraj962@gmail.com	10 / 10	Raj SOLANKI	Student	B.A PROGRAMME	SCHOOL OF OPEN LEARNING	Yes	07982631068	Yellow	Switzerland
239	6-24-2021 7:18:48	dharinisharma19@gmail.com	10 / 10	Dharini Sharma	Student	B.A English honours, 1st year , Sec A	Miranda house, University of Delhi	Yes	9873078405	Yellow	Switzerland
240	6-24-2021 8:03:59	amamta28378@gmail.com	9 / 10	SHRADDHA AGARWAL	Student	BSc . Hons. Biomedical Sciences	Shaheed Rajguru College of Applied Sc	Yes	7900880463	Green	Switzerland
241	6-24-2021 8:04:20	luckydixit654@gmail.com	1 / 10	Uday Dixit	Student	12th A	R.P.V.V. HARI NAGAR	Yes	8285378461	Blue	Sweden
242	6-24-2021 9:35:44	bhattjanhavi123@gmail.com	10 / 10	Janhavi Bhatt	Student	B.voc Retail management & IT	Jesus and mary college	Yes	7999008172	Yellow	Switzerland
243	6-24-2021 10:52:06	muskandhama0205@gmail.com	10 / 10	Muskan Dhama	Student	B.A(hons) Political science 1st year/ B	Miranda house, DU	Yes	8700501686	Yellow	Switzerland
244	6-24-2021 11:07:46	navyashukla43@gmail.com	9 / 10	Navya Shukla	Student	BA Hons political science 2nd year	Miranda House , University of Delhi	Yes	6395266721	Green	Switzerland
245	6-24-2021 11:33:11	www.samridhi1234@gmail.com	9 / 10	SAMRIDHI	Student	B.Sc.(Hons.)Zoology , 2nd Year	Miranda House, University of Delhi	Yes	7632044221	Green	Switzerland
246	6-24-2021 11:53:08	bk1514023@gmail.com	2 / 10	Bhaskar	Student	11th pass	Rpvv Hari Nagar New Delhi	Yes	9811329338	Green	Germany
247	6-24-2021 12:56:02	anegi7310@gmail.com	9 / 10	Anjali Negi	Student	B.A Prog. 1st year	Miranda House, University of Delhi	Yes	7310807781	Green	Switzerland
248	6-24-2021 12:58:29	nainriya251@gmail.com	9 / 10	Riya nain	Student	BA political science hons,1 st year section A	Kalindi college	Yes	7895610503	Green	Switzerland
249	6-24-2021 14:45:43	amita.handa@yahoo.co.in	9 / 10	RISHIKAA HANDA	Student	12	Maxfort school dwarka	Yes	9810651906	Green	Switzerland
250	6-24-2021 14:56:39	aarti03kumari06@gmail.com	9 / 10	Aarti	Student	12th(2020-21)	SKV No 2 C block Janak Puri New Delhi	Yes	8860945880	Green	Switzerland
251	6-24-2021 16:22:29	tanurawat101@gmail.com	9 / 10	Tanu shree Rawat	Student	BA hons Hindi 1st year	Jesus and Mary college Delhi University	Yes	8859798279	Green	Switzerland
252											

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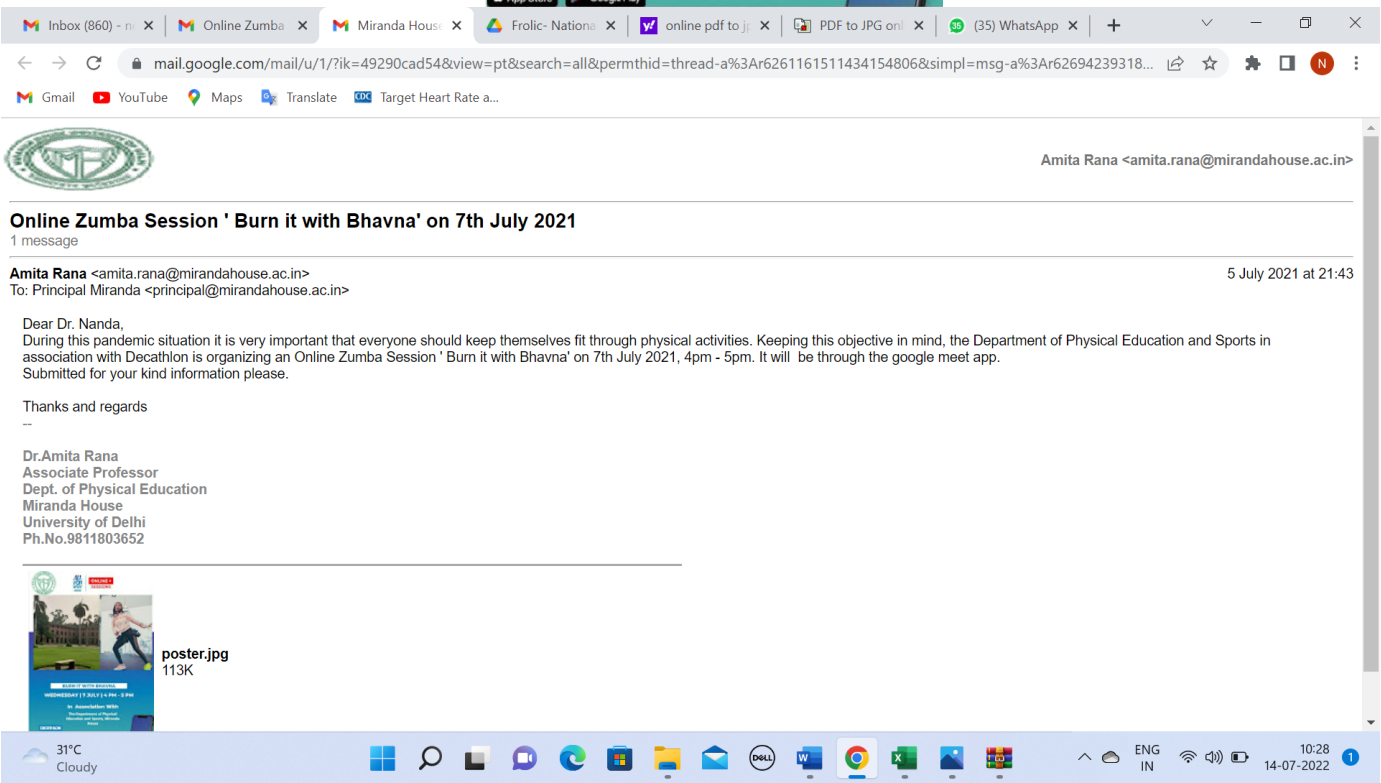
Supporting documents for Burn it with Bhavna- Online Zumba Session



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

Online Zumba Session ' Burn it with Bhavna' on 7th July 2021
1 message

Amita Rana <amita.rana@mirandahouse.ac.in> 5 July 2021 at 21:43
To: Principal Miranda <principal@mirandahouse.ac.in>

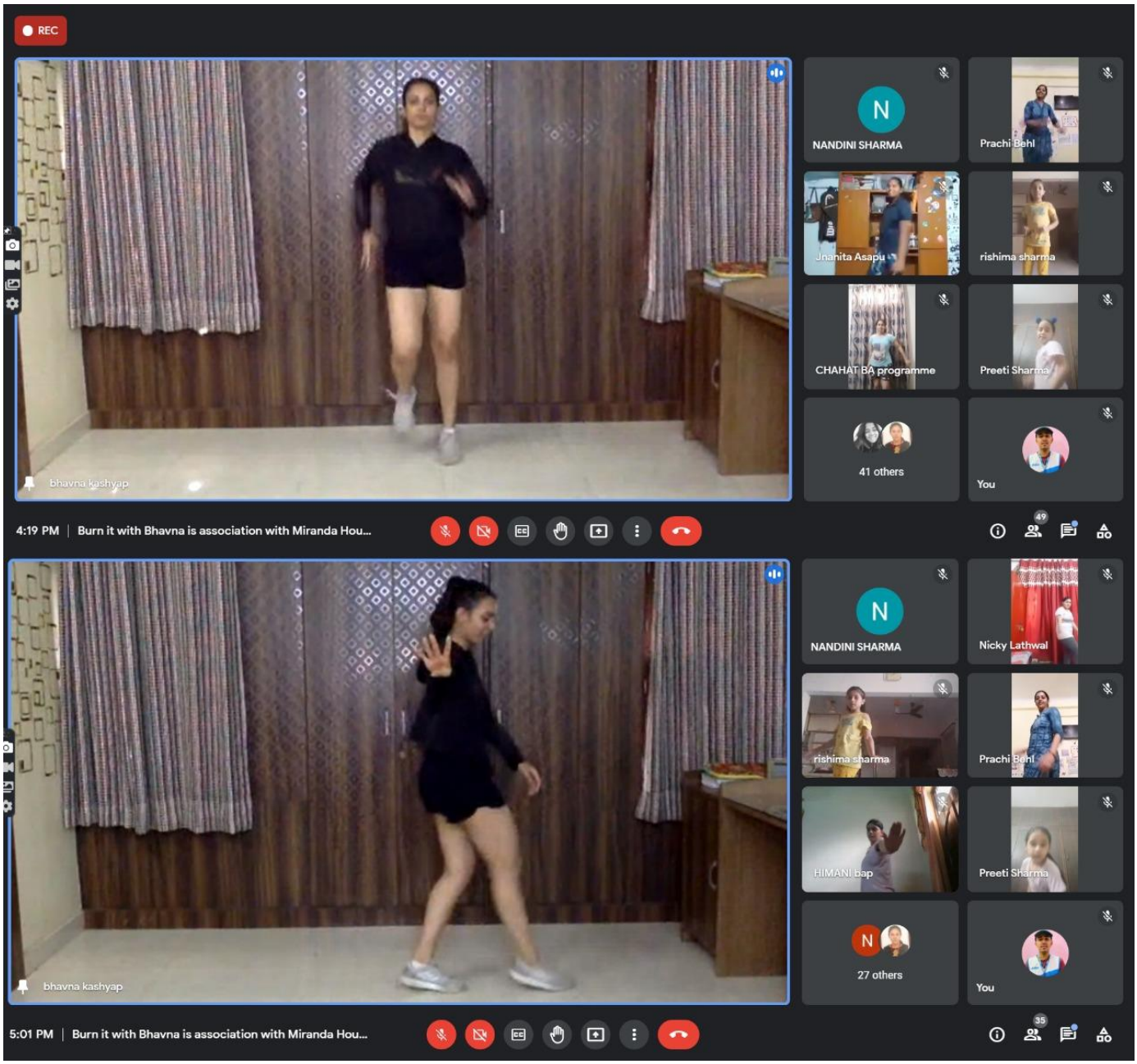
Dear Dr. Nanda,
During this pandemic situation it is very important that everyone should keep themselves fit through physical activities. Keeping this objective in mind, the Department of Physical Education and Sports in association with Decathlon is organizing an Online Zumba Session ' Burn it with Bhavna' on 7th July 2021, 4pm - 5pm. It will be through the google meet app.
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

poster.jpg
113K

Miranda House
UNIVERSITY OF DELHI



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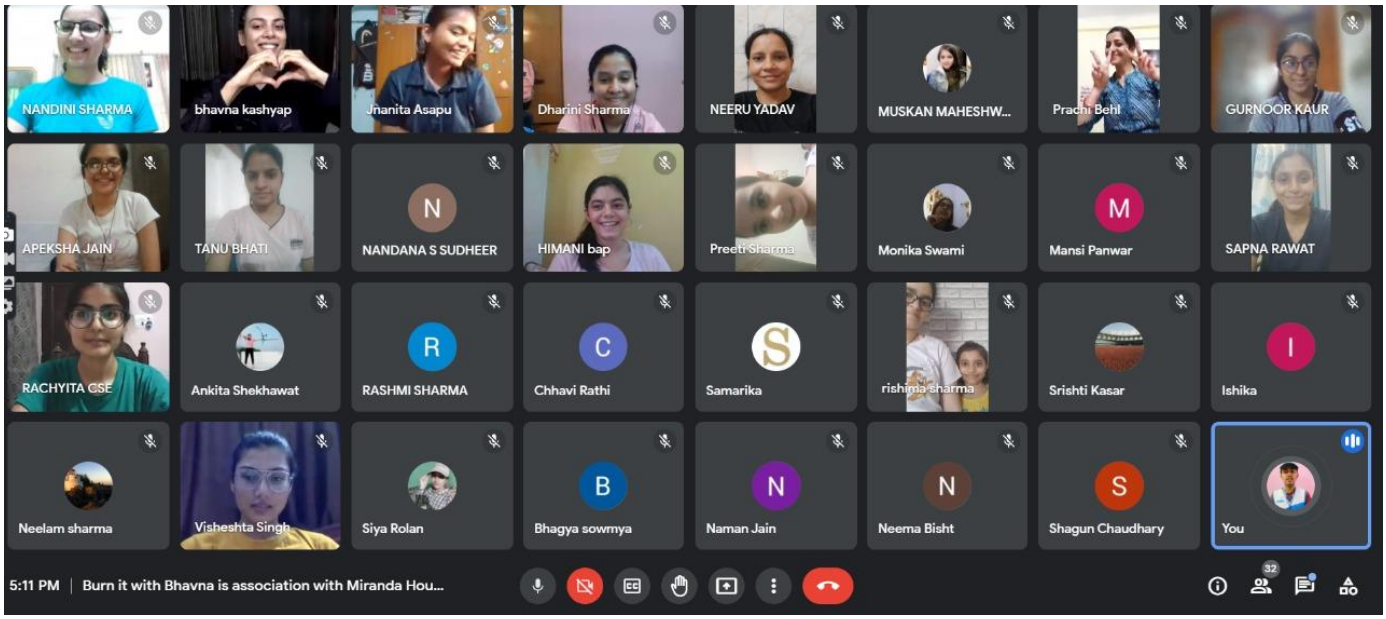

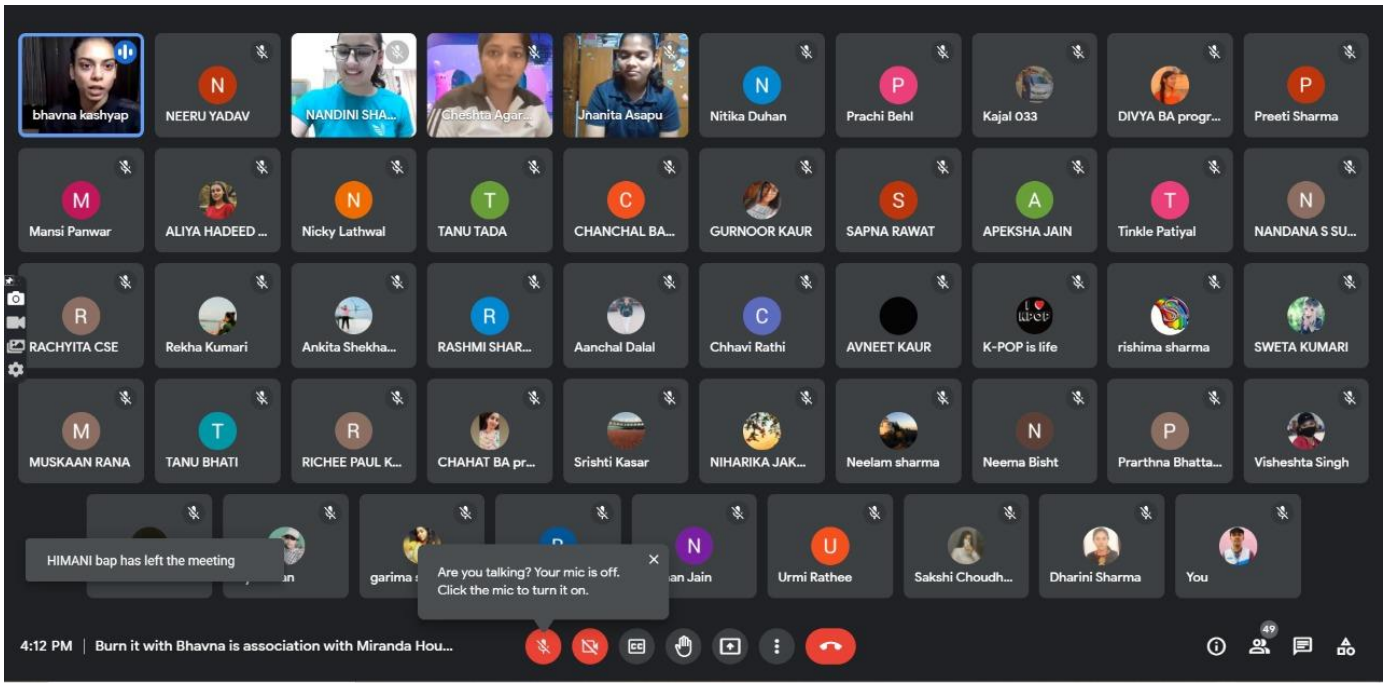

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Supporting Document for Fit together- Online Fitness Challenge

Miranda House
UNIVERSITY OF DELHI

Supporting Document for Azadi ka Amrut Mahotsav- Fitness ka Doze Adha Ghanta Roz

Dated: August 12, 2021

The Principal
Miranda House Hostel
University of Delhi
Delhi 110 007

Sub: Celebration of 75 years of Independence (Azadi ka Amrit Mahotsav- Fitness Run)

Dear Dr. Nanda,

This is to bring to your kind notice that Department and Physical Education and NCC are jointly celebrating *75 years of Independence* (*Azadi ka Amrit Mahotsav- Fitness Run)* on 13th August 2021 in the college premises. Kindly sanction the required amount as per the details:

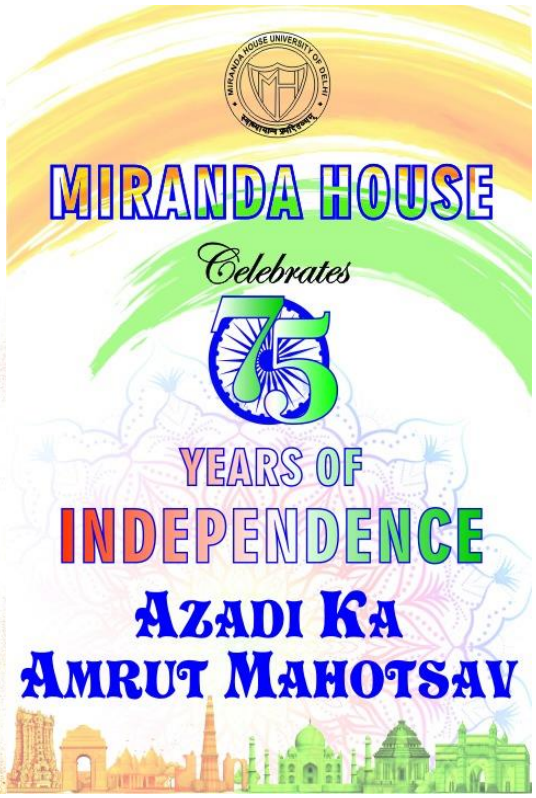
S. No.	Particular	Approx. Expenditure
1.	Photography and Videography	Rs. 3500 /- +G.S.T.
2.	Banner and Standie	Rs.3500/- +G.S.T.
3.	Refreshment (Student, teachers & Non Teaching Staff)	275 @ Rs. 30/- G.S.T

Submitted for your kind approval, please.

Thanks & Regards

Dr. Amita Rana
Teacher In- charge
Dept. of Physical Education
& Sports Sciences

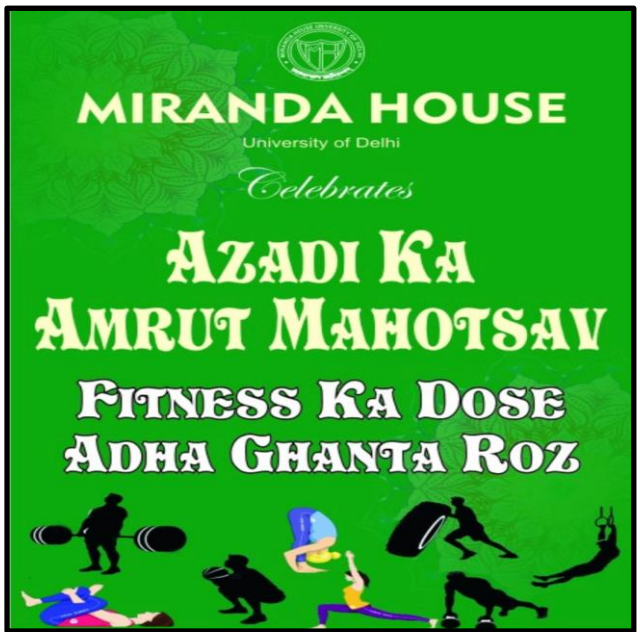
Sanctioned
12/8/21



On the occasion of India's 75th Independence Day, the Department of Physical Education and Sports, organized a fitness run for teaching faculties, non- teaching staff and students in the college campus on 13th August 2022.

On the occasion of India's 75th Independence Day, the Department of Physical Education and Sports, released a video, showcasing the fitness strength and enthusiasm of the sportspersons of Miranda House. The participants joined a fitness challenge, which was a compilation of 02 minutes of vigorous exercises compiled into a video. The routine included 30 seconds of Burpees, 30 seconds of Crunches and 30 seconds of Push-ups that the students had to perform.

The videos were collected through Google forms and a backup platform via whatsapp in case of technical difficulties. They were later compiled into a video with clips of all the exercises, and other introductions. Every participant enthusiastically participated and tried their best for perfection in performance and took a leap towards a fitter mind and body.



On 21st August 2021, the department organized a fitness session on Open Gym for the students and Non- teaching staff of the college.

On 28th August 2021, the department organized a Yoga session for the students of the college.

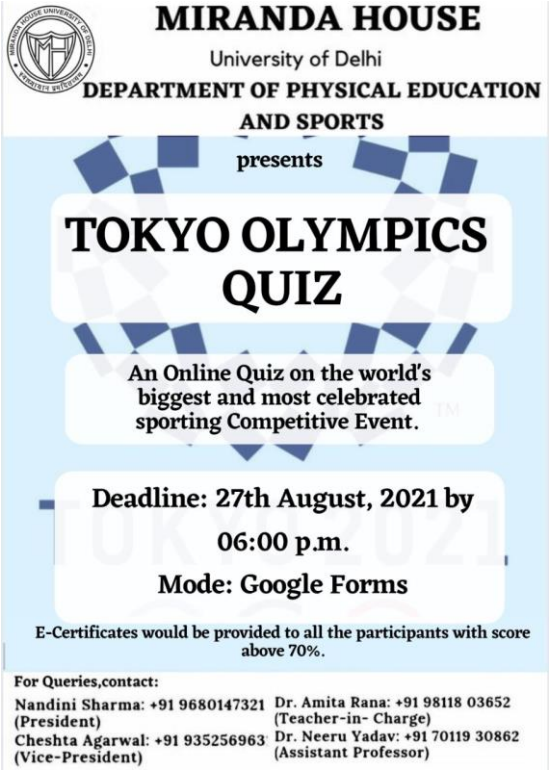
On 3rd September 2021, the department organized Aerobics session for the students of the college.

On 10th September 2021, the department organized fitness run for the NCC cadets of the college.

On 17th September 2021, the department organized a friendly basketball match for the Non-teaching staff of the college.

Miranda House
UNIVERSITY OF DELHI

Supporting Documents for Tokyo Olympics Day Knowledge Quiz



MIRANDA HOUSE
University of Delhi
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
presents

TOKYO OLYMPICS QUIZ

An Online Quiz on the world's biggest and most celebrated sporting Competitive Event.

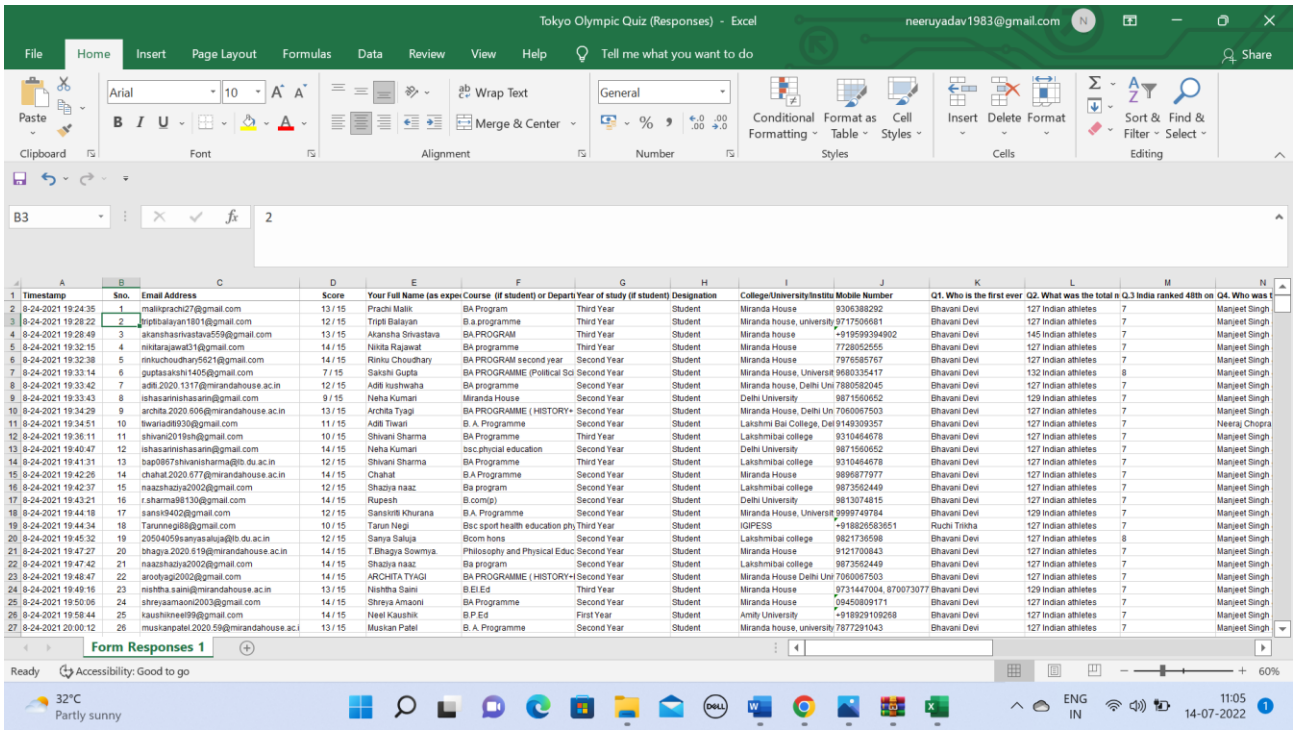
Deadline: 27th August, 2021 by 06:00 p.m.

Mode: Google Forms

E-Certificates would be provided to all the participants with score above 70%.

For Queries,contact:

Nandini Sharma: +91 9680147321 (President)
Cheshta Agarwal: +91 935256963 (Vice-President)
Dr. Amita Rana: +91 98118 03652 (Teacher-in- Charge)
Dr. Neeru Yadav: +91 70119 30862 (Assistant Professor)



Tokyo Olympic Quiz (Responses) - Excel

Timestamp	Sno.	Email Address	Score	Your Full Name (as expe	Course (if student) or Departi	Year of study (if student)	Designation	College/University/Institu	Mobile Number	Q1. Who is the first ever	Q2. What was the total n	Q.3 India ranked 48th on	Q4. Who was t
8-24-2021 19:24:35	1	malikprachi27@gmail.com	13 / 15	Prachi Malik	BA Program	Third Year	Student	Miranda House	9306388292	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:28:22	2	tripti balayan1801@gmail.com	12 / 15	Tripti Balayan	B.a programme	Third Year	Student	Miranda house, university	9717506681	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:28:49	3	akanshasrivastava559@gmail.com	13 / 15	Akansha Srivastava	BA PROGRAM	Third Year	Student	Miranda house	+919599394902	Bhavani Devi	145 Indian athletes	7	Manjeet Singh
8-24-2021 19:32:15	4	nikitarajawat31@gmail.com	14 / 15	Nikita Rajawat	BA programme	Third Year	Student	Miranda House	7728052555	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:32:38	5	rinkuchoudhary5621@gmail.com	14 / 15	Rinku Choudhary	BA PROGRAM second year	Second Year	Student	Miranda House	7976585767	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:33:14	6	guptasakshi1405@gmail.com	7 / 15	Sakshi Gupta	BA PROGRAMME (Political Sci	Second Year	Student	Miranda House, Universit	9680335417	Bhavani Devi	132 Indian athletes	8	Manjeet Singh
8-24-2021 19:33:42	7	aditi.2020.1317@mirandahouse.ac.in	12 / 15	Aditi kushwaha	BA programme	Second Year	Student	Miranda house, Delhi Uni	7880582045	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:33:43	8	ishasarinishasarin@gmail.com	9 / 15	Neha Kumari	Miranda House	Second Year	Student	Delhi University	9871560652	Bhavani Devi	129 Indian athletes	7	Manjeet Singh
8-24-2021 19:34:29	9	archita.2020.606@mirandahouse.ac.in	13 / 15	Archita Tyagi	BA PROGRAMME (HISTORY+	Second Year	Student	Miranda House, Delhi Uni	7060067503	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:34:51	10	tiwariditi930@gmail.com	11 / 15	Aditi Tiwari	B. A. Programme	Second Year	Student	Lakshmi Bai College, Del	9149309357	Bhavani Devi	127 Indian athletes	7	Neeraj Chopra
8-24-2021 19:36:11	11	shivani2019sh@gmail.com	10 / 15	Shivani Sharma	BA Programme	Third Year	Student	Lakshmibai college	9310464678	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:40:47	12	ishasarinishasarin@gmail.com	14 / 15	Neha Kumari	bsc phycial education	Second Year	Student	Delhi University	9871560652	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:41:31	13	bap08657shivanisharma@lb.du.ac.in	12 / 15	Shivani Sharma	BA Programme	Third Year	Student	Lakshmibai college	9310464678	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:42:26	14	chahat.2020.677@mirandahouse.ac.in	14 / 15	Chahat	B.A Programme	Second Year	Student	Miranda House	9896877977	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:42:37	15	naazshaziya2002@gmail.com	12 / 15	Shaziya naaz	Ba program	Second Year	Student	Lakshmibai college	9873562449	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:43:21	16	r.sharma98130@gmail.com	14 / 15	Rupesh	B.com(p)	Second Year	Student	Delhi University	9813074815	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:44:18	17	sanski9402@gmail.com	12 / 15	Sanskriti Khurana	B.A. Programme	Second Year	Student	Miranda House, Universit	9999749784	Bhavani Devi	129 Indian athletes	7	Manjeet Singh
8-24-2021 19:44:34	18	Tarunnegi88@gmail.com	10 / 15	Tarun Negi	Bsc sport health education phy	Third Year	Student	IGIPESS	+918826583651	Ruchi Trikha	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:45:32	19	20504059sanyasaluja@lb.du.ac.in	12 / 15	Sanya Saluja	Bcom hons	Second Year	Student	Lakshmibai college	9821736598	Bhavani Devi	127 Indian athletes	8	Manjeet Singh
8-24-2021 19:47:27	20	bhagya.2020.619@mirandahouse.ac.in	14 / 15	T.Bhagya Sowmya.	Philosophy and Physical Educ	Second Year	Student	Miranda House	9121700843	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:47:42	21	naazshaziya2002@gmail.com	14 / 15	Shaziya naaz	Ba program	Second Year	Student	Lakshmibai college	9873562449	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:48:47	22	arootyagi2002@gmail.com	14 / 15	ARCHITA TYAGI	BA PROGRAMME (HISTORY+	Second Year	Student	Miranda House Delhi Uni	7060067503	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:49:16	23	nishtha.saini@mirandahouse.ac.in	13 / 15	Nishtha Saini	B.El.Ed	Third Year	Student	Miranda House	9731447004, 870073077	Bhavani Devi	129 Indian athletes	7	Manjeet Singh
8-24-2021 19:50:06	24	shreyaamaoni2003@gmail.com	14 / 15	Shreya Amaoni	BA Programme	Second Year	Student	Miranda House	09450809171	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 19:58:44	25	kaushiknee199@gmail.com	14 / 15	Neel Kaushik	B.P.Ed	First Year	Student	Amity University	+918929109258	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 20:00:12	26	muskanpatel.2020.59@mirandahouse.ac.i	13 / 15	Muskan Patel	B. A. Programme	Second Year	Student	Miranda house, university	7877291043	Bhavani Devi	127 Indian athletes	7	Manjeet Singh

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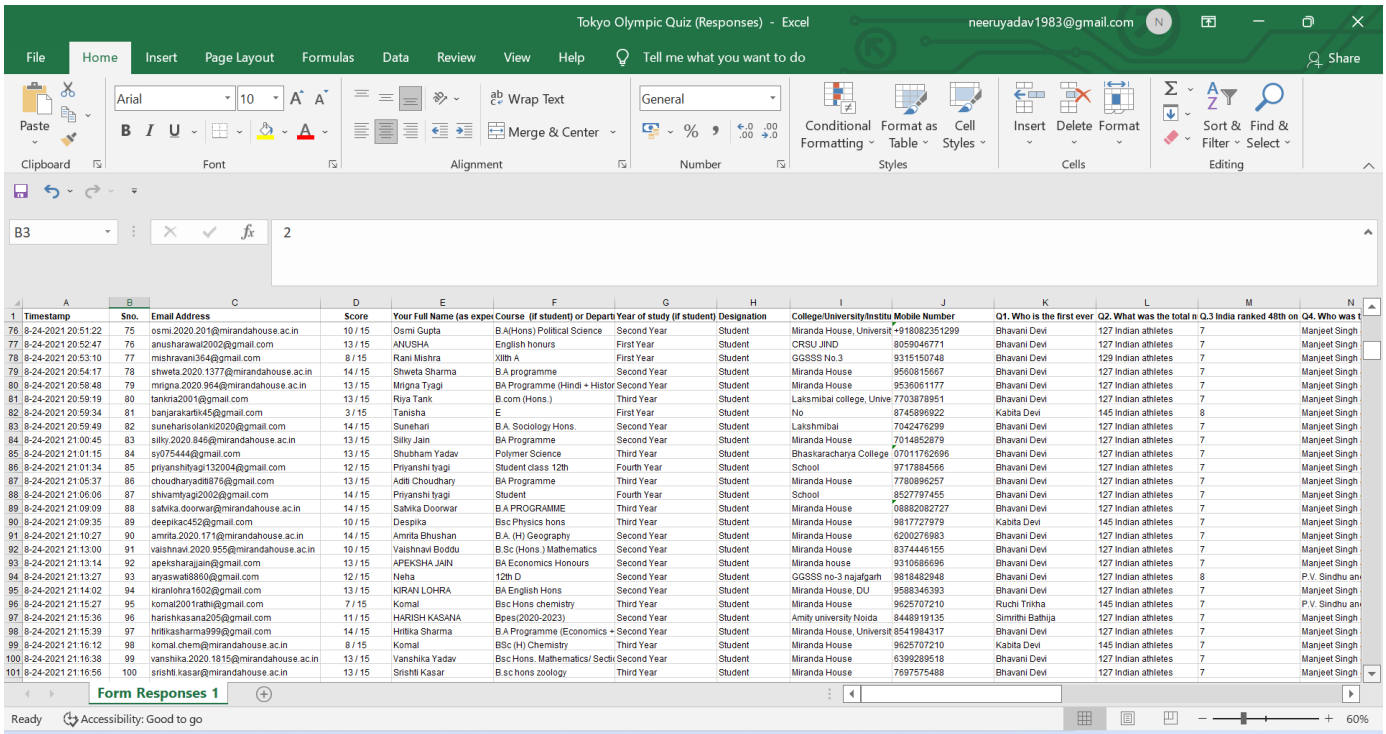
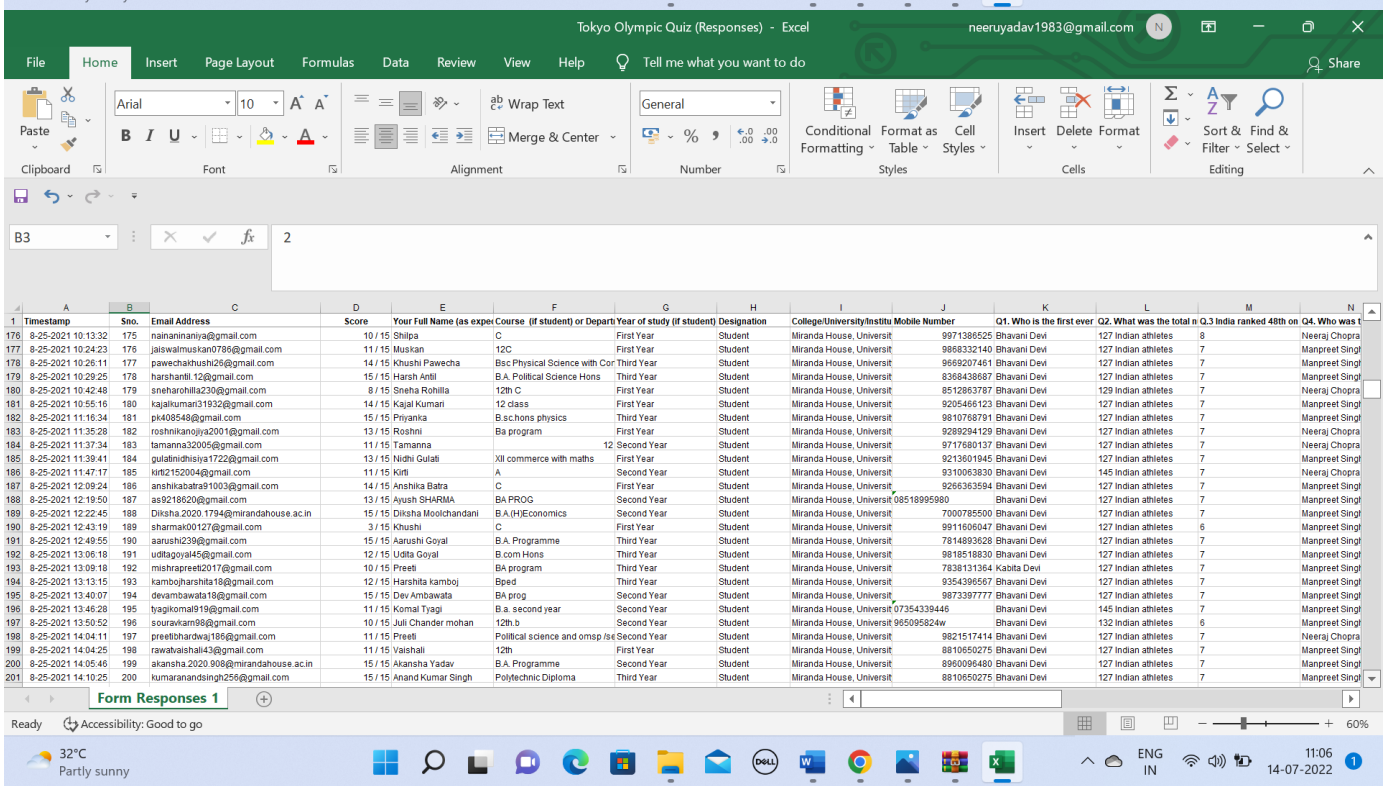


Tokyo Olympic Quiz (Responses) - Excel

Timestamp	Sno.	Email Address	Score	Your Full Name (as expe	Course (if student) or Departi	Year of study (if student)	Designation	College/University/Institu	Mobile Number	Q1. Who is the first ever	Q2. What was the total n	Q.3 India ranked 48th on	Q4. Who was t
8-24-2021 20:51:22	75	osmi.2020.201@mirandahouse.ac.in	10 / 15	Osmi Gupta	B.A(Hons) Political Science	Second Year	Student	Miranda House, Universit	+918082351299	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 20:52:47	76	anusharawal2002@gmail.com	13 / 15	ANUSHA	English honurs	First Year	Student	CRSU JIND	8059046771	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 20:53:10	77	mishravani364@gmail.com	8 / 15	Rani Mishra	XIIth A	First Year	Student	GGSSS No.3	9315150748	Bhavani Devi	129 Indian athletes	7	Manjeet Singh
8-24-2021 20:54:17	78	shweta.2020.1377@mirandahouse.ac.in	14 / 15	Shweta Sharma	B.A programme	Second Year	Student	Miranda House	9560815667	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 20:58:48	79	mrigna.2020.964@mirandahouse.ac.in	13 / 15	Mrigna Tyagi	BA Programme (Hindi + Histor	Second Year	Student	Miranda House	9536061177	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 20:59:19	80	tankria2001@gmail.com	13 / 15	Riya Tank	B.com (Hons.)	Third Year	Student	Laksmibai college, Unive	7703878951	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 20:59:34	81	banjarakartik45@gmail.com	3 / 15	Tanisha	E	First Year	Student	No	8745896922	Kabita Devi	145 Indian athletes	8	Manjeet Singh
8-24-2021 20:59:49	82	suneharisolanki2020@gmail.com	14 / 15	Sunehari	B.A. Sociology Hons.	Second Year	Student	Lakshmibai	7042476299	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:00:45	83	silky.2020.846@mirandahouse.ac.in	13 / 15	Silky Jain	BA Programme	Second Year	Student	Miranda House	7014852879	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:01:15	84	sy075444@gmail.com	13 / 15	Shubham Yadav	Polymer Science	Third Year	Student	Bhaskaracharya College	07011762696	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:01:34	85	priyanshityagi132004@gmail.com	12 / 15	Priyanshi tyagi	Student class 12th	Fourth Year	Student	School	9717884566	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:05:37	86	choudharyaditi876@gmail.com	13 / 15	Aditi Choudhary	BA Programme	Third Year	Student	Miranda House	7780896257	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:06:06	87	shivamtyagi2002@gmail.com	14 / 15	Priyanshi tyagi	Student	Fourth Year	Student	School	8527797455	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:09:09	88	satvika.doorwar@mirandahouse.ac.in	14 / 15	Satvika Doorwar	B.A PROGRAMME	Third Year	Student	Miranda House	08882082727	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:09:35	89	deepikac452@gmail.com	10 / 15	Deepika	Bsc Physics hons	Third Year	Student	Miranda House	9817727979	Kabita Devi	145 Indian athletes	7	Manjeet Singh
8-24-2021 21:10:27	90	amrita.2020.171@mirandahouse.ac.in	14 / 15	Amrita Bhushan	B.A. (H) Geography	Second Year	Student	Miranda House	8200276983	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:13:00	91	vaishnavi.2020.955@mirandahouse.ac.in	10 / 15	Vaishnavi Boddu	B.Sc.(Hons.) Mathematics	Second Year	Student	Miranda House	8374446155	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:13:14	92	apekshaarajjain@gmail.com	13 / 15	APEKSHA JAIN	BA Economics Honours	Second Year	Student	Miranda house	9310686696	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:13:27	93	aryaswati8860@gmail.com	12 / 15	Neha	12th D	Second Year	Student	GGSSS no-3 najafgarh	9818482948	Bhavani Devi	127 Indian athletes	8	P.V. Sindhu an
8-24-2021 21:14:02	94	kiranlohra1602@gmail.com	13 / 15	KIRAN LOHRA	BA English Hons	Second Year	Student	Miranda House, DU	9588346393	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:15:27	95	komal2001rathi@gmail.com	7 / 15	Komal	Bsc Hons chemistry	Third Year	Student	Miranda House	9625707210	Ruchi Trikha	145 Indian athletes	7	P.V. Sindhu an
8-24-2021 21:15:36	96	harishkasana205@gmail.com	11 / 15	HARISH KASANA	Bpes(2020-2023)	Second Year	Student	Amity university Noida	8448919135	Simrithi Bathija	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:15:39	97	hritikasharma999@gmail.com	14 / 15	Hritika Sharma	B.A Programme (Economics +	Second Year	Student	Miranda House, Universit	8541984317	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:16:12	98	komal.chem@mirandahouse.ac.in	8 / 15	Komal	BSc (H) Chemistry	Third Year	Student	Miranda House	9625707210	Kabita Devi	145 Indian athletes	7	Manjeet Singh
8-24-2021 21:16:38	99	vanshika.2020.1815@mirandahouse.ac.in	13 / 15	Vanshika Yadav	Bsc Hons. Mathematics/ Sectio	Second Year	Student	Miranda House	6399289518	Bhavani Devi	127 Indian athletes	7	Manjeet Singh
8-24-2021 21:16:56	100	srishti.kasar@mirandahouse.ac.in	13 / 15	Srishti Kasar	B.sc hons zoology	Third Year	Student	Miranda House	7697575488	Bhavani Devi	127 Indian athletes	7	Manjeet Singh



Tokyo Olympic Quiz (Responses) - Excel

Timestamp	Sno.	Email Address	Score	Your Full Name (as expe	Course (if student) or Departi	Year of study (if student)	Designation	College/University/Institu	Mobile Number	Q1. Who is the first ever	Q2. What was the total n	Q.3 India ranked 48th on	Q4. Who was t
8-25-2021 10:13:32	175	nainaninaniya@gmail.com	10 / 15	Shilpa	C	First Year	Student	Miranda House, Universit	9971386525	Bhavani Devi	127 Indian athletes	8	Neeraj Chopra
8-25-2021 10:24:23	176	jaiswalmuskan0786@gmail.com	11 / 15	Muskan	12C	First Year	Student	Miranda House, Universit	9868332140	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 10:26:11	177	pawechakhushi26@gmail.com	14 / 15	Khushi Pawecha	Bsc Physical Science with Cor	Third Year	Student	Miranda House, Universit	9669207461	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 10:29:25	178	harshantil.12@gmail.com	15 / 15	Harsh Antil	B.A. Political Science Hons	Third Year	Student	Miranda House, Universit	8368438687	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 10:42:48	179	sneharohilla230@gmail.com	8 / 15	Sneha Rohilla	12th C	First Year	Student	Miranda House, Universit	8512863787	Bhavani Devi	129 Indian athletes	7	Neeraj Chopra
8-25-2021 10:55:16	180	kajalkumari31932@gmail.com	14 / 15	Kajal Kumari	12 class	First Year	Student	Miranda House, Universit	9205466123	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 11:16:34	181	pk408548@gmail.com	15 / 15	Priyanka	B.sc.hons physics	Third Year	Student	Miranda House, Universit	9810768791	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 11:35:28	182	roshnikanojiya2001@gmail.com	13 / 15	Roshni	Ba program	First Year	Student	Miranda House, Universit	9289294129	Bhavani Devi	127 Indian athletes	7	Neeraj Chopra
8-25-2021 11:37:34	183	tamanna32005@gmail.com	11 / 15	Tamanna	12	Second Year	Student	Miranda House, Universit	9717680137	Bhavani Devi	127 Indian athletes	7	Neeraj Chopra
8-25-2021 11:39:41	184	gulatinidhisiya1722@gmail.com	13 / 15	Nidhi Gulati	XII commerce with maths	First Year	Student	Miranda House, Universit	9213601945	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 11:47:17	185	kirti2152004@gmail.com	11 / 15	Kirti	A	Second Year	Student	Miranda House, Universit	9310063830	Bhavani Devi	145 Indian athletes	7	Neeraj Chopra
8-25-2021 12:09:24	186	anshikabatra91003@gmail.com	14 / 15	Anshika Batra	C	First Year	Student	Miranda House, Universit	9266363594	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 12:19:50	187	as9218620@gmail.com	13 / 15	Ayush SHARMA	BA PROG	Second Year	Student	Miranda House, Universit	08518995980	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 12:22:45	188	Diksha.2020.1794@mirandahouse.ac.in	15 / 15	Diksha Moolchandani	B.A.(H)Economics	Second Year	Student	Miranda House, Universit	7000785500	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 12:43:19	189	sharmak00127@gmail.com	3 / 15	Khushi	C	First Year	Student	Miranda House, Universit	9911606047	Bhavani Devi	127 Indian athletes	6	Manpreet Singh
8-25-2021 12:49:55	190	aarushi239@gmail.com	15 / 15	Aarushi Goyal	B.A. Programme	Third Year	Student	Miranda House, Universit	7814893628	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 13:06:18	191	uditagoyal45@gmail.com	12 / 15	Udita Goyal	B.com Hons	Third Year	Student	Miranda House, Universit	9818518830	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 13:09:18	192	mishrapreeti2017@gmail.com	10 / 15	Preeti	BA program	Third Year	Student	Miranda House, Universit	7838131364	Kabita Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 13:13:15	193	kambojharshita18@gmail.com	12 / 15	Harshita kamboj	Bped	Third Year	Student	Miranda House, Universit	9354396567	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 13:40:07	194	devambawata18@gmail.com	15 / 15	Dev Ambawata	BA prog	Second Year	Student	Miranda House, Universit	9873397777	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 13:46:28	195	tyagikomal919@gmail.com	11 / 15	Komal Tyagi	B.a. second year	Second Year	Student	Miranda House, Universit	07354339446	Bhavani Devi	145 Indian athletes	7	Manpreet Singh
8-25-2021 13:50:52	196	souravkarn98@gmail.com	10 / 15	Juli Chander mohan	12th.b	Second Year	Student	Miranda House, Universit	965095824w	Bhavani Devi	132 Indian athletes	6	Manpreet Singh
8-25-2021 14:04:11	197	preetibhardwaj186@gmail.com	11 / 15	Preeti	Political science and omsp /se	Second Year	Student	Miranda House, Universit	9821517414	Bhavani Devi	127 Indian athletes	7	Neeraj Chopra
8-25-2021 14:04:25	198	rawatvaishali43@gmail.com	11 / 15	Vaishali	12th	First Year	Student	Miranda House, Universit	8810650275	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 14:05:46	199	akansha.2020.908@mirandahouse.ac.in	15 / 15	Akansha Yadav	B.A. Programme	Second Year	Student	Miranda House, Universit	8960096480	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
8-25-2021 14:10:25	200	kumaranandsingh256@gmail.com	15 / 15	Anand Kumar Singh	Polytechnic Diploma	Third Year	Student	Miranda House, Universit	8810650275	Bhavani Devi	127 Indian athletes	7	Manpreet Singh

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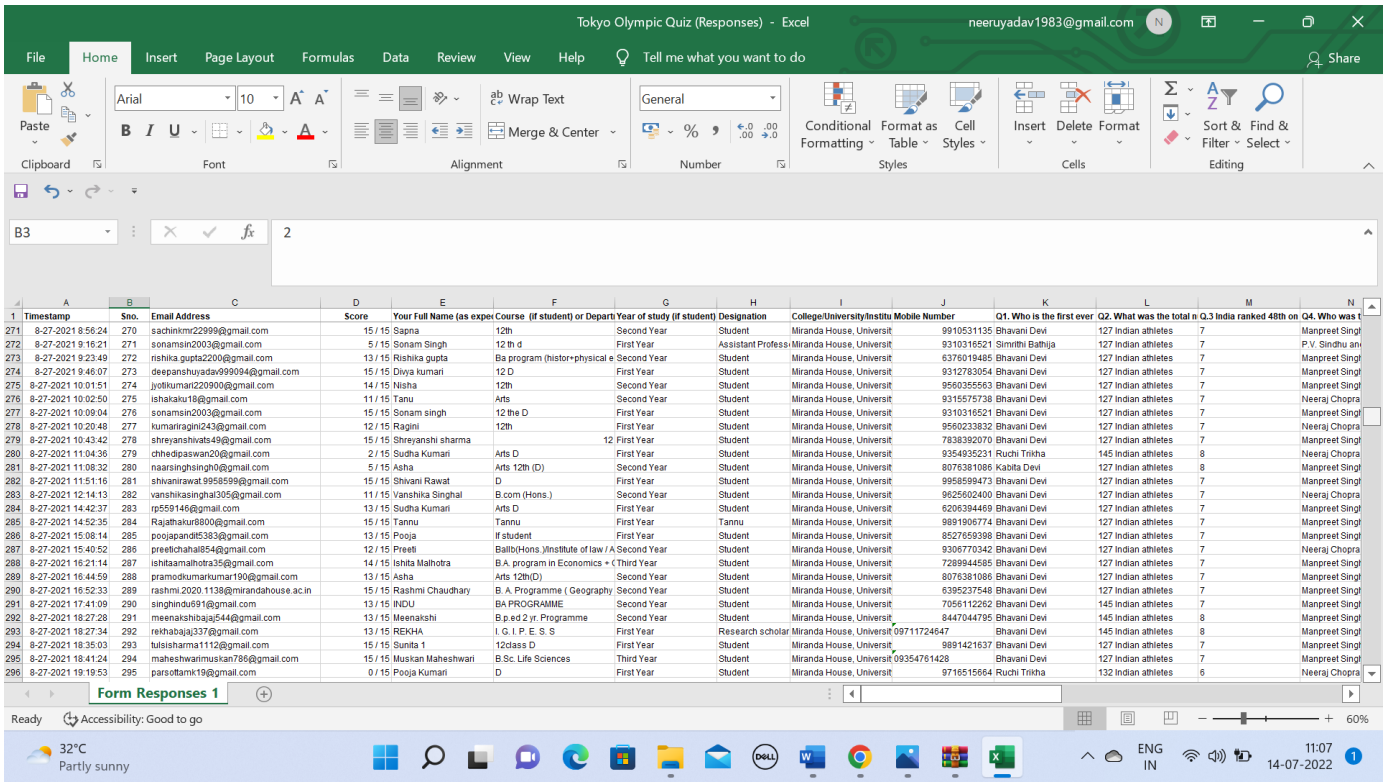

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271	8-27-2021 8:56:24	270	sachinkmr22999@gmail.com	15 / 15	Sapna	12th	Second Year	Student	Miranda House, Universit	9910531135	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
272	8-27-2021 9:16:21	271	sonamsin2003@gmail.com	5 / 15	Sonam Singh	12 th d	First Year	Assistant Profess	Miranda House, Universit	9310316521	Simrithi Bathija	127 Indian athletes	7	P.V. Sindhu an
273	8-27-2021 9:23:49	272	rishika.gupta2200@gmail.com	13 / 15	Rishika gupta	Ba program (histor+physical e	Second Year	Student	Miranda House, Universit	6376019485	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
274	8-27-2021 9:46:07	273	deepanshuyadav999094@gmail.com	15 / 15	Divya kumari	12 D	First Year	Student	Miranda House, Universit	9312783054	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
275	8-27-2021 10:01:51	274	jyotikumari220900@gmail.com	14 / 15	Nisha	12th	Second Year	Student	Miranda House, Universit	9560355563	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
276	8-27-2021 10:02:50	275	ishakaku18@gmail.com	11 / 15	Tanu	Arts	Second Year	Student	Miranda House, Universit	9315575738	Bhavani Devi	127 Indian athletes	7	Neeraj Chopra
277	8-27-2021 10:09:04	276	sonamsin2003@gmail.com	15 / 15	Sonam singh	12 the D	First Year	Student	Miranda House, Universit	9310316521	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
278	8-27-2021 10:20:48	277	kumariragini243@gmail.com	12 / 15	Ragini	12th	First Year	Student	Miranda House, Universit	9560233832	Bhavani Devi	127 Indian athletes	7	Neeraj Chopra
279	8-27-2021 10:43:42	278	shreyanshivats49@gmail.com	15 / 15	Shreyanshi sharma	12	First Year	Student	Miranda House, Universit	7838392070	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
280	8-27-2021 11:04:36	279	chhedipaswan20@gmail.com	2 / 15	Sudha Kumari	Arts D	First Year	Student	Miranda House, Universit	9354935231	Ruchi Trikha	145 Indian athletes	8	Neeraj Chopra
281	8-27-2021 11:08:32	280	naarsinghsingh0@gmail.com	5 / 15	Asha	Arts 12th (D)	Second Year	Student	Miranda House, Universit	8076381086	Kabita Devi	127 Indian athletes	8	Manpreet Singh
282	8-27-2021 11:51:16	281	shivanirawat.9958599@gmail.com	15 / 15	Shivani Rawat	D	First Year	Student	Miranda House, Universit	9958599473	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
283	8-27-2021 12:14:13	282	vanshikasinghal305@gmail.com	11 / 15	Vanshika Singhal	B.com (Hons.)	Second Year	Student	Miranda House, Universit	9625602400	Bhavani Devi	127 Indian athletes	7	Neeraj Chopra
284	8-27-2021 14:42:37	283	rp559146@gmail.com	13 / 15	Sudha Kumari	Arts D	First Year	Student	Miranda House, Universit	6206394469	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
285	8-27-2021 14:52:35	284	Rajathakur8800@gmail.com	15 / 15	Tannu	Tannu	First Year	Tannu	Miranda House, Universit	9891906774	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
286	8-27-2021 15:08:14	285	poojapandit5383@gmail.com	13 / 15	Pooja	If student	First Year	Student	Miranda House, Universit	8527659398	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
287	8-27-2021 15:40:52	286	preetichahal854@gmail.com	12 / 15	Preeti	Ballb(Hons.)Institute of law / A	Second Year	Student	Miranda House, Universit	9306770342	Bhavani Devi	127 Indian athletes	7	Neeraj Chopra
288	8-27-2021 16:21:14	287	ishitaamalhotra35@gmail.com	14 / 15	Ishita Malhotra	B.A. program in Economics + (	Third Year	Student	Miranda House, Universit	7289944585	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
289	8-27-2021 16:44:59	288	pramodkumarkumar190@gmail.com	13 / 15	Asha	Arts 12th(D)	Second Year	Student	Miranda House, Universit	8076381086	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
290	8-27-2021 16:52:33	289	rashmi.2020.1138@mirandahouse.ac.in	15 / 15	Rashmi Chaudhary	B. A. Programme (Geography	Second Year	Student	Miranda House, Universit	6395237548	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
291	8-27-2021 17:41:09	290	singhindu691@gmail.com	13 / 15	INDU	BA PROGRAMME	Second Year	Student	Miranda House, Universit	7056112262	Bhavani Devi	145 Indian athletes	7	Manpreet Singh
292	8-27-2021 18:27:28	291	meenakshibajaj544@gmail.com	13 / 15	Meenakshi	B.p.ed 2 yr. Programme	Second Year	Student	Miranda House, Universit	8447044795	Bhavani Devi	145 Indian athletes	8	Manpreet Singh
293	8-27-2021 18:27:34	292	rekhabajaj337@gmail.com	13 / 15	REKHA	I. G. I. P. E. S. S	First Year	Research scholar	Miranda House, Universit	09711724647	Bhavani Devi	145 Indian athletes	8	Manpreet Singh
294	8-27-2021 18:35:03	293	tulsisharma1112@gmail.com	15 / 15	Sunita 1	12class D	First Year	Student	Miranda House, Universit	9891421637	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
295	8-27-2021 18:41:24	294	maheshwarimuskan786@gmail.com	15 / 15	Muskan Maheshwari	B.Sc. Life Sciences	Third Year	Student	Miranda House, Universit	09354761428	Bhavani Devi	127 Indian athletes	7	Manpreet Singh
296	8-27-2021 19:19:53	295	parsottamk19@gmail.com	0 / 15	Pooja Kumari	D	First Year	Student	Miranda House, Universit	9716515664	Ruchi Trikha	132 Indian athletes	6	Neeraj Chopra

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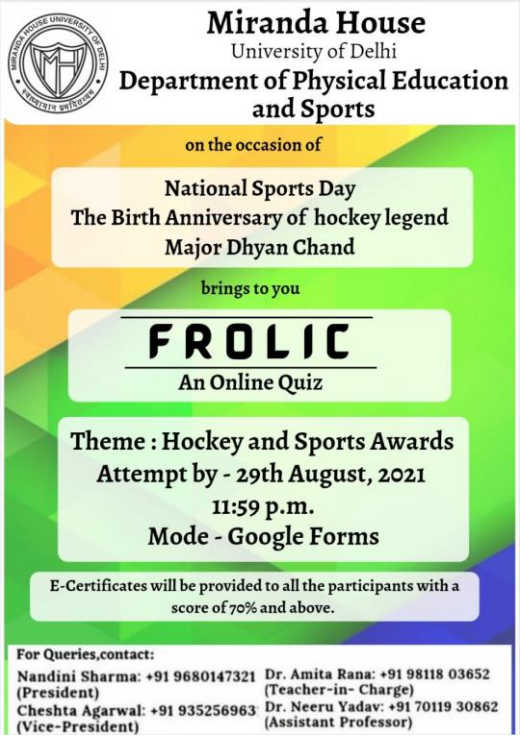
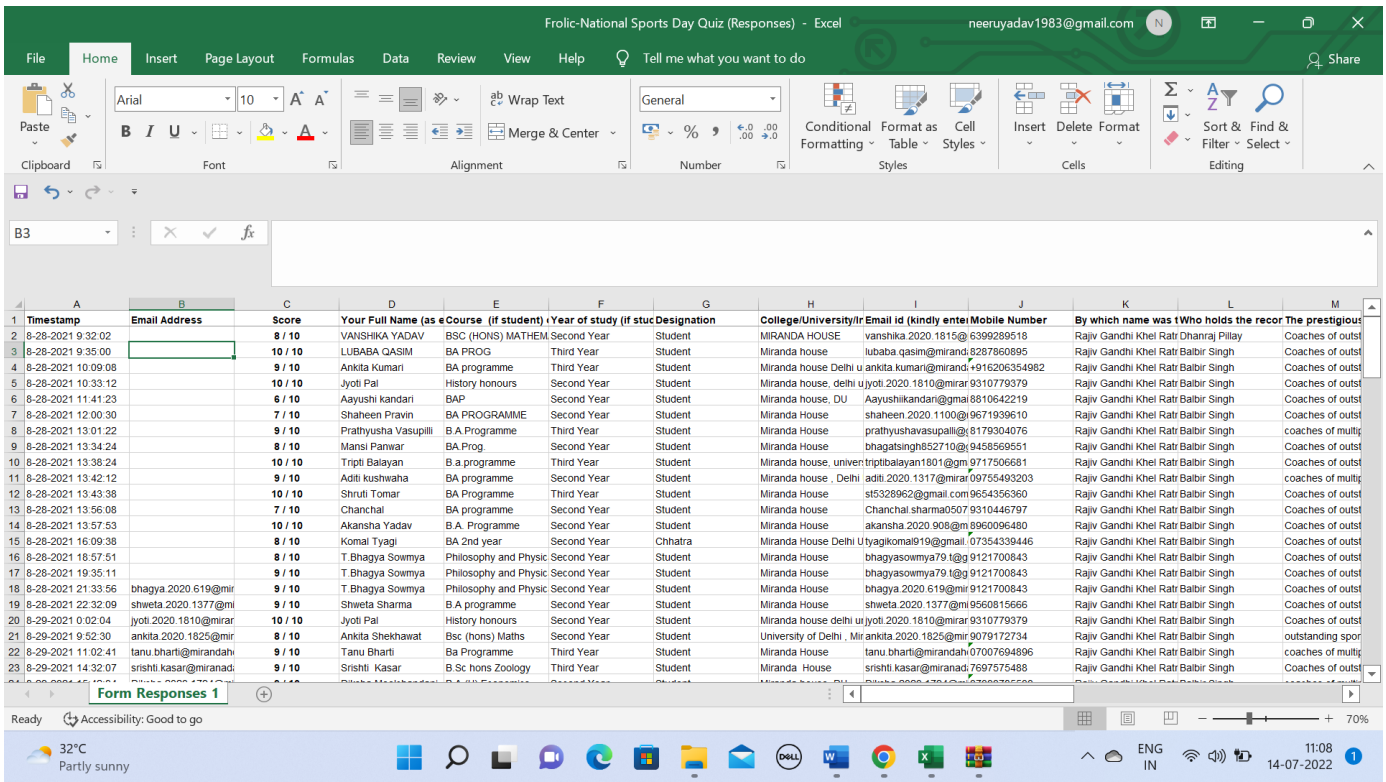
Supporting Documents for Frolic- Quiz on National Sports Day





	A	B	C	D	E	F	G	H	I	J	K	L	M
1	Timestamp	Email Address	Score	Your Full Name (as e	Course (if student)	Year of study (if stuc	Designation	College/University/Ir	Email id (kindly entei	Mobile Number	By which name was t	Who holds the recor	The prestigious
2	8-28-2021 9:32:02		8 / 10	VANSHIKA YADAV	BSC (HONS) MATHEM	Second Year	Student	MIRANDA HOUSE	vanshika.2020.1815@	6399289518	Rajiv Gandhi Khel Ratr	Dhanraj Pillay	Coaches of outst
3	8-28-2021 9:35:00		10 / 10	LUBABA QASIM	BA PROG	Third Year	Student	Miranda house	lubaba.qasim@mirand	8287860895	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
4	8-28-2021 10:09:08		9 / 10	Ankita Kumari	BA programme	Third Year	Student	Miranda house Delhi u	ankita.kumari@mirand	+916206354982	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
5	8-28-2021 10:33:12		10 / 10	Jyoti Pal	History honours	Second Year	Student	Miranda house, delhi u	jyoti.2020.1810@mirar	9310779379	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
6	8-28-2021 11:41:23		6 / 10	Aayushi kandari	BAP	Second Year	Student	Miranda house, DU	Aayushiikandan@gmai	8810642219	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
7	8-28-2021 12:00:30		7 / 10	Shaheen Pravin	BA PROGRAMME	Second Year	Student	Miranda House	shaheen.2020.1100@	9671939610	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
8	8-28-2021 13:01:22		9 / 10	Prathyusha Vasupilli	B.A.Programme	Third Year	Student	Miranda House	prathyushavasupalli@	8179304076	Rajiv Gandhi Khel Ratr	Balbir Singh	coaches of multip
9	8-28-2021 13:34:24		8 / 10	Mansi Panwar	BA.Prog.	Second Year	Student	Miranda House	bhagatsingh852710@	9458569551	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
10	8-28-2021 13:38:24		10 / 10	Tripti Balayan	B.a.programme	Third Year	Student	Miranda house, univer	triptibalayan1801@gm	9717506681	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
11	8-28-2021 13:42:12		9 / 10	Aditi kushwaha	BA programme	Second Year	Student	Miranda house , Delhi	aditi.2020.1317@mirar	09755493203	Rajiv Gandhi Khel Ratr	Balbir Singh	coaches of multip
12	8-28-2021 13:43:38		10 / 10	Shruti Tomar	BA Programme	Third Year	Student	Miranda House	st5328962@gmail.com	9654356360	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
13	8-28-2021 13:56:08		7 / 10	Chanchal	BA programme	Second Year	Student	Miranda house	Chanchal.sharma0507	9310446797	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
14	8-28-2021 13:57:53		10 / 10	Akansha Yadav	B.A. Programme	Second Year	Student	Miranda House	akansha.2020.908@m	8960096480	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
15	8-28-2021 16:09:38		8 / 10	Komal Tyagi	BA 2nd year	Second Year	Chhatra	Miranda House Delhi U	tyagikomal919@gmail.	07354339446	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
16	8-28-2021 18:57:51		8 / 10	T.Bhagya Sowmya	Philosophy and Physic	Second Year	Student	Miranda House	bhagyasowmya79.t@g	9121700843	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
17	8-28-2021 19:35:11		9 / 10	T.Bhagya Sowmya	Philosophy and Physic	Second Year	Student	Miranda House	bhagyasowmya79.t@g	9121700843	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
18	8-28-2021 21:33:56	bhagya.2020.619@mir	9 / 10	T.Bhagya Sowmya	Philosophy and Physic	Second Year	Student	Miranda House	bhagya.2020.619@mir	9121700843	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
19	8-28-2021 22:32:09	shweta.2020.1377@mi	9 / 10	Shweta Sharma	B.A programme	Second Year	Student	Miranda House	shweta.2020.1377@mi	9560815666	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
20	8-29-2021 0:02:04	jyoti.2020.1810@mirar	10 / 10	Jyoti Pal	History honours	Second Year	Student	Miranda house delhi u	jyoti.2020.1810@mirar	9310779379	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst
21	8-29-2021 9:52:30	ankita.2020.1825@mir	8 / 10	Ankita Shekhawat	Bsc (hons) Maths	Second Year	Student	University of Delhi , Mir	ankita.2020.1825@mir	9079172734	Rajiv Gandhi Khel Ratr	Balbir Singh	outstanding spor
22	8-29-2021 11:02:41	tanu.bharti@mirandah	9 / 10	Tanu Bharti	Ba Programme	Third Year	Student	Miranda House	tanu.bharti@mirandah	07007694896	Rajiv Gandhi Khel Ratr	Balbir Singh	coaches of multip
23	8-29-2021 14:32:07	srishti.kasar@mirandad	9 / 10	Srishti Kasar	B.Sc hons Zoology	Third Year	Student	Miranda House	srishti.kasar@mirandad	7697575488	Rajiv Gandhi Khel Ratr	Balbir Singh	Coaches of outst

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Supporting Documents for Certificate Course in Foundation of Yog

MIRANDA HOUSE

University of Delhi

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

brings to you a 4-week online

"CERTIFICATE COURSE IN FOUNDATION OF YOG"

From 31st August,2021 to 26th September 2021
Time: 07:00 am – 08:00 am

"ONLY 50 SEATS AVAILABLE"
Registrations would be done on first come first serve basis.

Last date of registration: 29th August,2021

For Queries,contact:

Nandini Sharma: +91 9680147321 (President)
Cheshta Agarwal: +91 935256963 (Vice-President)
Dr. Amita Rana: +91 98118 03652 (Teacher-in- Charge)
Dr. Neeru Yadav: +91 70119 30862 (Assistant Professor)

Dated: August 12, 2021

The Principal
Miranda House
University of Delhi
Delhi 110 007

Sub: Online One Month Certificate Course in Foundation of Yog

Dear Dr. Nanda,

As a regular practice Department of Physical Education and Sports is organising **Online Certificate Course in Foundation of Yog** for one month consecutively for seventh year. It is requested to kindly sanction an amount of Rs. 2000/- for the following items:

1. Brochures
2. Certificates
3. Yoga Expert charges Rs. 500/- per session.

Submitted for your kind approval please.

Thanks & Regards

Dr. Amita Rana
Teacher In- charge
Dept. of Physical Education
& Sports Sciences

Sanctioned.
12/8/21

SYLLABUS:

Theory:

Meaning, Definitions, History and Importance of Yoga

Practical:

1. Yogic Prayer
2. Shatkarm: Kapalbhati
3. Sukshm Vyayam
4. Sthool Vyayam
5. Asanas

Standing Posture: Tadasana, Padahastasana, Veerabhadrasana, Garudasana, Vrikshaasana, Trikonasana, Ardha-Katichakrasana, Natrajasana, Parvratasana, Ardha-Chakrasana

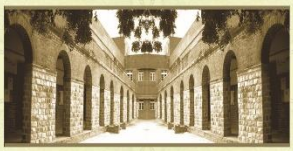
Sitting Posture: Padmasana, Vajrasana, Gomukhasana, Ustrasana, Paschimottanasana, Vakrasana, Bhadrasana, Baddha-konasana, Matsyendrasana, Janusirsasana

Supine Posture: Shavasana, Sarvangasana, Halasana, Setubandhasana, Chakrasana, Markatasana, Uttanpadasana, Pawanmuktasana, Nawasana, Matsyasana

Prone Posture: Makarasana, Bhujangasana, Shalabhasana, Dhanurasana, Naukasana, Sarpasana

6. Nadishodhan
7. Pranayama Bhastrika, Bhramari and Udgeeth Pranayam
8. Meditation

Others:
Suryanamskar, Deep Relaxation Technique



Miranda House
University of Delhi
Delhi 110 007, India

Department of Physical Education
Phone: +91-11-27662193
E-mail: phyedumh@gmail.com
Website: www.mirandahouse.ac.in

MIRANDA HOUSE
UNIVERSITY OF DELHI

Department of Physical Education
organizing

CERTIFICATE COURSE IN FOUNDATION OF YOG

Duration of Course	:	Four Weeks
Credit Hours	:	24 Hours
Classes	:	Monday to Saturday
Time	:	7:00 am to 8:00 am
Course begins	:	31/08/2021
Date of Registration	:	16/08/2021 onwards

For registration and more information kindly contact
Dr. Amita Rana (Teacher Incharge) - 9811803652
Dr. Neeru Yadav (Assistant Professor) - 7011930862
Nandini (Sports Union President) - 9680147321

Miranda House
UNIVERSITY OF DELHI

INTRODUCTION

Yoga is a complete science of life that originated in India thousands of years ago. It can be said authentically that history of yoga is as old as the Indian history. Yoga has remained a part of our civilization. On the basis of various sculptures and scriptures, Lord Shiva is seen as the first yogi or Adi yogi and the first guru or Adi Guru of yoga. While Yajnavalkya Smriti states, *"Hiranya Garbho Yogasya Vakta Naneya Purataneh"* which means Hiranyagarbha is first speaker of yoga. Nobody is more ancient then him. However, Maharishi Patanjali is considered to be the first compiler of body culture in yoga. He was the first person to structure Yoga in systematic and scientific way and divided Sadhanpaad into eight limbs of yoga including Yama, Niyama, Asana, Pranayam, Pratyahara, Dharna, Dhyan, and Samadhi. In the era of technological advancements and globalization, students have started following a sedentary lifestyle and not participating in any kind of physical fitness activities. This is leading them to suffer from many physical and mental ailments. The beauty of Yoga is that it is accessible to everyone, you don't need equipment, partner and much space. Yoga is not a religion but a way of life. The main goal of yoga is to educate people about the scientific way of yoga and make them aware of the rich tradition of Indian Culture for maintaining wellness. In this course, we are mainly focusing on Hatha Yoga and Ashtang Yoga. After having practiced the course, students can master the art of yoga and reap its lifelong benefits.

Name of the Course: "Certificate Course in Foundation of Yog".

Duration of the course: The duration of the Course is 24 hours, for a period of one month. The classes will be conducted 6 days in a week, Monday to Saturday for one hours from 7:00 am to 8:00 am.

Aim of the Course: The aim of this course is to aware the students about the importance of health, wellness and to motivate students to take part in health and fitness activities so that they can have sound mind in sound body.

Objectives of the Course:

1. To teach the scientific and spiritual aspects of yoga.
2. To teach the precautions to be taken care for performing different asanas.
3. To make aware the benefits of performing different yogasana.
4. To make aware of therapeutic aspects of asanas and pranayama and promotion of health.
5. To develop healthy lifestyle of an individual through practice of Ashtang Yoga.

Eligibility: All Miranda House students are eligible for this course.

Number of Seats: Intake capacity 50, first come first serve basis.

Medium of Instruction: Hindi / English

Health Status: The applicant must be in good mental and physical health and have to submit. the declaration in the google form

Dress Code: The dress shall be White T-Shirt and black track pants for participants.

Course Timings: The tentative course timing for conducting this programme is 7:00 am to 8:00 am. However, the timings may be changed as per the convenience of the Institute. Batch Schedule: August to September.

Course Fee: Nil

Award of Certificate: At the end of the course there will be practical exam and those candidates who have secured minimum 90% attendance will only be allowed to appear in the practical examination. Certificate will be awarded only to those candidates who clear the practical examination.

Rules & Regulations:

(A) Every student of the course should maintain discipline during the class and not to disturb any other participants and must possess 90% of attendance.

(B) Candidates must attend practical classes daily with empty stomach or light stomach or as advised by the Yoga experts.

(C) Department of Physical Education reserves the right to change, delete, alter and add any of the rules and regulations as and when necessary, without prior notice and its decision will be final.

MIRANDA HOUSE
UNIVERSITY OF DELHI

Department of Physical Education and Sports

Certificate

This is to certify that Ms. .....

Course ..... has successfully completed

"**Certificate Course in Foundation of Yog**" conducted by the Department of Physical Education, Miranda House, University of Delhi from ..... to .....

Teacher In-charge
Physical Education

Principal

Miranda House
UNIVERSITY OF DELHI

attendance sheet .XLSX

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AA1 | Practical 2

Snc	Name	Course and Year																							
1	Avneet kaur	(CBCS)BA programme , 2nd year	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	p	p	p	p	p	p
2	K pooja	B.El.Ed, 2nd Year	P	P	P	P	P	p	p	p	p	p	P	P	P	P	P	p	p	p	p	p	p
3	Mitushi Gupta	B.El.Ed, 2nd Year	P	P	P	P	P	p	p	p	p	p	P	P	P	P	P	p	p	p	p	p	p
4	Indul elem	B.El.Ed, 2nd Year	P	P	P	P	P	p	P	P	P	P	P	P	P	P	P	P	p	p	p	p	p
5	Swati Chaudhary	Ba prog -2nd year	P	P	P	P	P	p	p	P	P	P	p	P	P	P	P	p	p	p	p	p	p
6	Vineeta Singh	B.Sc. (Hons.) Botany, 2md year	P	P	P	p	P	p	p	P	P	P	p	P	P	P	P	p	p	p	p	p	p
7	Bhagya Sowmya thota	Philosophy and Physical Educatio	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	p	p	p	p	p
8	Mansi Panwar		P	P	P	P	P	P	P	P	P	P	P	P	P	A	p	p	p	p	p	p	p
9	Shruti Tomar	BA programme. 3rd year	P	A	P	P	P	p	p	P	P	P	p	P	P	P	P	p	p	p	p	p	p
10	Chahat	B.A Programme II year	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	p	p	p	p	p
11	Shruti	B.El.Ed, 2nd Year	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	p
12	Deepti	B.Sc. (H) Botany, 3rd year	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	p	p	p	p	p
13	Rekha Kumari	B.A. Programme, 2nd year	P	P	P	P	P	p	p	P	P	P	p	P	P	P	P	p	p	p	p	p	A
14	Shweta	Bsc(H) Chemistry 3rd year	P	P	P	P	P	p	p	P	P	P	p	P	P	P	P	p	A	p	p	p	p
15	Khushboo kumari	B.El.Ed, 2nd Year	P	P	P	P	P	p	p	p	p	A	p	P	P	P	P	p	p	p	p	p	p
16	Nancy yadav	B.El.Ed, 2nd Year	P	P	P	P	P	p	p	P	P	P	p	P	P	P	P	A	p	p	p	p	p
17	Nasreen Anjum	B.El.Ed, 2nd Year	P	P	P	P	P	p	p	P	P	A	P	p	P	P	P	p	p	p	p	p	A
18	Varsha	B.Sc. Physical Science	P	P	P	P	P	p	p	P	P	P	p	P	P	P	A	p	p	p	p	A	p
19	Omja Tiwari	B.A. Programme and 3rd year	P	P	P	P	P	A	p	P	A	P	p	P	P	P	P	p	p	p	p	p	p

Final | Sheet2

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AA1 | Practical 2

Snc	Name	Course and Year																							
20	Aliya hadeed ansari		p	p	P	P	P	p	P	P	P	p	A	P	P	P	P	A	p	p	p	p	p
21	Anchal Chauhan	Bsc. Mathematics hons. /3 year	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	p	A	p	p	p
22	Gitanjali Sharma	Bsc Hons Botany, 3rd year	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	p	p	p	p	p
23	Ridam	BSc Physical Science with Compu	A	P	P	P	P	p	p	A	P	P	p	P	P	P	P	p	p	p	p	p	A
24	Tanu Bhati		P	P	P	P	P	p	p	P	P	P	p	p	p	p	A	A	p	p	p	p	A
25	Neha Sharma	B.Sc.(H) Chemistry , III year	P	P	P	P	P	P	p	P	P	P	p	P	P	P	P	A	p	p	A	A	p
26	Shweta Sharma	B.A. Programme & 2nd year	P	P	A	P	P	p	p	P	P	P	p	A	P	A	P	P	p	p	p	p	p
27	Chanchal	BA programme 2nd year	A	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	p	p	p	p	p
28	Cheshta Agarwal	bap, third year	A	P	P	P	P	P	A	P	p	A	P	P	P	P	P	P	p	p	p	p	p
29	Tinkle Patiyal	BA Programma (Second Year)	P	P	P	P	A	p	p	P	P	P	p	p	p	p	A	p	p	p	p	p	A
30	Akriti Singh Rathaur	BA Hindi(Hons), 2019-2022	P	P	P	P	P	P	P	P	A	P	P	A	P	A	P	P	p	p	p	p	A
31	Riyanshi Gambhir		P	P	P	P	P	p	p	A	A	A	p	p	p	p	A	p	p	p	p	p	A
32	Megha Mishra	B.El.Ed, 2nd Year	P	P	P	P	P	p	p	P	A	p	p	A	P	P	P	p	p	A	p	p	A
33	Dharini Sharma	B.A English Hon, 2nd year	P	P	P	P	P	P	P	A	A	A	A	P	P	P	P	P	p	p	p	p	p
34	Osheen Singh	BA Programme (Philosophy and P	P	P	P	A	P	p	p	P	A	P	p	P	P	P	P	P	p	p	p	p	A
35	Anushka Rathore	Bsc.computer science (3 year)	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	A	p	p	A
36	Anvita Pattanaik	BA programme, 2nd year	P	A	P	A	P	A	A	P	P	A	p	P	P	P	P	P	p	p	p	p	A
37	Anagha Shaju		p	p	A	p	P	A	A	P	A	P	P	P	P	P	P	P	A	p	A	p	p
38	Divyaanshi Upadhyay	Ba program , 2nd year	A	A	A	P	P	P	P	P	P	P	P	P	P	P	P	p	p	A	A	p	A

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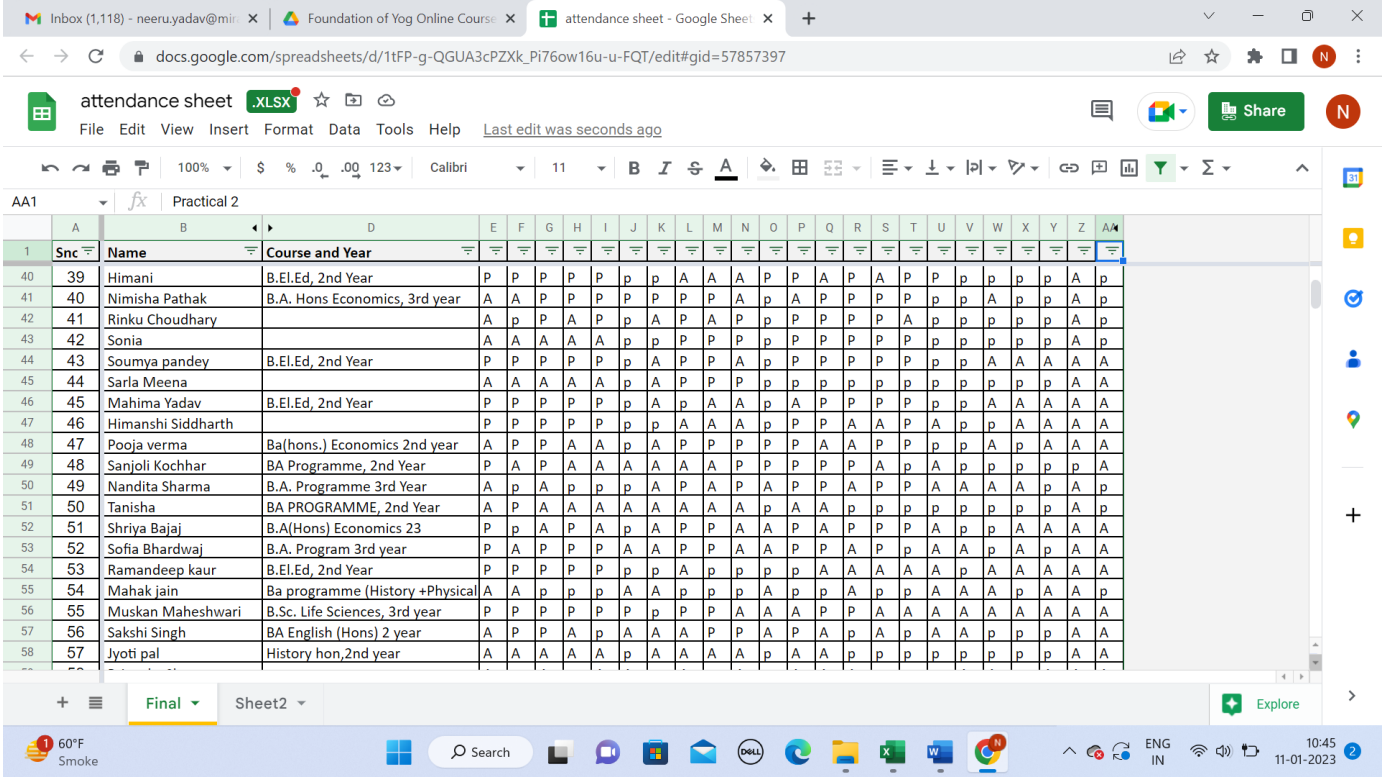

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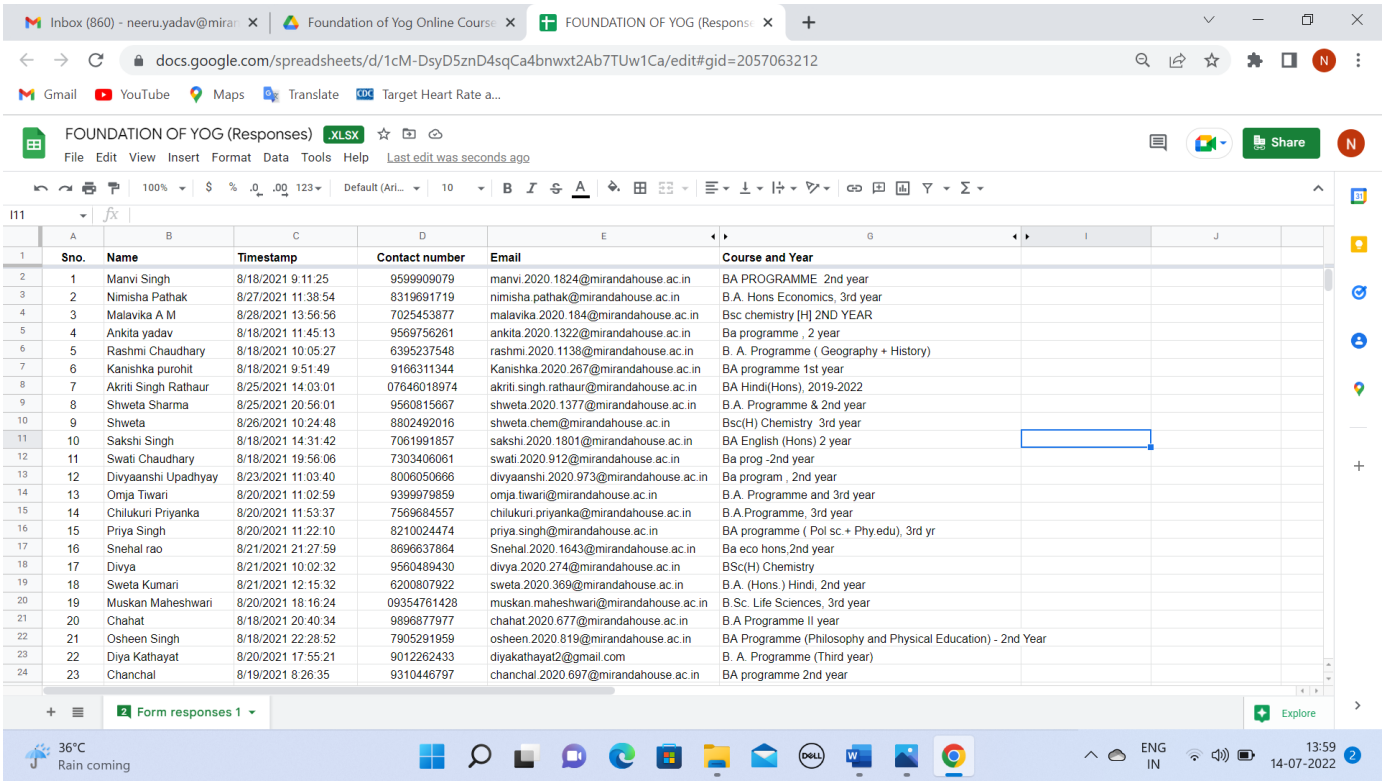
Practical 2

Snc	Name	Course and Year																								
39	Himani	B.El.Ed, 2nd Year	P	P	P	P	P	p	p	A	A	A	P	P	A	P	A	P	P	p	p	p	p	A	p
40	Nimisha Pathak	B.A. Hons Economics, 3rd year	A	A	P	P	P	P	P	P	P	A	p	A	P	P	P	p	p	A	p	p	A	p
41	Rinku Choudhary		A	p	P	A	P	p	A	P	A	P	p	P	P	P	P	A	p	p	p	p	A	p
42	Sonia		A	A	A	A	A	p	p	P	P	P	p	P	P	P	P	P	p	p	p	p	A	p
43	Soumya pandey	B.El.Ed, 2nd Year	P	P	P	P	P	p	A	P	P	A	p	P	P	P	P	P	p	p	A	A	A	A
44	Sarla Meena		A	A	A	A	A	p	A	P	P	P	p	p	p	p	p	p	p	p	p	p	A	A
45	Mahima Yadav	B.El.Ed, 2nd Year	P	P	P	P	P	p	A	p	A	A	p	A	P	P	P	P	p	p	A	A	A	A
46	Himanshi Siddharth		P	P	P	P	P	p	p	A	A	A	p	P	P	A	A	P	A	p	p	A	A	A
47	Pooja verma	Ba(hons.) Economics 2nd year	A	P	P	A	A	p	A	P	P	P	P	P	A	A	P	P	p	p	A	p	A	A
48	Sanjoli Kochhar	BA Programme, 2nd Year	P	A	P	A	A	A	A	A	A	P	P	P	P	P	A	p	A	p	p	p	p	A
49	Nandita Sharma	B.A. Programme 3rd Year	A	p	A	p	p	p	A	P	A	P	A	P	P	A	P	P	A	A	A	A	p	A
50	Tanisha	BA PROGRAMME, 2nd Year	A	P	A	A	A	A	A	A	A	A	p	A	A	p	p	p	p	p	p	p	A	p
51	Shriya Bajaj	B.A(Hons) Economics 23	P	p	A	P	A	p	A	P	P	A	A	P	A	P	P	P	A	p	p	A	A	A
52	Sofia Bhardwaj	B.A. Program 3rd year	P	A	P	P	P	A	A	P	P	A	A	P	A	P	P	p	A	A	p	A	A	A
53	Ramandeep kaur	B.El.Ed, 2nd Year	P	P	P	P	P	p	p	A	p	p	p	p	A	A	A	A	A	p	A	A	A	A
54	Mahak jain	Ba programme (History +Physical	A	A	p	p	p	A	A	p	p	p	A	p	p	A	p	p	A	A	A	p	A	A
55	Muskan Maheshwari	B.Sc. Life Sciences, 3rd year	P	P	P	P	P	p	p	P	P	A	A	A	P	P	A	A	A	A	A	A	A	A
56	Sakshi Singh	BA English (Hons) 2 year	A	P	P	A	p	A	A	A	P	A	P	A	P	A	p	A	A	A	p	p	A	A
57	Jyoti pal	History hon,2nd year	A	A	A	A	A	p	A	A	A	A	p	A	A	p	p	p	p	p	p	p	A	A



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Sno.	Name	Timestamp	Contact number	Email	Course and Year
1	Manvi Singh	8/18/2021 9:11:25	9599909079	manvi.2020.1824@mirandahouse.ac.in	BA PROGRAMME 2nd year
2	Nimisha Pathak	8/27/2021 11:38:54	8319691719	nimisha.pathak@mirandahouse.ac.in	B.A. Hons Economics, 3rd year
3	Malavika A M	8/28/2021 13:56:56	7025453877	malavika.2020.184@mirandahouse.ac.in	Bsc chemistry [H] 2ND YEAR
4	Ankita yadav	8/18/2021 11:45:13	9569756261	ankita.2020.1322@mirandahouse.ac.in	Ba programme , 2 year
5	Rashmi Chaudhary	8/18/2021 10:05:27	6395237548	rashmi.2020.1138@mirandahouse.ac.in	B. A. Programme (Geography + History)
6	Kanishka purohit	8/18/2021 9:51:49	9166311344	Kanishka.2020.267@mirandahouse.ac.in	BA programme 1st year
7	Akriti Singh Rathaur	8/25/2021 14:03:01	07646018974	akriti.singh.rathaur@mirandahouse.ac.in	BA Hindi(Hons), 2019-2022
8	Shweta Sharma	8/25/2021 20:56:01	9560815667	shweta.2020.1377@mirandahouse.ac.in	B.A. Programme & 2nd year
9	Shweta	8/26/2021 10:24:48	8802492016	shweta.chem@mirandahouse.ac.in	Bsc(H) Chemistry 3rd year
10	Sakshi Singh	8/18/2021 14:31:42	7061991857	sakshi.2020.1801@mirandahouse.ac.in	BA English (Hons) 2 year
11	Swati Chaudhary	8/18/2021 19:56:06	7303406061	swati.2020.912@mirandahouse.ac.in	Ba prog -2nd year
12	Divyaanshi Upadhyay	8/23/2021 11:03:40	8006050666	divyaanshi.2020.973@mirandahouse.ac.in	Ba program , 2nd year
13	Omja Tiwari	8/20/2021 11:02:59	9399979859	omja.tiwari@mirandahouse.ac.in	B.A. Programme and 3rd year
14	Chilukuri Priyanka	8/20/2021 11:53:37	7569684557	chilukuri.priyanka@mirandahouse.ac.in	B.A.Programme, 3rd year
15	Priya Singh	8/20/2021 11:22:10	8210024474	priya.singh@mirandahouse.ac.in	BA programme (Pol sc.+ Phy.edu), 3rd yr
16	Snehal rao	8/21/2021 21:27:59	8696637864	Snehal.2020.1643@mirandahouse.ac.in	Ba eco hons,2nd year
17	Divya	8/21/2021 10:02:32	9560489430	divya.2020.274@mirandahouse.ac.in	BSc(H) Chemistry
18	Sweta Kumari	8/21/2021 12:15:32	6200807922	sweta.2020.369@mirandahouse.ac.in	B.A. (Hons.) Hindi, 2nd year
19	Muskan Maheshwari	8/20/2021 18:16:24	09354761428	muskan.maheshwari@mirandahouse.ac.in	B.Sc. Life Sciences, 3rd year
20	Chahat	8/18/2021 20:40:34	9896877977	chahat.2020.677@mirandahouse.ac.in	B.A Programme II year
21	Osheen Singh	8/18/2021 22:28:52	7905291959	osheen.2020.819@mirandahouse.ac.in	BA Programme (Philosophy and Physical Education) - 2nd Year
22	Diya Kathayat	8/20/2021 17:55:21	9012262433	diyakathayat2@gmail.com	B. A. Programme (Third year)
23	Chanchal	8/19/2021 8:26:35	9310446797	chanchal.2020.697@mirandahouse.ac.in	BA programme 2nd year

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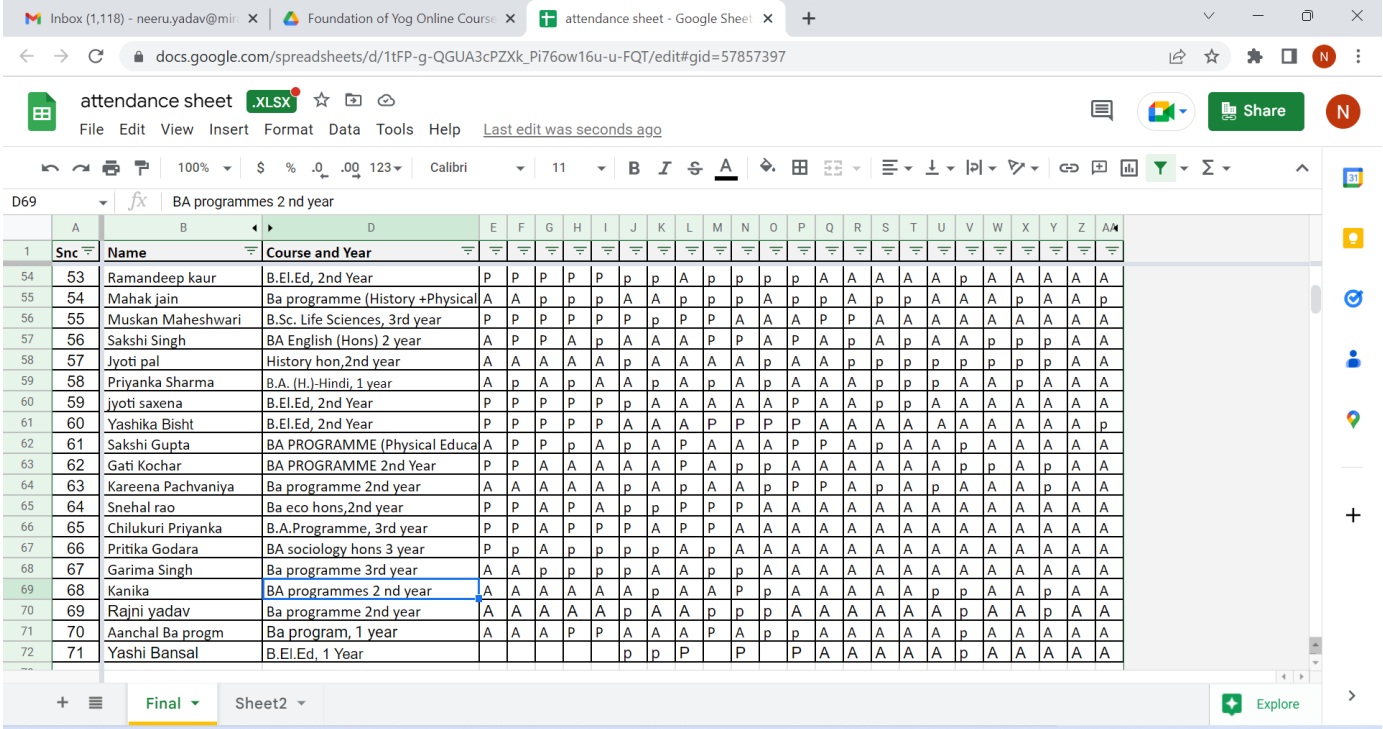

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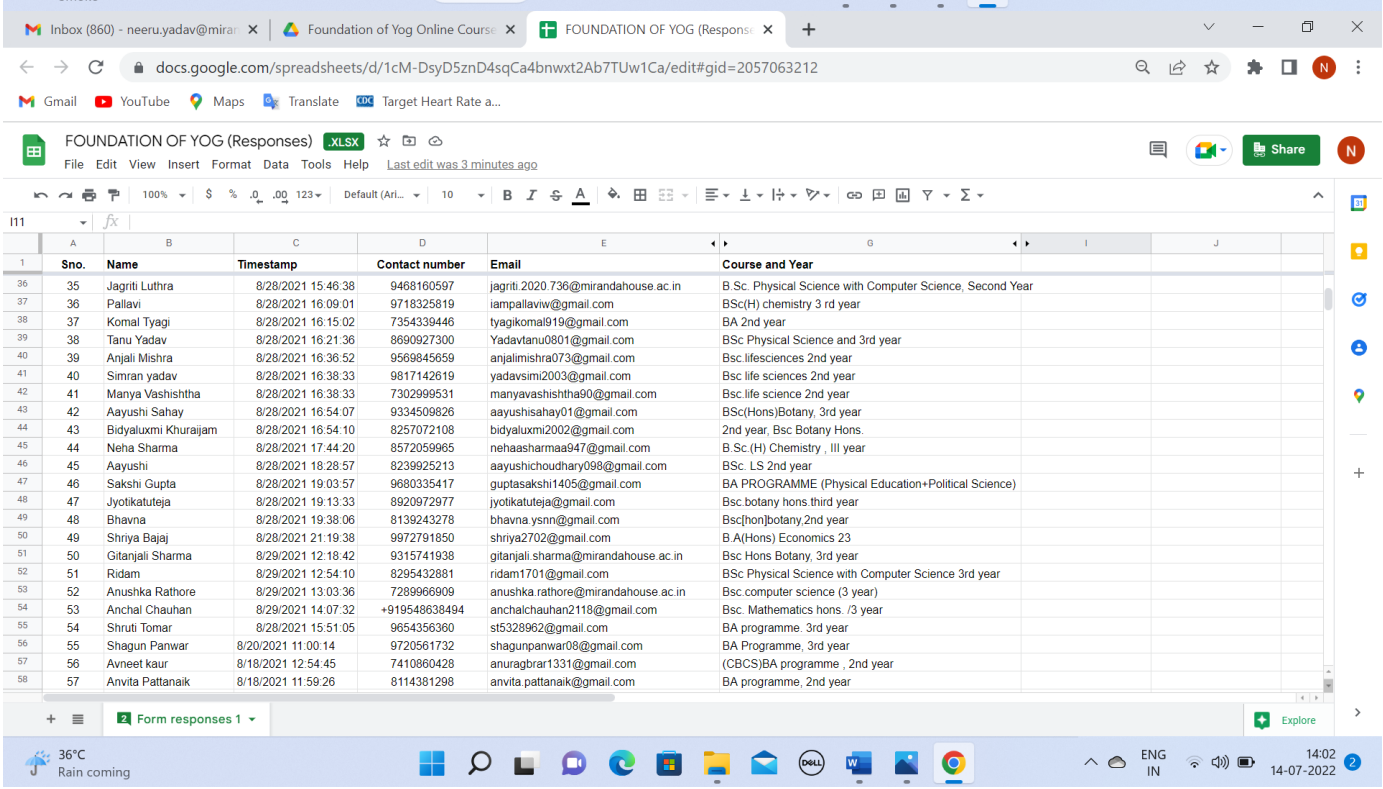
D69 BA programmes 2 nd year

Snc	Name	Course and Year	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	AA
53	Ramandeep kaur	B.El.Ed, 2nd Year	P	P	P	P	P	p	p	A	p	p	p	p	A	A	A	A	A	p	A	A	A	A	A
54	Mahak jain	Ba programme (History +Physical	A	A	p	p	p	A	A	p	p	p	A	p	p	A	p	p	A	A	A	p	A	A	p
55	Muskan Maheshwari	B.Sc. Life Sciences, 3rd year	P	P	P	P	P	P	p	P	P	A	A	A	P	P	A	A	A	A	A	A	A	A	A
56	Sakshi Singh	BA English (Hons) 2 year	A	P	P	A	p	A	A	A	P	P	A	P	A	p	A	p	A	A	p	p	p	A	A
57	Jyoti pal	History hon,2nd year	A	A	A	A	A	p	A	A	A	A	p	A	A	p	p	p	p	p	p	p	p	A	A
58	Priyanka Sharma	B.A. (H.)-Hindi, 1 year	A	p	A	p	A	A	p	A	p	A	p	A	A	A	p	p	p	A	A	p	A	A	A
59	jyoti saxena	B.El.Ed, 2nd Year	P	P	P	P	P	p	A	A	A	A	A	P	A	A	p	p	A	A	A	A	A	A	A
60	Yashika Bisht	B.El.Ed, 2nd Year	P	P	P	P	P	A	A	A	P	P	P	P	A	A	A	A	A	A	A	A	A	A	p
61	Sakshi Gupta	BA PROGRAMME (Physical Educa	A	P	P	p	A	p	A	P	A	A	A	P	A	p	A	A	p	A	A	A	A	A	A
62	Gati Kochar	BA PROGRAMME 2nd Year	P	P	A	A	A	A	A	P	A	p	p	A	A	A	A	A	p	p	A	p	A	A	A
63	Kareena Pachvaniya	Ba programme 2nd year	A	A	A	A	A	p	A	p	A	A	p	P	P	A	p	A	p	A	A	A	p	A	A
64	Snehal rao	Ba eco hons,2nd year	P	P	A	P	A	p	p	P	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A
65	Chilukuri Priyanka	B.A.Programme, 3rd year	P	P	A	P	P	P	A	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A
66	Pritika Godara	BA sociology hons 3 year	P	p	A	p	p	p	p	A	p	A	A	A	A	A	A	A	A	A	A	A	A	A	A
67	Garima Singh	Ba programme 3rd year	A	A	p	p	p	p	A	A	p	p	A	A	A	A	A	A	A	A	A	A	A	A	A
68	Kanika	BA programmes 2 nd year	A	A	A	A	A	A	p	A	A	P	p	A	A	A	A	A	p	p	A	A	p	A	A
69	Rajni yadav	Ba programme 2nd year	A	A	A	A	A	p	A	A	p	p	p	A	A	A	A	A	A	p	A	A	p	A	A
70	Aanchal Ba progm	Ba program, 1 year	A	A	A	P	P	A	A	A	P	A	p	p	A	A	A	A	A	p	A	A	A	A	A
71	Yashi Bansal	B.El.Ed, 1 Year						p	p	P		P		P	A	A	A	A	A	p	A	A	A	A	A



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Sno.	Name	Timestamp	Contact number	Email	Course and Year
35	Jagriti Luthra	8/28/2021 15:46:38	9468160597	jagriti.2020.736@mirandahouse.ac.in	B.Sc. Physical Science with Computer Science, Second Year
36	Pallavi	8/28/2021 16:09:01	9718325819	iampallaviw@gmail.com	BSc(H) chemistry 3 rd year
37	Komal Tyagi	8/28/2021 16:15:02	7354339446	tyagikomal919@gmail.com	BA 2nd year
38	Tanu Yadav	8/28/2021 16:21:36	8690927300	Yadavtanu0801@gmail.com	BSc Physical Science and 3rd year
39	Anjali Mishra	8/28/2021 16:36:52	9569845659	anjalimishra073@gmail.com	Bsc.lifesciences 2nd year
40	Simran yadav	8/28/2021 16:38:33	9817142619	yadavsimi2003@gmail.com	Bsc life sciences 2nd year
41	Manya Vashishtha	8/28/2021 16:38:33	7302999531	manyavashishtha90@gmail.com	Bsc.life science 2nd year
42	Aayushi Sahay	8/28/2021 16:54:07	9334509826	aayushisahay01@gmail.com	BSc(Hons)Botany, 3rd year
43	Bidyaluxmi Khuraijam	8/28/2021 16:54:10	8257072108	bidyaluxmi2002@gmail.com	2nd year, Bsc Botany Hons.
44	Neha Sharma	8/28/2021 17:44:20	8572059965	nehaasharmaa947@gmail.com	B.Sc.(H) Chemistry , III year
45	Aayushi	8/28/2021 18:28:57	8239925213	aayushichoudhary098@gmail.com	BSc. LS 2nd year
46	Sakshi Gupta	8/28/2021 19:03:57	9680335417	guptasakshi1405@gmail.com	BA PROGRAMME (Physical Education+Political Science)
47	Jyotikatuteja	8/28/2021 19:13:33	8920972977	jyotikatuteja@gmail.com	Bsc.botany hons.third year
48	Bhavna	8/28/2021 19:38:06	8139243278	bhavna.ysnn@gmail.com	Bsc[hon]botany,2nd year
49	Shriya Bajaj	8/28/2021 21:19:38	9972791850	shriya2702@gmail.com	B.A(Hons) Economics 23
50	Gitanjali Sharma	8/29/2021 12:18:42	9315741938	gitanjali.sharma@mirandahouse.ac.in	Bsc Hons Botany, 3rd year
51	Ridam	8/29/2021 12:54:10	8295432881	ridam1701@gmail.com	BSc Physical Science with Computer Science 3rd year
52	Anushka Rathore	8/29/2021 13:03:36	7289966909	anushka.rathore@mirandahouse.ac.in	Bsc.computer science (3 year)
53	Anchal Chauhan	8/29/2021 14:07:32	+919548638494	anchalchauhan2118@gmail.com	Bsc. Mathematics hons. /3 year
54	Shruti Tomar	8/28/2021 15:51:05	9654356360	st5328962@gmail.com	BA programme. 3rd year
55	Shagun Panwar	8/20/2021 11:00:14	9720561732	shagunpanwar08@gmail.com	BA Programme, 3rd year
56	Avneet kaur	8/18/2021 12:54:45	7410860428	anuragbrar1331@gmail.com	(CBCS)BA programme , 2nd year
57	Anvita Pattanaik	8/18/2021 11:59:26	8114381298	anvita.pattanaik@gmail.com	BA programme, 2nd year

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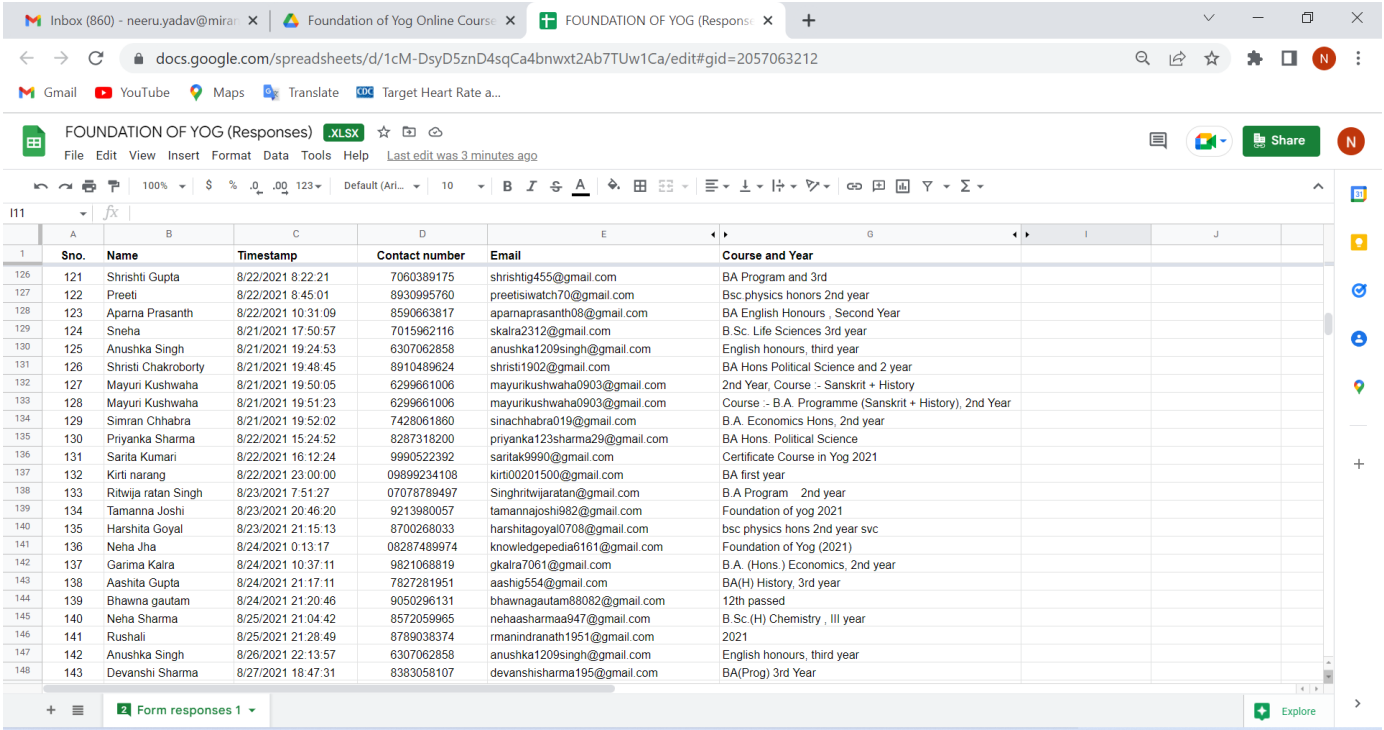

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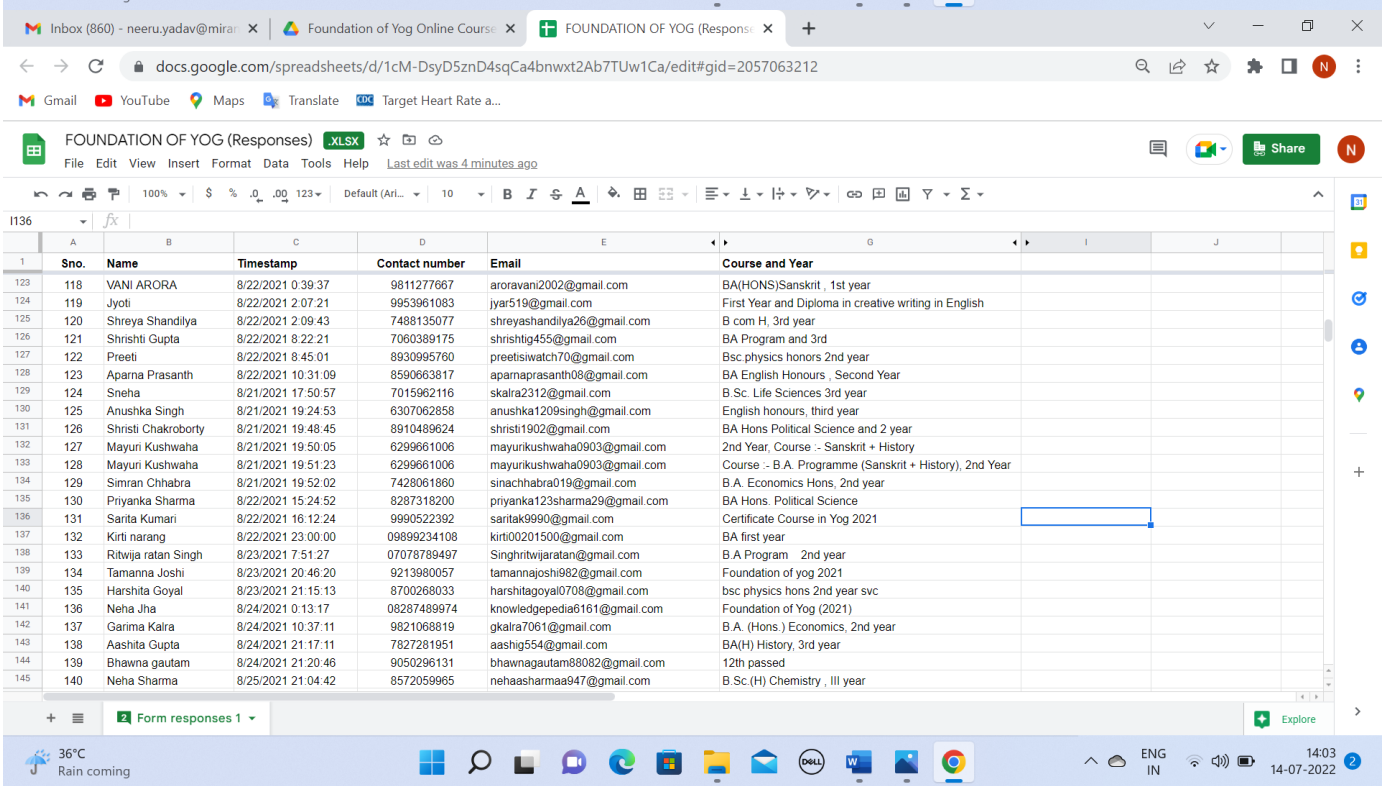
Sno.	Name	Timestamp	Contact number	Email	Course and Year
121	Shrishti Gupta	8/22/2021 8:22:21	7060389175	shrishtig455@gmail.com	BA Program and 3rd
122	Preeti	8/22/2021 8:45:01	8930995760	preetisiwatch70@gmail.com	Bsc physics honors 2nd year
123	Aparna Prasanth	8/22/2021 10:31:09	8590663817	aparnaprasanth08@gmail.com	BA English Honours , Second Year
124	Sneha	8/21/2021 17:50:57	7015962116	skalra2312@gmail.com	B.Sc. Life Sciences 3rd year
125	Anushka Singh	8/21/2021 19:24:53	6307062858	anushka1209singh@gmail.com	English honours, third year
126	Shristi Chakroborty	8/21/2021 19:48:45	8910489624	shristi1902@gmail.com	BA Hons Political Science and 2 year
127	Mayuri Kushwaha	8/21/2021 19:50:05	6299661006	mayurikushwaha0903@gmail.com	2nd Year, Course :- Sanskrit + History
128	Mayuri Kushwaha	8/21/2021 19:51:23	6299661006	mayurikushwaha0903@gmail.com	Course :- B.A. Programme (Sanskrit + History), 2nd Year
129	Simran Chhabra	8/21/2021 19:52:02	7428061860	sinachhabra019@gmail.com	B.A. Economics Hons, 2nd year
130	Priyanka Sharma	8/22/2021 15:24:52	8287318200	priyanka123sharma29@gmail.com	BA Hons. Political Science
131	Sarita Kumari	8/22/2021 16:12:24	9990522392	saritak9990@gmail.com	Certificate Course in Yog 2021
132	Kirti narang	8/22/2021 23:00:00	09899234108	kirti00201500@gmail.com	BA first year
133	Ritwija ratan Singh	8/23/2021 7:51:27	07078789497	Singhritwijaratan@gmail.com	B.A Program 2nd year
134	Tamanna Joshi	8/23/2021 20:46:20	9213980057	tamannajoshi982@gmail.com	Foundation of yog 2021
135	Harshita Goyal	8/23/2021 21:15:13	8700268033	harshitagoyal0708@gmail.com	bsc physics hons 2nd year svc
136	Neha Jha	8/24/2021 0:13:17	08287489974	knowledgepedia6161@gmail.com	Foundation of Yog (2021)
137	Garima Kalra	8/24/2021 10:37:11	9821068819	gkalra7061@gmail.com	B.A. (Hons.) Economics, 2nd year
138	Aashita Gupta	8/24/2021 21:17:11	7827281951	aashig554@gmail.com	BA(H) History, 3rd year
139	Bhawna gautam	8/24/2021 21:20:46	9050296131	bhawnagautam88082@gmail.com	12th passed
140	Neha Sharma	8/25/2021 21:04:42	8572059965	nehaasharmaa947@gmail.com	B.Sc.(H) Chemistry , III year
141	Rushali	8/25/2021 21:28:49	8789038374	rmanindranath1951@gmail.com	2021
142	Anushka Singh	8/26/2021 22:13:57	6307062858	anushka1209singh@gmail.com	English honours, third year
143	Devanshi Sharma	8/27/2021 18:47:31	8383058107	devanshisharma195@gmail.com	BA(Prog) 3rd Year



FOUNDATION OF YOG (Responses) .XLSX

Sno.	Name	Timestamp	Contact number	Email	Course and Year
118	VANI ARORA	8/22/2021 0:39:37	9811277667	aroravani2002@gmail.com	BA(HONS)Sanskrit , 1st year
119	Jyoti	8/22/2021 2:07:21	9953961083	jyar519@gmail.com	First Year and Diploma in creative writing in English
120	Shreya Shandilya	8/22/2021 2:09:43	7488135077	shreyashandilya26@gmail.com	B com H, 3rd year
121	Shrishti Gupta	8/22/2021 8:22:21	7060389175	shrishtig455@gmail.com	BA Program and 3rd
122	Preeti	8/22/2021 8:45:01	8930995760	preetisiwatch70@gmail.com	Bsc physics honors 2nd year
123	Aparna Prasanth	8/22/2021 10:31:09	8590663817	aparnaprasanth08@gmail.com	BA English Honours , Second Year
124	Sneha	8/21/2021 17:50:57	7015962116	skalra2312@gmail.com	B.Sc. Life Sciences 3rd year
125	Anushka Singh	8/21/2021 19:24:53	6307062858	anushka1209singh@gmail.com	English honours, third year
126	Shristi Chakroborty	8/21/2021 19:48:45	8910489624	shristi1902@gmail.com	BA Hons Political Science and 2 year
127	Mayuri Kushwaha	8/21/2021 19:50:05	6299661006	mayurikushwaha0903@gmail.com	2nd Year, Course :- Sanskrit + History
128	Mayuri Kushwaha	8/21/2021 19:51:23	6299661006	mayurikushwaha0903@gmail.com	Course :- B.A. Programme (Sanskrit + History), 2nd Year
129	Simran Chhabra	8/21/2021 19:52:02	7428061860	sinachhabra019@gmail.com	B.A. Economics Hons, 2nd year
130	Priyanka Sharma	8/22/2021 15:24:52	8287318200	priyanka123sharma29@gmail.com	BA Hons. Political Science
131	Sarita Kumari	8/22/2021 16:12:24	9990522392	saritak9990@gmail.com	Certificate Course in Yog 2021
132	Kirti narang	8/22/2021 23:00:00	09899234108	kirti00201500@gmail.com	BA first year
133	Ritwija ratan Singh	8/23/2021 7:51:27	07078789497	Singhritwijaratan@gmail.com	B.A Program 2nd year
134	Tamanna Joshi	8/23/2021 20:46:20	9213980057	tamannajoshi982@gmail.com	Foundation of yog 2021
135	Harshita Goyal	8/23/2021 21:15:13	8700268033	harshitagoyal0708@gmail.com	bsc physics hons 2nd year svc
136	Neha Jha	8/24/2021 0:13:17	08287489974	knowledgepedia6161@gmail.com	Foundation of Yog (2021)
137	Garima Kalra	8/24/2021 10:37:11	9821068819	gkalra7061@gmail.com	B.A. (Hons.) Economics, 2nd year
138	Aashita Gupta	8/24/2021 21:17:11	7827281951	aashig554@gmail.com	BA(H) History, 3rd year
139	Bhawna gautam	8/24/2021 21:20:46	9050296131	bhawnagautam88082@gmail.com	12th passed
140	Neha Sharma	8/25/2021 21:04:42	8572059965	nehaasharmaa947@gmail.com	B.Sc.(H) Chemistry , III year

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UNIVERSITY OF DELHI

Supporting Documents for Expert Talk on Fitness Mantra and Success Mantra

Miranda House
UNIVERSITY OF DELHI

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

Expert Talk on 'Fitness Mantra and Success Mantra'
2 messages

Amita Rana <amita.rana@mirandahouse.ac.in> 6 October 2021 at 12:28
To: Principal Miranda <principal@mirandahouse.ac.in>

Dear Dr. Nanda,

The Department of Physical Education and Sports is going to organise an Online Expert Talk on 'Fitness Mantra and Success Mantra' on 8th October 2021 at 3.00 p.m. to 4.00 p.m. The guest speaker for the talk will be Dr. Sunita Godara, Asian Marathon Championship 1992, Marathon & Fitness Coach & Promoter. The talk will be conducted on google meet app.

Submitted for your kind information please.

Thanks & Regards
--

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

Copy of Fitness mantra and success mantra with Dr. Sunita Godara (Responses)

Timestamp	Name	College Email ID	Contact no.	Course and Year	College
05/10/2021 21:31:29	Jatin sharma	93jatinsharma@gmail.com	9555303105	indiragandhicollegeofphysicaleducation@gmail.c	Miranda House Delhi University
05/10/2021 21:33:03	Rajender Kumar Arya	rajinder_arya17@rediffmail.com	8527441010	rajinder_arya17@rediffmail.com	Miranda House Delhi University
05/10/2021 21:48:40	RAKESH SEJWAL	rakeshsejwal555@yahoo.com	9212722202	rakeshsejwal555@yahoo.com	Miranda House Delhi University
05/10/2021 22:15:25	Dr Sandeep Kumar Rai	drskraincpe@gmail.com	9999663145	drskraincpe@gmail.com	Miranda House Delhi University
06/10/2021 12:13:21	Shivani	Shivani.2020.1818@mirandahouse.ac.in	9813149005	BA Progamme 2nd year	Miranda House Delhi University
06/10/2021 12:13:21	Akanksha bhardwaj	akanksha.bhardwaj@mirandahouse.ac.in	9821339926	Ba programme 3rd year	Miranda House Delhi University
06/10/2021 12:14:42	Ria Dhamija	ria.2020.1795@mirandahouse.ac.in	9999795383	BA Hons (Eco) ,2nd Year	Miranda House Delhi University
06/10/2021 12:14:47	Nandini Sharma	nandini.sharma@mirandahouse.ac.in	9680147321	BAP 3rd year	Miranda House Delhi University
06/10/2021 12:15:13	Siya	siya.2020.1822@mirandahouse.ac.in	8278695408	B. A. History honours 2nd year	Miranda House Delhi University
06/10/2021 12:16:22	Pushpa	Pushpa.bap@mirandahouse.ac.in	9315970134	BA Programme third year	Miranda House Delhi University
06/10/2021 12:16:47	Aayushi kandari	Aayushi.2020.1800@mirandahouse.ac.in	8810642219	BAP- 2023	Miranda House Delhi University
06/10/2021 12:24:43	Sakshi Singh	Sakshi.2020.1801@mirandahouse.ac.in	7061991857	English hons 2nd year	Miranda House Delhi University
06/10/2021 12:25:35	Jnanita Asapu	jnanita.2020.1808@mirandahouse.ac.in	6303267595	B.A. Programme, 2nd year	Miranda House Delhi University
06/10/2021 12:27:29	Seazan	Seazan.2020.1823@mirandahouse.ac.in	7206929096	B.a prog 2nd year	Miranda House Delhi University
06/10/2021 12:27:52	Hritika Sharma	hritika.2020.1803@mirandahouse.ac.in	8541984317	B.A Programme, 2nd year	Miranda House Delhi University
06/10/2021 12:30:36	Tinkle Patiyal	tinkle.2020.74@mirandahouse.ac.in	9368471601	BA Programme - Second year	Miranda House Delhi University
06/10/2021 12:30:52	Prajna Priyadarshini Rou	prajna.2020.1819@mirandahouse.ac.in	8683902195	B.A. Geography (Honors)	Miranda House Delhi University
06/10/2021 12:35:43	Kinzong Doma Bhutia	Kinzong.doma.bhutia@mirandahouse.ac.in	7602555944	Ba (H) geography	Miranda House Delhi University
06/10/2021 12:36:57	Aanchal	aanchal.2020.1814@mirandahouse.ac.in	7988357515	BA Programme 2nd Year	Miranda House Delhi University
06/10/2021 12:37:12	Diksha moolchandani	Diksha.2020.1794@mirandahouse.ac.in	7000785500	B.A.(H) Economics & 2nd year	Miranda House Delhi University

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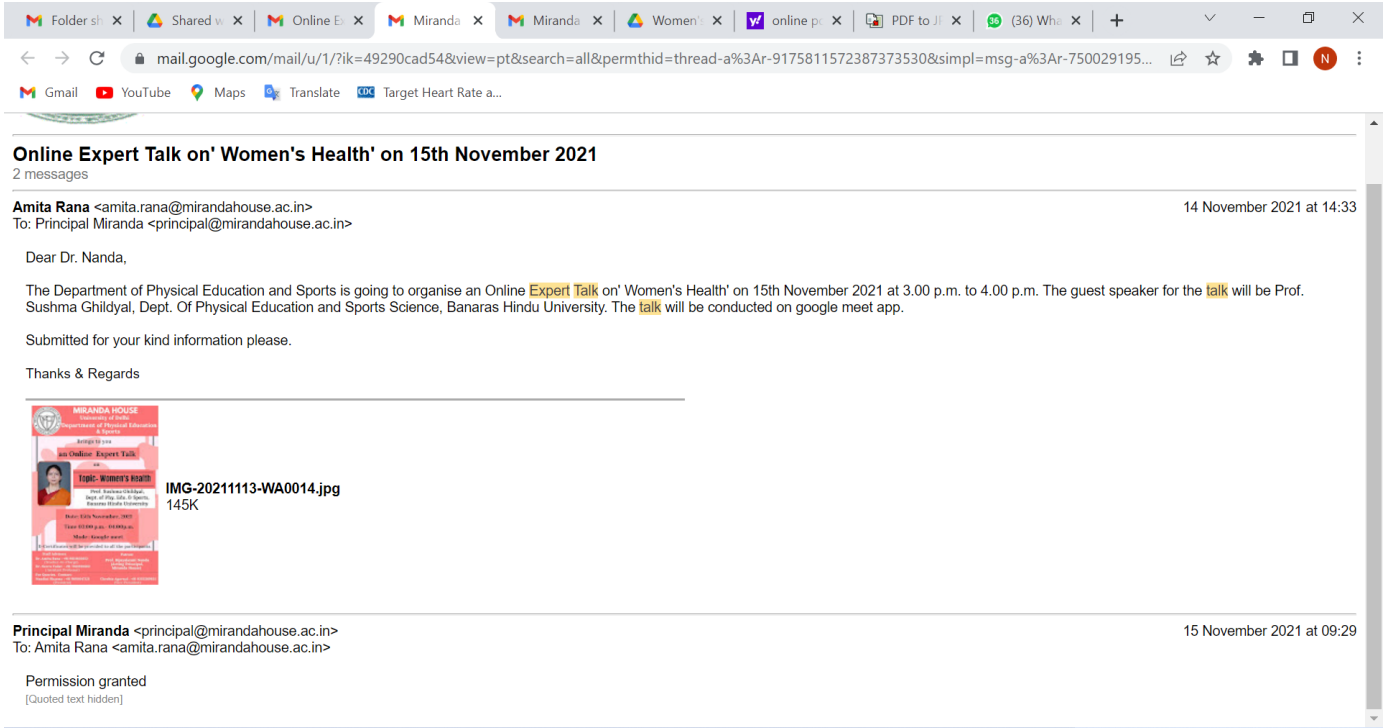
Copy of Fitness mantra and success mantra with Dr. Sunita Godara (Responses)

Timestamp	Name	College Email ID	Contact no.	Course and Year	College
07/10/2021 12:19:41	Divya Tiwari	divya.tiwari@mirandahouse.ac.in	9315220227	BA programme 3rd	Miranda House Delhi University
07/10/2021 13:46:51	Mrigna Tyagi	mrigna.2020.964@mirandahouse.ac.in	91 9536061177	BA Programme, 2nd year	Miranda House Delhi University
07/10/2021 15:10:29	Laamya Anam	laamya.anam@gmail.com	7291039114	B.A. Programme, 3rd Year	Miranda House Delhi University
07/10/2021 16:56:32	Chhaya Sharma	chhaya.sharma@mirandahouse.ac.in	8930358458	B.A.hons. Sociology (3rd year)	Miranda House Delhi University
07/10/2021 17:24:41	Medha Chauhan	medha.chauhan@mirandahouse.ac.in	9368587383	Bsc(H) Mathematics 3rd year	Miranda House Delhi University
08/10/2021 10:48:26	Mansi Panwar	mansi.2020.1085@mirandahouse.ac.in	9458569551	B.A.Prog. (2nd year)	Miranda House Delhi University
08/10/2021 10:51:47	Chahat	chahat.2020.677@mirandahouse.ac.in	9896877977	BA programme 2nd year	Miranda House Delhi University
08/10/2021 10:55:48	Rekha Kumari	rekha.2020.1404@mirandahouse.ac.in	94623 44372	B.A. Programme, 2nd year	Miranda House Delhi University
08/10/2021 11:54:56	Priya Singh	priya.singh@mirandahouse.ac.in	8210024474	BA programme, 3rd year	Miranda House Delhi University
08/10/2021 11:57:18	Nikita Rajawat	nikita.rajawat@mirandahouse.ac.in	7728052555	3rd year; BAP	Miranda House Delhi University
08/10/2021 12:17:31	Apoorvi Bajpai	apoorvi.bajpai@mirandahouse.ac.in	9625332389	3rd year BA prog	Miranda House Delhi University
08/10/2021 12:19:47	Mishti Pandey	mishti.pandey@mirandahouse.ac.in	8826327132	3rd Y , BAP	Miranda House Delhi University
08/10/2021 12:20:42	Sanya Tyagi	sanya.tyagi@mirandahouse.ac.in	9315626413	BA programme ,3 rd year	Miranda House Delhi University
08/10/2021 12:24:44	Bhavya Bhalla	bhavy.bhalla@mirandahouse.ac.in	7742080630	Ba Programme 3rd year	Miranda House Delhi University
08/10/2021 12:47:35	Manuja	Manuja.hooda@mirandahouse.ac.in	8199858084	Bap3rd	Miranda House Delhi University
08/10/2021 12:55:04	Navya yadav	Navyayadavmirandhouse.ac.in	8955800681	B.A. prog and III	Miranda House Delhi University
08/10/2021 13:02:45	Krishnendu Pillai	Krishnendu.pillai@mirandahouse.ac.in	9462514528	BA prog, 3rd year	Miranda House Delhi University
08/10/2021 14:52:37	Richee paul	richee.paul.kongala@mirandahouse.ac.in	7702247424	BA programme,3rd year	Miranda House Delhi University
08/10/2021 14:58:32	Tanu Bharti	tanu.bharti@mirandahouse.ac.in	7007694896	Ba programme 3 year	Miranda House Delhi University

Supporting Documents for Expert Talk on Women's Health Expert

Miranda House
UNIVERSITY OF DELHI



Online Expert Talk on' Women's Health' on 15th November 2021
2 messages

Amita Rana <amita.rana@mirandahouse.ac.in> 14 November 2021 at 14:33
To: Principal Miranda <principal@mirandahouse.ac.in>

Dear Dr. Nanda,

The Department of Physical Education and Sports is going to organise an Online Expert Talk on' Women's Health' on 15th November 2021 at 3.00 p.m. to 4.00 p.m. The guest speaker for the talk will be Prof. Sushma Ghildyal, Dept. Of Physical Education and Sports Science, Banaras Hindu University. The talk will be conducted on google meet app.

Submitted for your kind information please.

Thanks & Regards

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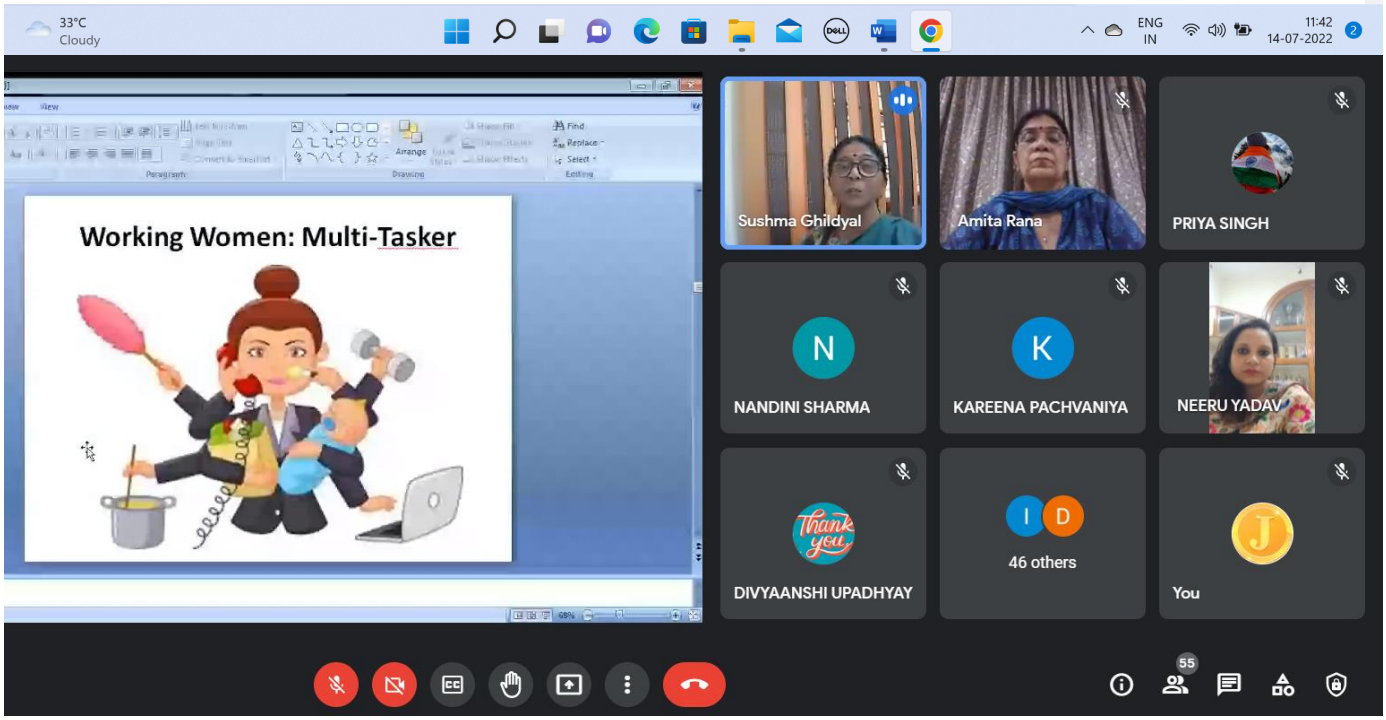
145K

Principal Miranda <principal@mirandahouse.ac.in> 15 November 2021 at 09:29
To: Amita Rana <amita.rana@mirandahouse.ac.in>

Permission granted
[Quoted text hidden]



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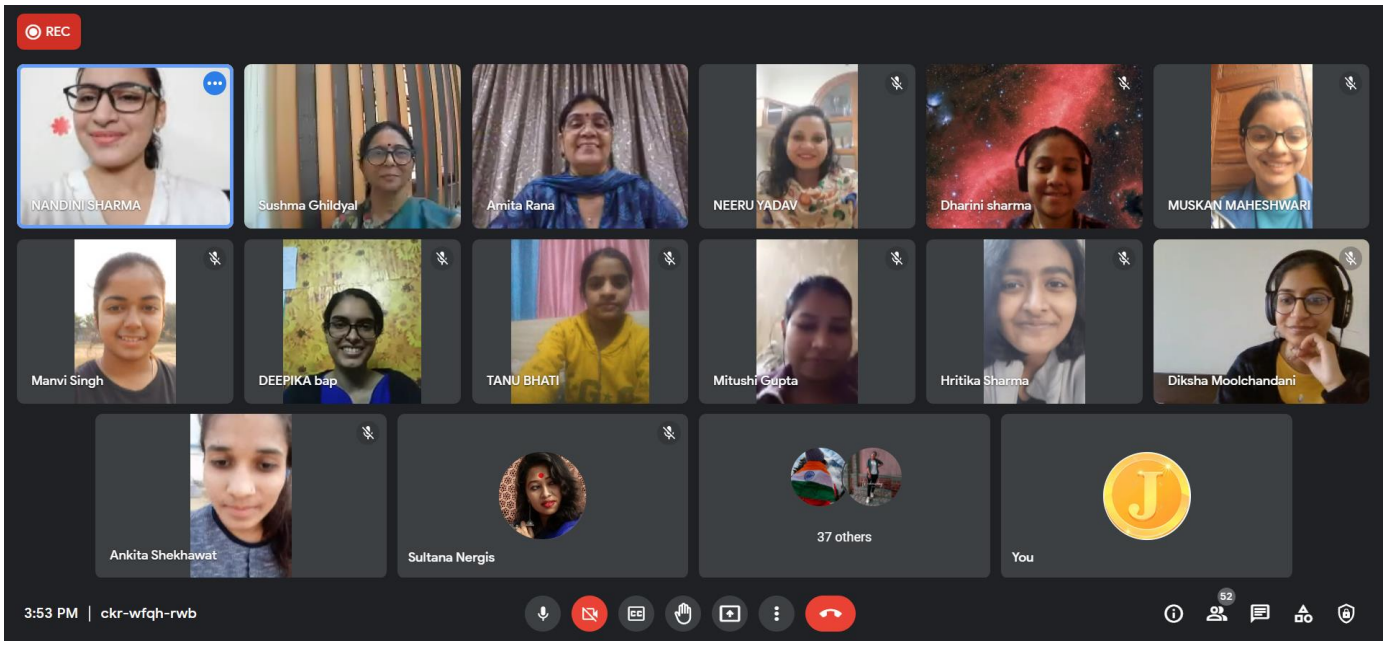
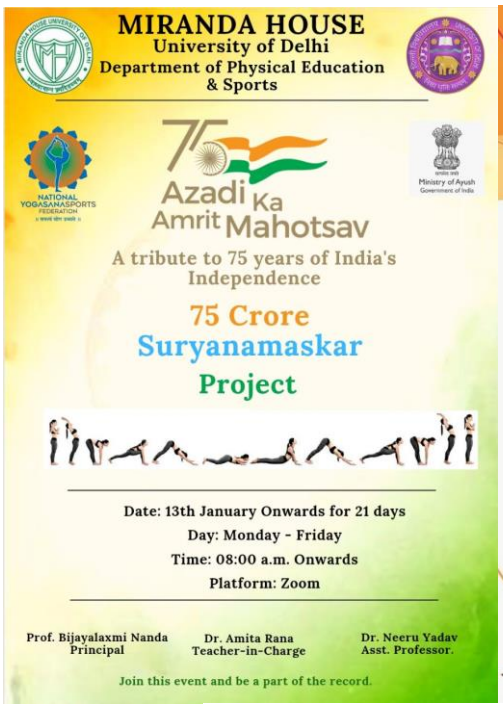
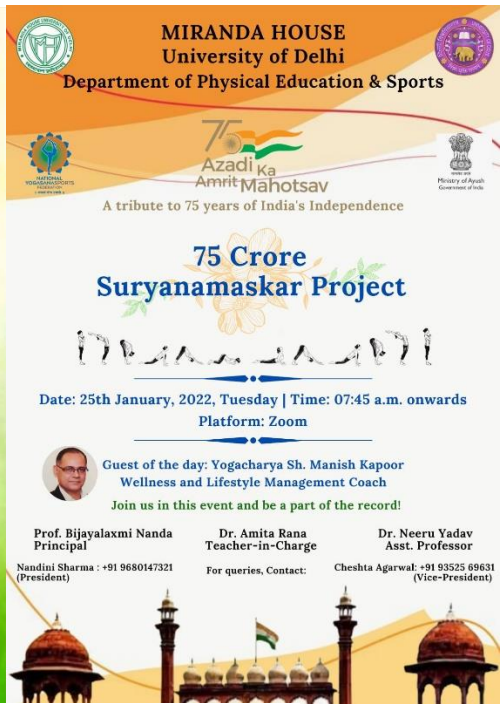


Supporting Documents for *75 Crore Surya Namaskar Project*

Miranda House
UNIVERSITY OF DELHI





MIRANDA HOUSE
मिरांडा हाऊस

12 January 2022

To,
Project Chairman
750 million Suryanamaskar Project NYSF

Subject - Participation of our institute in this 75 crore suryanamaskar project

Dear Sir,
Namaste,
We wish to participate in the project of 750 million suryanamskar, our information is as follow -

Name of the Institute – **Miranda House, University of Delhi**
Address – **Miranda House, University of Delhi, Delhi 110 007**
No. of participating students/ teachers – **200 Students/ 2 Teachers**
Name of the person in-charge for this project – **Dr. Amita Rana**
Whatsapp no. - **9811803652**
Email Id – **amita.rana@mirandahouse.ac.in**

Kindly enroll us to this project.

Seal of the Institution

Sign & Name of the Head of the Institution

Professor Bijayalaxmi Nanda

MIRANDA HOUSE,UNIVERSITY OF DELHI-110007 मिरांडा हाऊस, दिल्ली विश्वविद्यालय, दिल्ली-110007
Phone: 91-11-27666983, 91-11-27667367 E-mail: office@mirandahouse.ac.in, website: www.mirandahouse.ac.in

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UNIVERSITY OF DELHI

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mail.google.com/mail/u/1/?ik=49290cad54&view=pt&search=all&permthid=thread-a%3Ar4286448419485465641&simpl=msg-a%3Ar11589063254...

Gmail YouTube Maps Translate Target Heart Rate a...

750 million Suryanamskar Project on Azadi ka Amrit Mahotsav Celebration , 75th Anniversary of Independence Day

2 messages

Amita Rana <amita.rana@mirandahouse.ac.in> 14 January 2022 at 20:18
To: Principal Miranda <principal@mirandahouse.ac.in>

Dear Prof. Nanda,

This is to bring to your kind that we will be part of 750 million Suryanamskar Project on Azadi ka Amrit Mahotsav Celebration , 75th Anniversary of Independence Day being organized by National Yogasana Sports Federation, recognized by Ministry of Youth Affairs and Sports, Govt. of India. We have registered our institution with 200 students and 2 teachers. In the Project the students will be performing 13 Suryanamskar for 21 days w.e.f. 13.01.2022 to 20.2.2022. We will be performing more activities under this for which we will keep you updated.

Submitted for your kind information, please.

Thanks and Regards
Dr. Amita Rana

--

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

poster- 21 days project.jpeg
123K

33°C Cloudy ENG IN 11:50 14-07-2022

mail.google.com/mail/u/1/?ik=49290cad54&view=pt&search=all&permthid=thread-a%3Ar1528081447853910095&simpl=msg-a%3Ar-5086458737...

Gmail YouTube Maps Translate Target Heart Rate a...

75 crore suryanamskar project-Sankal purti diwas

4 messages

Amita Rana <amita.rana@mirandahouse.ac.in> 10 February 2022 at 16:34
To: Principal Miranda <principal@mirandahouse.ac.in>

Dear Prof. Nanda,

This is to bring to your kind notice that we have successfully completed 21 days of suryanamskar under the project 75 crore suryanamskar organized by National Federation of Yogasan, recognized by Government of India. Now we will be organizing sankal purti diwas on 12th January 2022 at 7.45 am at zoom platform.

Submitted for your kind information please.

Thanks and Regards
Dr. Amita Rana

IMG-20220210-WA0016.jpg
149K

Principal Miranda <principal@mirandahouse.ac.in> 10 February 2022 at 16:36
To: Amita Rana <amita.rana@mirandahouse.ac.in>

Dear Dr. Rana,

I will be there on 12 February 2022.

33°C Cloudy ENG IN 11:46 14-07-2022

Miranda House
UNIVERSITY OF DELHI

Supported by

Organised by

Azadi Ka Amrit Mahotsav

75 Crore Surya Namaskar

Certificate

750 Million Suryanamaskar

Chahat

has participated in the 750 Million Suryanamaskar challenge for 21 days organized on the auspicious occasion of the 75th anniversary of Independence of India - Azadi Ka Amrit Mahotsav.

Hon. Patrons

Daaji
Global Guide, Heartfulness

Swami Ramdev
President, Patanjali Yogpeeth

Swami Govind Dev Giri
Founder, Geeta Parivar

Ekta Bouderlique
Secretary

Chaitanya Kashyap
Vice President

Dr. Jaideep Arya
President, Event Committee

Udit Sheth
Vice President

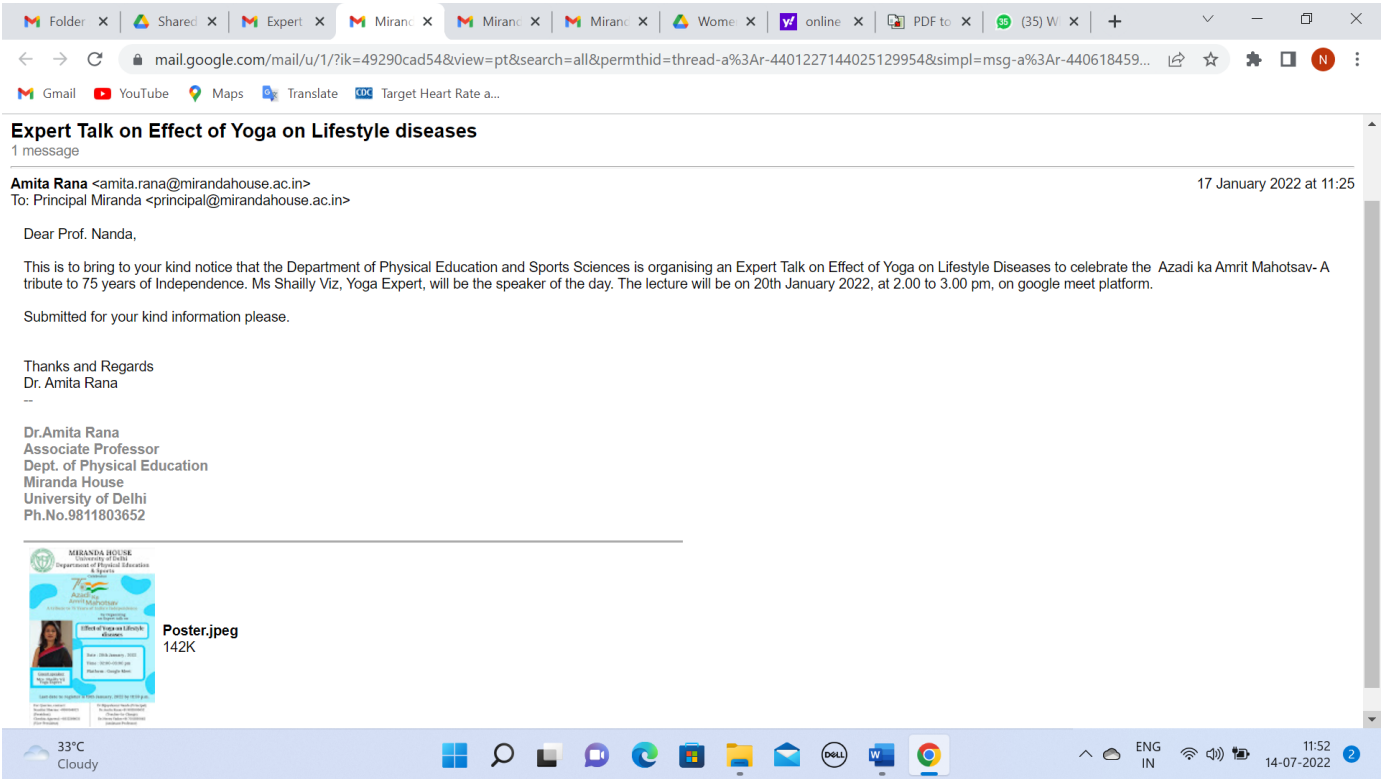
Dr. Sanjay Malpani
Project Director

Central Organising Committee

www.75suryanamaskar.com

Miranda House
UNIVERSITY OF DELHI

Supporting Documents for Expert Talk on *Effects of Yoga on Lifestyle*



Expert Talk on Effect of Yoga on Lifestyle diseases
1 message

Amita Rana <amita.rana@mirandahouse.ac.in> 17 January 2022 at 11:25
To: Principal Miranda <principal@mirandahouse.ac.in>

Dear Prof. Nanda,

This is to bring to your kind notice that the Department of Physical Education and Sports Sciences is organising an Expert Talk on Effect of Yoga on Lifestyle Diseases to celebrate the Azadi ka Amrit Mahotsav- A tribute to 75 years of Independence. Ms Shailly Viz, Yoga Expert, will be the speaker of the day. The lecture will be on 20th January 2022, at 2.00 to 3.00 pm, on google meet platform.

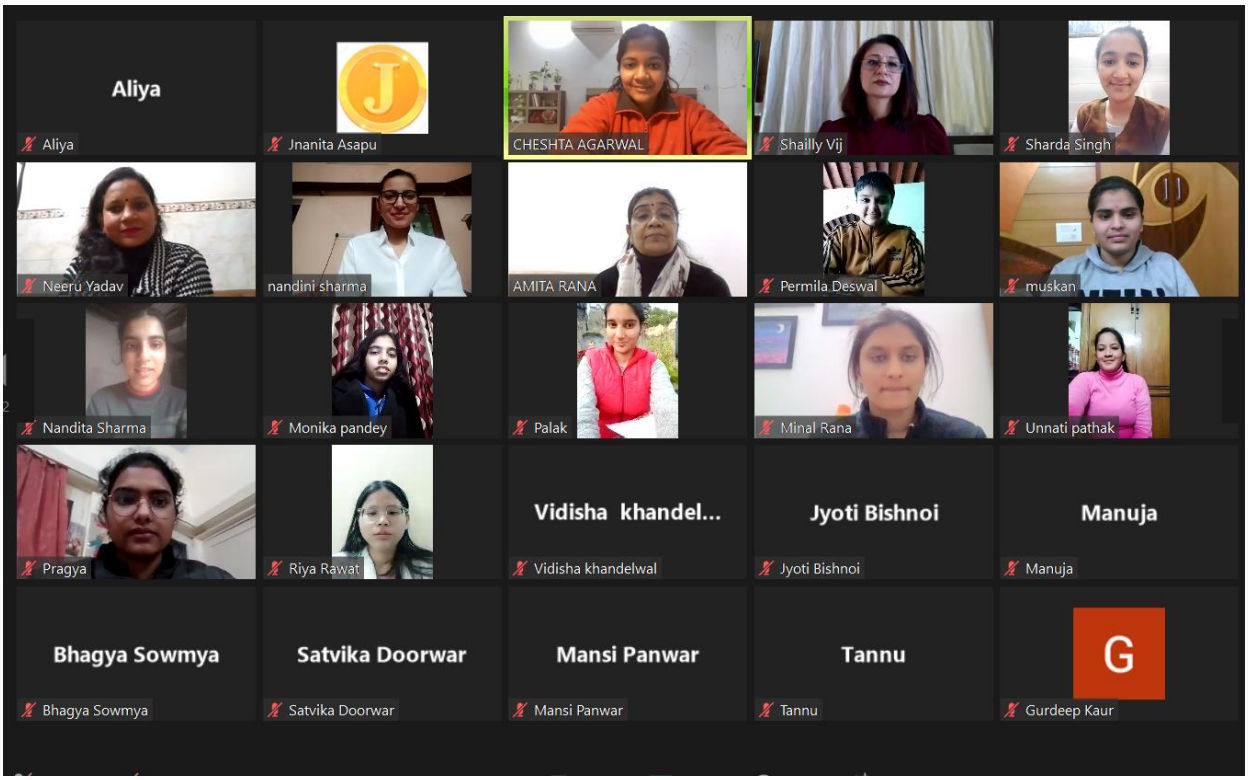
Submitted for your kind information please.

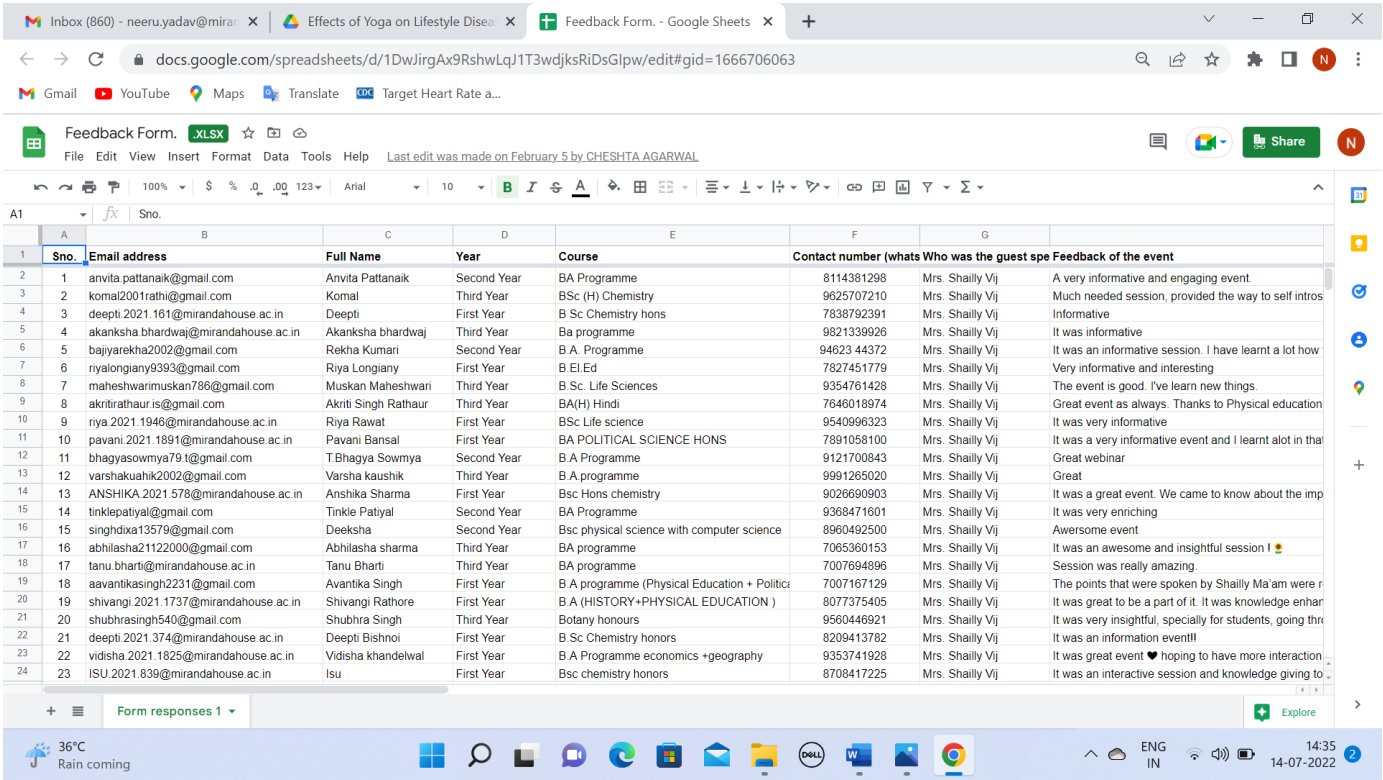
Thanks and Regards
Dr. Amita Rana
--

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

Poster.jpeg
142K

Miranda House
UNIVERSITY OF DELHI





Feedback Form. .XLSX

Last edit was made on February 5 by CHESHTA AGARWAL

Sno.	Email address	Full Name	Year	Course	Contact number (whats	Who was the guest spe	Feedback of the event
1	anvita.pattanaik@gmail.com	Anvita Pattanaik	Second Year	BA Programme	8114381298	Mrs. Shailly Vij	A very informative and engaging event.
2	komal2001rathi@gmail.com	Komal	Third Year	BSc (H) Chemistry	9625707210	Mrs. Shailly Vij	Much needed session, provided the way to self intros
3	deepti.2021.161@mirandahouse.ac.in	Deepti	First Year	B Sc Chemistry hons	7838792391	Mrs. Shailly Vij	Informative
4	akanksha.bhardwaj@mirandahouse.ac.in	Akanksha bhardwaj	Third Year	Ba programme	9821339926	Mrs. Shailly Vij	It was informative
5	bajiyarekha2002@gmail.com	Rekha Kumari	Second Year	B.A. Programme	94623 44372	Mrs. Shailly Vij	It was an informative session. I have learnt a lot how
6	riyalongiany9393@gmail.com	Riya Longiany	First Year	B.El.Ed	7827451779	Mrs. Shailly Vij	Very informative and interesting
7	maheshwarimuskan786@gmail.com	Muskan Maheshwari	Third Year	B.Sc. Life Sciences	9354761428	Mrs. Shailly Vij	The event is good. I've learn new things.
8	akritirathaur.is@gmail.com	Akriti Singh Rathaur	Third Year	BA(H) Hindi	7646018974	Mrs. Shailly Vij	Great event as always. Thanks to Physical education
9	riya.2021.1946@mirandahouse.ac.in	Riya Rawat	First Year	BSc Life science	9540996323	Mrs. Shailly Vij	It was very informative
10	pavani.2021.1891@mirandahouse.ac.in	Pavani Bansal	First Year	BA POLITICAL SCIENCE HONS	7891058100	Mrs. Shailly Vij	It was a very informative event and I learnt alot in that
11	bhagyasowmya79.t@gmail.com	T.Bhagya Sowmya	Second Year	B.A Programme	9121700843	Mrs. Shailly Vij	Great webinar
12	varshakuahik2002@gmail.com	Varsha kaushik	Third Year	B.A programme	9991265020	Mrs. Shailly Vij	Great
13	ANSHIKA.2021.578@mirandahouse.ac.in	Anshika Sharma	First Year	Bsc Hons chemistry	9026690903	Mrs. Shailly Vij	It was a great event. We came to know about the imp
14	tinklepatiyal@gmail.com	Tinkle Patiyal	Second Year	BA Programme	9368471601	Mrs. Shailly Vij	It was very enriching
15	singhdixa13579@gmail.com	Deeksha	Second Year	Bsc physical science with computer science	8960492500	Mrs. Shailly Vij	Awersome event
16	abhilasha21122000@gmail.com	Abhilasha sharma	Third Year	BA programme	7065360153	Mrs. Shailly Vij	It was an awesome and insightful session !
17	tanu.bharti@mirandahouse.ac.in	Tanu Bharti	Third Year	BA programme	7007694896	Mrs. Shailly Vij	Session was really amazing.
18	aavantikasingh2231@gmail.com	Avantika Singh	First Year	B.A programme (Physical Education + Politica	7007167129	Mrs. Shailly Vij	The points that were spoken by Shailly Ma'am were r
19	shivangi.2021.1737@mirandahouse.ac.in	Shivangi Rathore	First Year	B.A (HISTORY+PHYSICAL EDUCATION)	8077375405	Mrs. Shailly Vij	It was great to be a part of it. It was knowledge enhar
20	shubhrasingh540@gmail.com	Shubhra Singh	Third Year	Botany honours	9560446921	Mrs. Shailly Vij	It was very insightful, specially for students, going thr
21	deepti.2021.374@mirandahouse.ac.in	Deepti Bishnoi	First Year	B.Sc Chemistry honors	8209413782	Mrs. Shailly Vij	It was an information event!!
22	vidisha.2021.1825@mirandahouse.ac.in	Vidisha khandelwal	First Year	B.A Programme economics +geography	9353741928	Mrs. Shailly Vij	It was great event ❤ hoping to have more interaction
23	ISU.2021.839@mirandahouse.ac.in	Isu	First Year	Bsc chemistry honors	8708417225	Mrs. Shailly Vij	It was an interactive session and knowledge giving to

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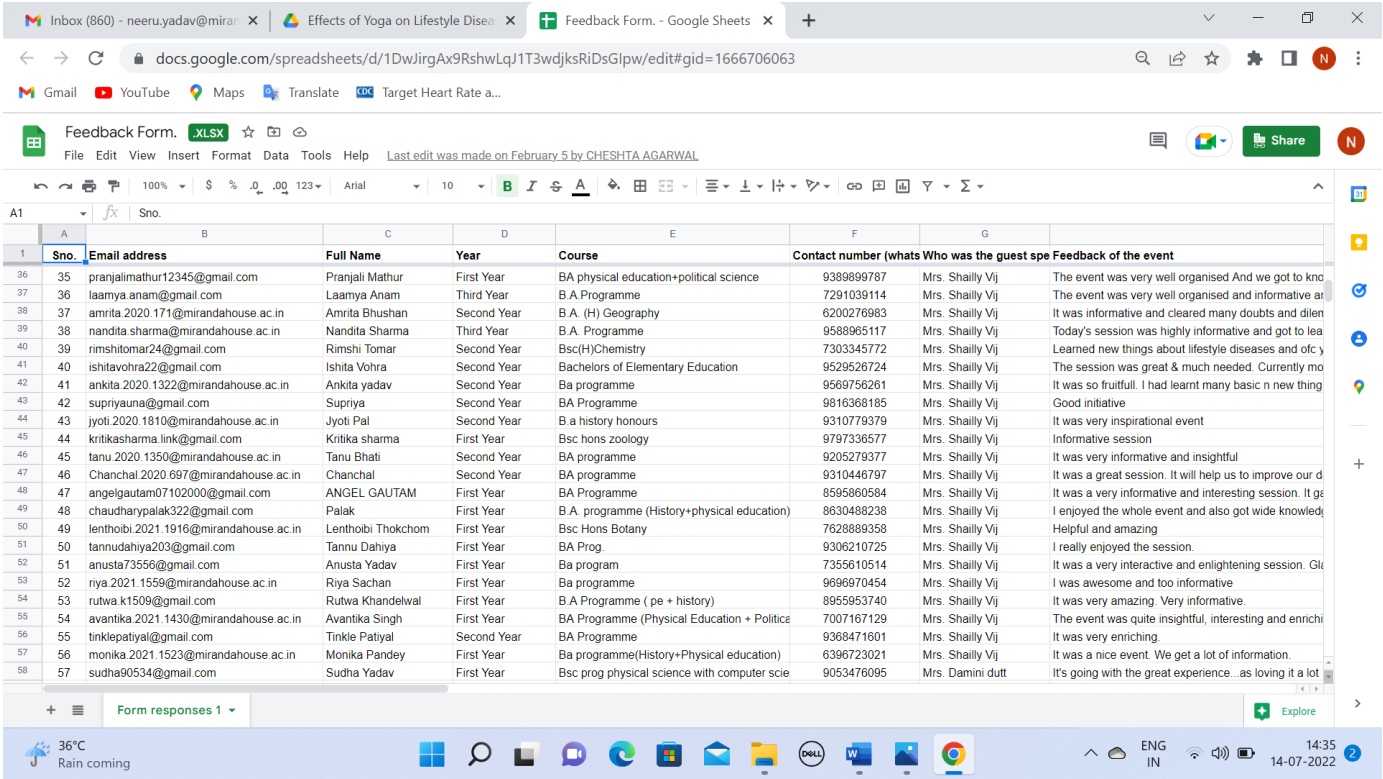

Feedback Form. .XLSX

File Edit View Insert Format Data Tools Help Last edit was made on February 5 by CHESHTA AGARWAL

Sno.	Email address	Full Name	Year	Course	Contact number (whats	Who was the guest spe	Feedback of the event
35	pranjalimathur12345@gmail.com	Pranjali Mathur	First Year	BA physical education+political science	9389899787	Mrs. Shailly Vij	The event was very well organised And we got to kno
36	laamya.anam@gmail.com	Laamya Anam	Third Year	B.A.Programme	7291039114	Mrs. Shailly Vij	The event was very well organised and informative ar
37	amrita.2020.171@mirandahouse.ac.in	Amrita Bhushan	Second Year	B.A. (H) Geography	6200276983	Mrs. Shailly Vij	It was informative and cleared many doubts and dilem
38	nandita.sharma@mirandahouse.ac.in	Nandita Sharma	Third Year	B.A. Programme	9588965117	Mrs. Shailly Vij	Today's session was highly informative and got to lea
39	rimshitomar24@gmail.com	Rimshi Tomar	Second Year	Bsc(H)Chemistry	7303345772	Mrs. Shailly Vij	Learned new things about lifestyle diseases and ofc y
40	ishitavohra22@gmail.com	Ishita Vohra	Second Year	Bachelors of Elementary Education	9529526724	Mrs. Shailly Vij	The session was great & much needed. Currently mo
41	ankita.2020.1322@mirandahouse.ac.in	Ankita yadav	Second Year	Ba programme	9569756261	Mrs. Shailly Vij	It was so fruitfull. I had learnt many basic n new thing
42	supriyauna@gmail.com	Supriya	Second Year	BA Programme	9816368185	Mrs. Shailly Vij	Good initiative
43	jyoti.2020.1810@mirandahouse.ac.in	Jyoti Pal	Second Year	B.a history honours	9310779379	Mrs. Shailly Vij	It was very inspirational event
44	kritikasharma.link@gmail.com	Kritika sharma	First Year	Bsc hons zoology	9797336577	Mrs. Shailly Vij	Informative session
45	tanu.2020.1350@mirandahouse.ac.in	Tanu Bhati	Second Year	BA programme	9205279377	Mrs. Shailly Vij	It was very informative and insightful
46	Chanchal.2020.697@mirandahouse.ac.in	Chanchal	Second Year	BA programme	9310446797	Mrs. Shailly Vij	It was a great session. It will help us to improve our d
47	angelgautam07102000@gmail.com	ANGEL GAUTAM	First Year	BA Programme	8595860584	Mrs. Shailly Vij	It was a very informative and interesting session. It ga
48	chaudharypalak322@gmail.com	Palak	First Year	B.A. programme (History+physical education)	8630488238	Mrs. Shailly Vij	I enjoyed the whole event and also got wide knowled
49	lenthoibi.2021.1916@mirandahouse.ac.in	Lenthoibi Thokchom	First Year	Bsc Hons Botany	7628889358	Mrs. Shailly Vij	Helpful and amazing
50	tannudahiya203@gmail.com	Tannu Dahiya	First Year	BA Prog.	9306210725	Mrs. Shailly Vij	I really enjoyed the session.
51	anusta73556@gmail.com	Anusta Yadav	First Year	Ba program	7355610514	Mrs. Shailly Vij	It was a very interactive and enlightening session. Gla
52	riya.2021.1559@mirandahouse.ac.in	Riya Sachan	First Year	Ba programme	9696970454	Mrs. Shailly Vij	I was awesome and too informative
53	rutwa.k1509@gmail.com	Rutwa Khandelwal	First Year	B.A Programme (pe + history)	8955953740	Mrs. Shailly Vij	It was very amazing. Very informative.
54	avantika.2021.1430@mirandahouse.ac.in	Avantika Singh	First Year	BA Programme (Physical Education + Politica	7007167129	Mrs. Shailly Vij	The event was quite insightful, interesting and enrichi
55	tinklepatiyal@gmail.com	Tinkle Patiyal	Second Year	BA Programme	9368471601	Mrs. Shailly Vij	It was very enriching.
56	monika.2021.1523@mirandahouse.ac.in	Monika Pandey	First Year	Ba programme(History+Physical education)	6396723021	Mrs. Shailly Vij	It was a nice event. We get a lot of information.
57	sudha90534@gmail.com	Sudha Yadav	First Year	Bsc prog physical science with computer scie	9053476095	Mrs. Damini dutt	It's going with the great experience...as loving it a lot

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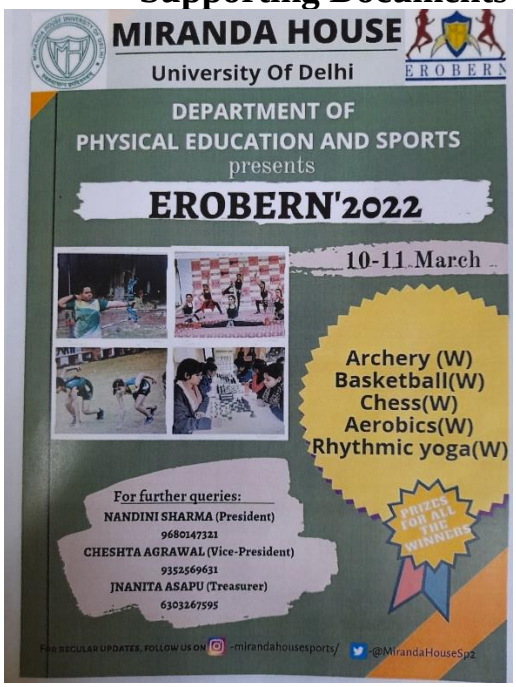
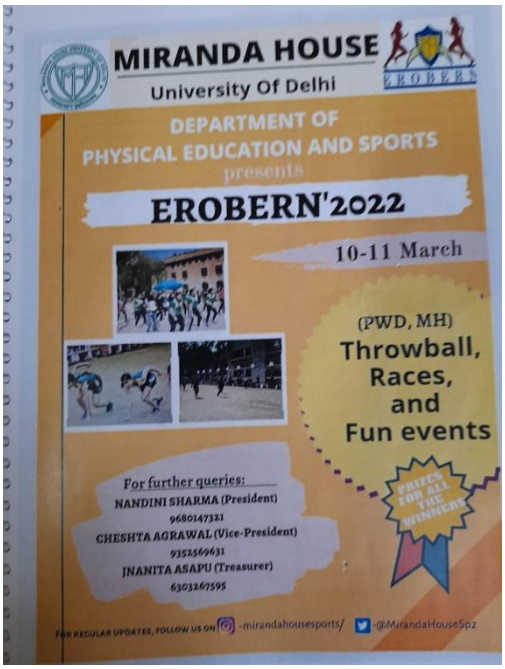
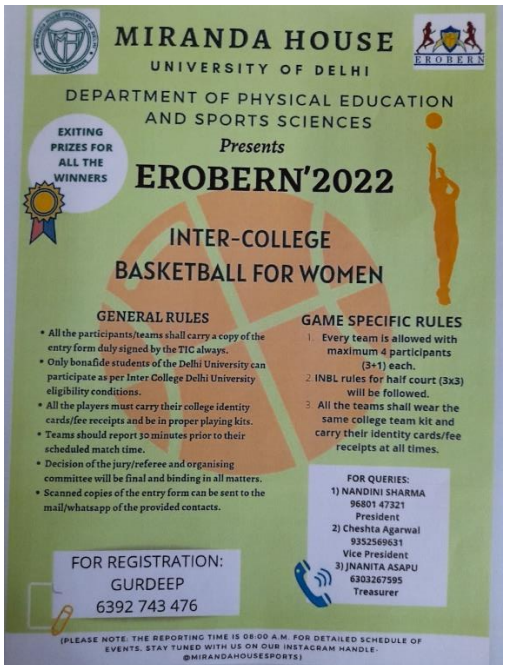
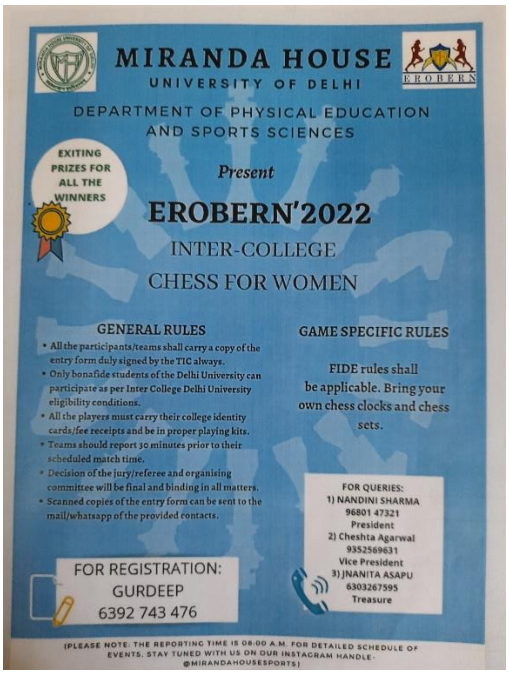
Supporting Documents *Erobern 2022- Annual Sports Fest*









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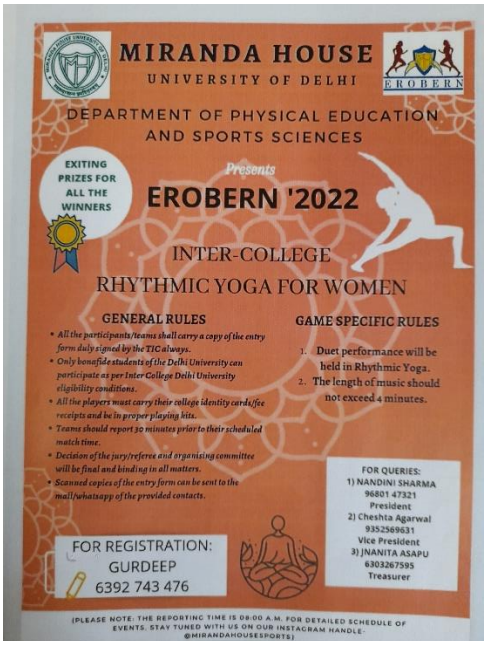

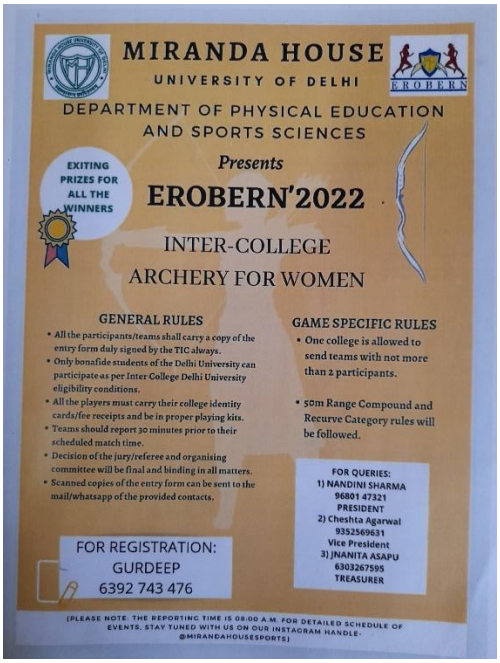

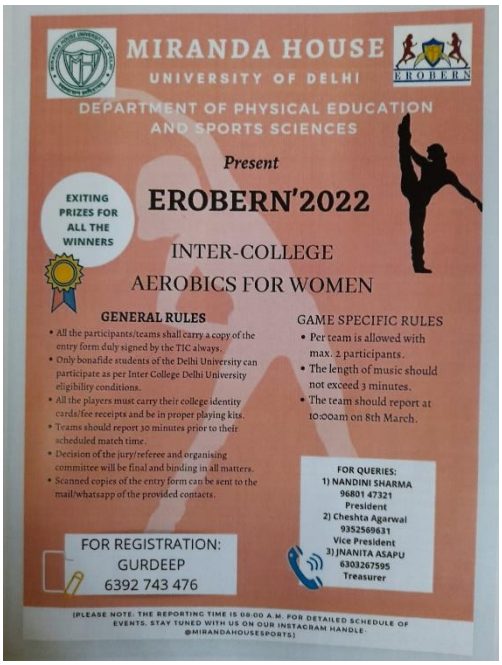

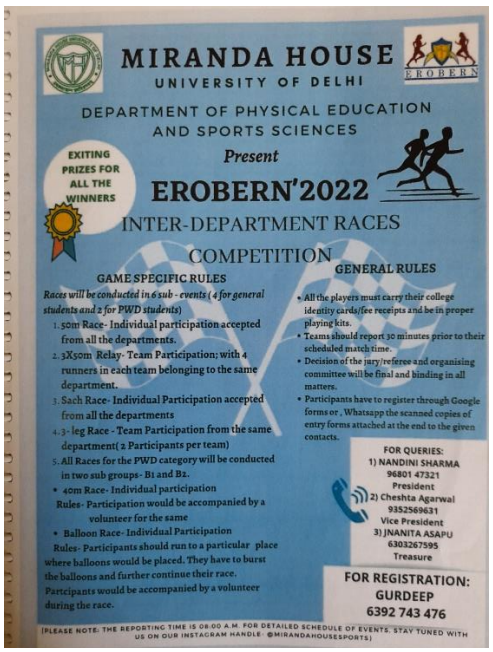

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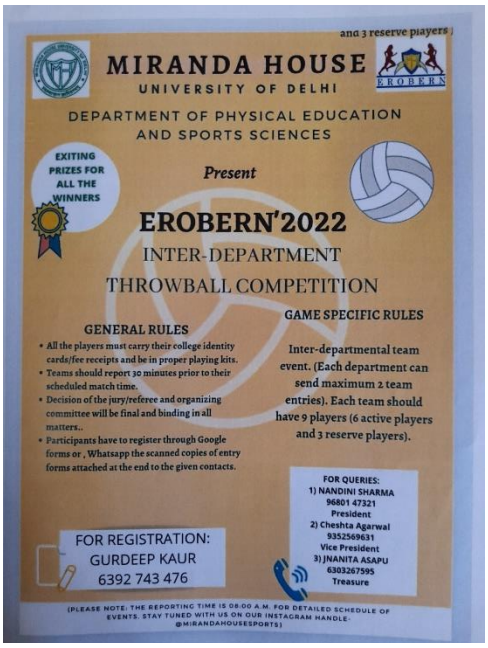
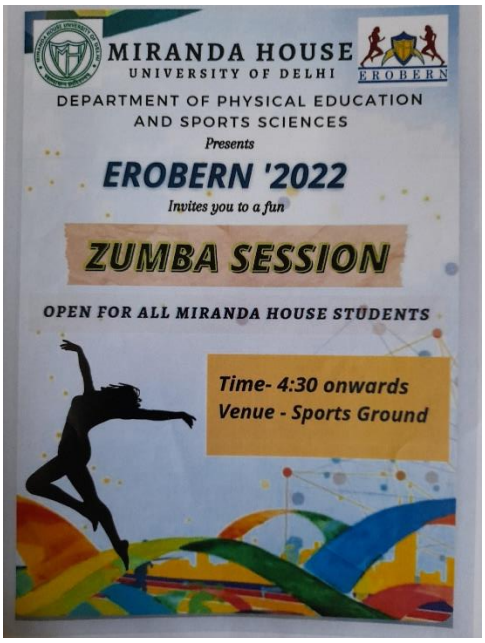
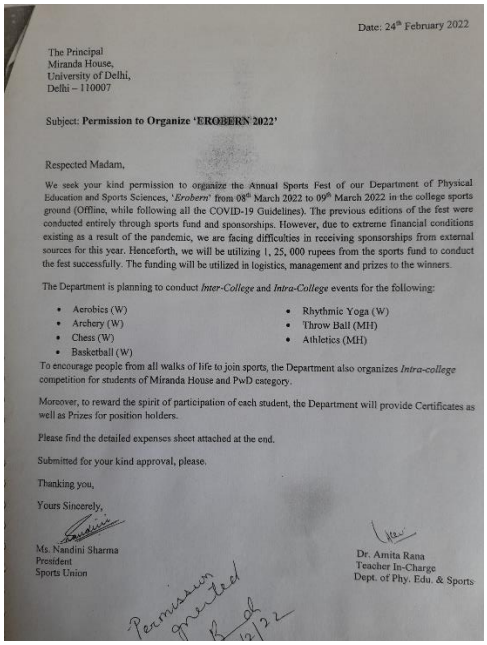






Date: 24th February 2022

The Principal
Miranda House,
University of Delhi,
Delhi – 110007

Subject: **Permission to Organize 'EROBERN 2022'**

Respected Madam,

We seek your kind permission to organize the Annual Sports Fest of our Department of Physical Education and Sports Sciences, '*Erobern*' from 08th March 2022 to 09th March 2022 in the college sports ground (Offline, while following all the COVID-19 Guidelines). The previous editions of the fest were conducted entirely through sports fund and sponsorships. However, due to extreme financial conditions existing as a result of the pandemic, we are facing difficulties in receiving sponsorships from external sources for this year. Henceforth, we will be utilizing 1, 25, 000 rupees from the sports fund to conduct the fest successfully. The funding will be utilized in logistics, management and prizes to the winners.

The Department is planning to conduct *Inter-College* and *Intra-College* events for the following:

- Aerobics (W)
- Archery (W)
- Chess (W)
- Basketball (W)
- Rhythmic Yoga (W)
- Throw Ball (MH)
- Athletics (MH)

To encourage people from all walks of life to join sports, the Department also organizes *Intra-college* competition for students of Miranda House and PwD category.

Moreover, to reward the spirit of participation of each student, the Department will provide Certificates as well as Prizes for position holders.

Please find the detailed expenses sheet attached at the end.

Submitted for your kind approval, please.

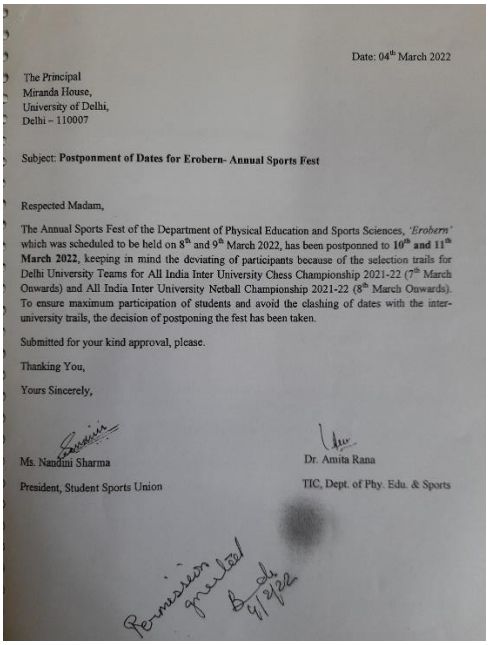
Thanking you,

Yours Sincerely,

Ms. Nandini Sharma
President
Sports Union

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

Permission granted
12/2/22



Date: 04th March 2022

The Principal
Miranda House,
University of Delhi,
Delhi – 110007

Subject: **Postponment of Dates for Erobern- Annual Sports Fest**

Respected Madam,

The Annual Sports Fest of the Department of Physical Education and Sports Sciences, *'Erobern'* which was scheduled to be held on 8th and 9th March 2022, has been postponned to **10th and 11th March 2022**, keeping in mind the deviating of participants because of the selection trails for Delhi University Teams for All India Inter University Chess Championship 2021-22 (7th March Onwards) and All India Inter University Netball Championship 2021-22 (8th March Onwards). To ensure maximum participation of students and avoid the clashing of dates with the inter-university trails, the decision of postponing the fest has been taken.

Submitted for your kind approval, please.

Thanking You,

Yours Sincerely,

Ms. Nandini Sharma
President, Student Sports Union

Dr. Amita Rana
TIC, Dept. of Phy. Edu. & Sports

Permission granted
4/3/22

RULES FOR PARTICIPATING

1. All the events will be exclusively for women category only.
2. All the participants/teams shall carry a copy of the entry form duly signed by the TIC always.
3. Only bonafide students of the Delhi University can participate as per Inter College Delhi University eligibility conditions.
4. All the players must carry their identity cards/fee receipts and be in proper playing kits of their respective college during matches.
5. Teams should report 30 minutes prior to their scheduled match time.
6. Decision of the jury/referee and organizing committee will be final and binding in all matters.
7. Scanned copies of the entry form can be sent to the mail/whatsapp of the provided contacts.
8. **Aerobics:**
   a. Per team is allowed with max. 2 participants.
   b. The length of music should not exceed 3 minutes.
   c. The team should report at 10:00am on 8th March.
9. **Archery**:
   a. One college is allowed to send teams with not more than 2 participants.
   b. 50m Range Compound and Recurve Category rules will be followed.
10. **Chess:**
   a. FIDE rules shall be applicable. Bring your own chess clocks and chess sets.
11. **Basketball**
   a. Every team is allowed with maximum 4 participants (3+1) each.
   b. INBL rules for half court (3x3) will be followed.
   c. All the teams shall wear the same college team kit and carry their identity cards/fee receipts at all times.
12. **Rhythmic Yoga:**
   a. Duet performance will be held in Rhythmic Yoga.
   b. The length of music should not exceed 4 minutes.

RACES- INSTRUCTION LEAF FOR COMPETITIONS

1. **50 m Race-** Individual participation
   Rules- Runners should start exactly at the blow of whistle; early start will lead to disqualification. Crossing over to fellow runner's track during the course of the race would lead to disqualification.
2. **3x50m Relay Race**-3 participants in a team
   Rules- Each runner has to run with their respective batons, which will be further passed on to their teammates, who would then continue the race. Batons will be provided by the sports department at the time of competition.
3. **Sack Race-** Individual participation
   Rules- Each participants should run while wearing a sack. In case, the participant steps out of the sack during the race, they will be disqualified. The runners have to hop with both the legs through their sacks. Running or walking with the sacks will lead to disqualification. Sacks will be provided by the sports department.
4. **3 Leg Race-** 2 Participants in a team
   Rules- One leg of a participant would be tied to another leg of their teammate. The participants should not loosen their rope during the course of the race. Ropes will be provided by the sports department.

   PWD Category-

   All Races in PWD category will be conducted in two sub-groups- B1 and B2

5. **40 m Race-** Individual participation-
   Rules- Participants would be accompanied by a volunteer during the race.
6. **Balloon Race-** Individual Participation-
   Rules- Participants should run to a particular place where balloons would be placed. They have to burst the balloons and further continue their race. Participants would be accompanied by a volunteer during the race.

THROW BALL-

The rules of participation will be briefed before the commencement of the event.

RULES FOR PARTICIPATING

1. Both the events will be conducted as inter-department events, exclusively for Miranda House students.
2. Entries will be based on **first-come-first-serve basis.**
3. **For Team events, all participants in a team should belong to one department. (Throw ball, 3 leg race, and 3x50m relay).**
4. There is no participation bar for individual events. For Team events, i.e. (Throw ball), only the first two teams from each department will be eligible to participate.
5. All the players must carry their identity cards/fee receipts and be in proper playing kits during matches.
6. For Throw ball, all participants of a team should have same color kit (t-shirt).
7. Teams should report 30 minutes prior to their scheduled match time.
8. Decision of the jury/referee and organizing committee will be final and binding in all matters.
9. Participants have to register through Google forms or, Whatsapp the scanned copies of entry forms attached at the end to the given contacts.

10. **THROWBALL- Inter-departmental team event. (Each department can send maximum two team entries). Each team should have 9 players (6 active players and 3 reserve players).**

11. **RACES- Races will be conducted in 6 sub-events (4 for general students and 2 for PWD students)**

- **50 m Race**- Individual participation accepted from all the departments.
- **3x50m Relay**- Team participation; with 4 runners in each team belonging to same department.
- **Sack Race**- Individual Participation accepted from all the departments.
- **3-Leg Race**- Team participation from the same department. (2 participants per team)

PWD category-

- **40m Race**- Individual participation. No bar on participation limit.
- **Balloon Race**- Individual participation. No bar on participation limit.

INTER COLLEGE EVENTS-

BASKETBALL RESULTS-

1. Alka, Alankrita, Anushka, Palak- Ramjas College
2. Amaanat, Karmanya, Archisha, Yakshitha- Lady Shri Ram
3. Tavleen, Aarushi, Stuti, Meenakshi- Gargi college

RYTHEMIC YOGA RESULTS-

1. Nafesha and Ayushi- Kalindi College
2. Shivani and Savita Devi- SRCASW
3. Deepika Sharma and Parvati- Lakshmibai college

AEROBICS RESULTS-

1. Nikita and Tanu- Miranda House
2. Kanishka and Nikita- SPM
3. Supragya and Sakshi- SRCASW

CHESS RESULTS-

1. Saanya Mahesh- Ramjas College
2. Arya Ranjan- SRCC
3. Aishwarya Danil- KMC

ARCHERY RESULTS-

1. Pihu Kalra- Lady Shri Ram College
2. Akanksha Bharadwaj- Miranda House
3. Manvi Singh- Miranda House

INTER-DEPARTMENT EVENTS- RESULTS-

RESULTS- RACES

50M – RACE

1. Aanchal- BAP; 2nd year
2. Farihas Afrin Oyshi- BA (H) English
3. Anshika Sanjay Verma- BAP; 2nd year

3-LEG RACE

1. Diksha and Kashish- BSc (H) Mathematics
2. Bhawana and Richa- BSc (H) Physics
3. Muskan and Anish- BSc (H) Mathematics

SACK RACE-

1. Sakshi Sharma- BSc (H) Physics
2. Hrudya Prasanth- BSc (H) Physics
3. Anish Yadav- BSc (H) Mathematics

3x50 M- RELAY RACE-

1. Aarti Barhela, Fariha Afrin, Yuvika Suman
2. Srishti Sonavane, Ngurang Martha, Tenzy Nyima
3. Sakshi Sharma, Shwetha Chauhan, Vaishnavi Dwivedi

PWD RACES- RESULTS

40M RACE- B1 CATEGORY-

1. Pooja Singh- BAP; 2nd year
2. Komal Tyagi- BAP; 2nd year

BALLOON RACE- B1 CATEGORY

1. Komal Tyagi- BAP; 2nd year
2. Pooja Singh- BAP; 2nd year

40 M RACE- B2 CATEGORIES

1. Raveena Sharma- BAP; 2nd year
2. Poona Singla- BAP; 2nd year
3. Jaydei- BA (H) Hindi; 2nd year

BALLOON RACE- B2 CATEGORY

1. Raveena Sharma- BAP; 2nd year
2. Poona Singla- BAP; 2nd year
3. Jaydei- BA (H) Hindi; 2nd yea

THROWBALL- RESULTS

1. BAP, Physical Education, 3rd year-
Nikita rajawat
Bhaavya bhalla
Muskan Rana
Tanu Tada
Tanu bharti
Lamya Anam
Sharda singh
Sanya tyagi
Nikki

2. BSc (H) Physics, 3rd year-
Shaili yadav
Preeti
Nikita chourasia
Youglesh Kumari
Shristi thaku
Rupal bansal
Sakshi rakheja
Paridhi goyal
Sanya yadav

3. BA (H) Economics-

Naina Patel

Vanshika

Sampada Jain

Manya Jain

Mansha

M. Harshika

Aanchal sing

Kalyani Singh

K Nagasupriya

MIRANDA HOUSE

UNIVERSITY OF DELHI

EROBERN

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES

CERTIFICATE OF APPRECIATION

THIS IS TO CERTIFY THAT _____

OF _____ FOR SECURING/PARTICIPATING

_____ IN _____.

AT ***EROBERN*** *2022- THE ANNUAL SPORTS FEST OF MIRANDA HOUSE,*

ORGANISED BY DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

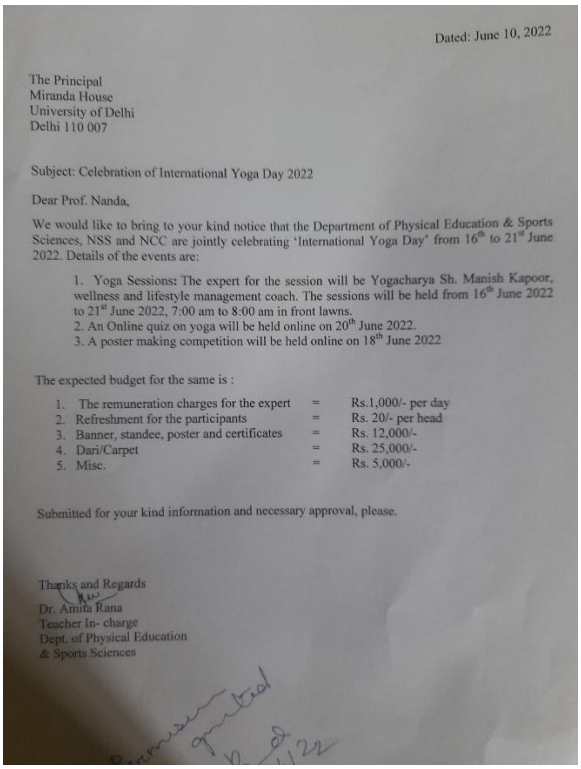
on 10th and 11th MARCH 2022.

NANDINI SHARMA
(SPORTS UNION PRESIDENT)

DR. AMITA RANA
(TEACHER IN-CHARGE)

Miranda House
UNIVERSITY OF DELHI

Supporting Documents *International Yoga Day*



Dated: June 10, 2022

The Principal
Miranda House
University of Delhi
Delhi 110 007

Subject: Celebration of International Yoga Day 2022

Dear Prof. Nanda,

We would like to bring to your kind notice that the Department of Physical Education & Sports Sciences, NSS and NCC are jointly celebrating 'International Yoga Day' from 16th to 21st June 2022. Details of the events are:

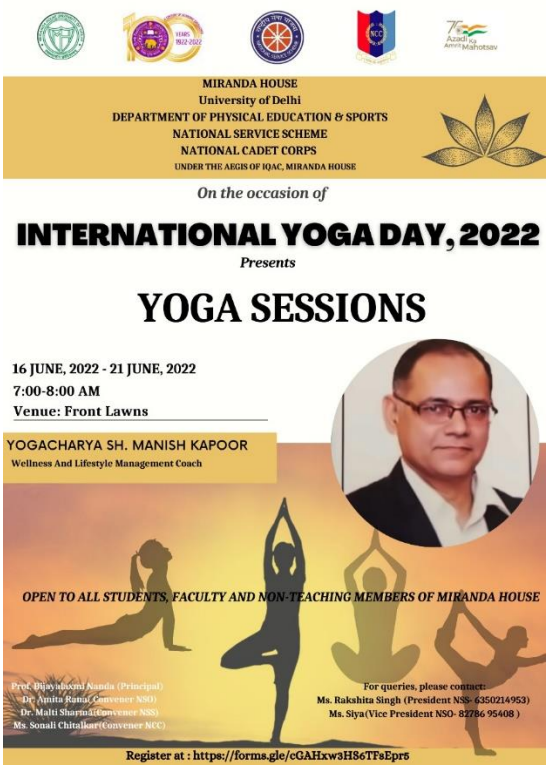
1. Yoga Sessions: The expert for the session will be Yogacharya Sh. Manish Kapoor, wellness and lifestyle management coach. The sessions will be held from 16th June 2022 to 21st June 2022, 7:00 am to 8:00 am in front lawns.
2. An Online quiz on yoga will be held online on 20th June 2022.
3. A poster making competition will be held online on 18th June 2022

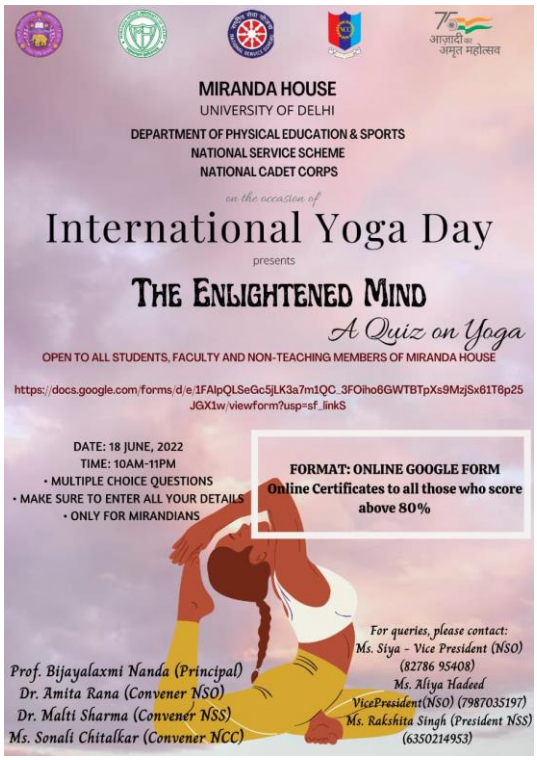
The expected budget for the same is :

1.	The remuneration charges for the expert	=	Rs.1,000/- per day
2.	Refreshment for the participants	=	Rs. 20/- per head
3.	Banner, standee, poster and certificates	=	Rs. 12,000/-
4.	Dari/Carpet	=	Rs. 25,000/-
5.	Misc.	=	Rs. 5,000/-

Submitted for your kind information and necessary approval, please.

Thanks and Regards
Dr. Amita Rana
Teacher In- charge
Dept. of Physical Education
& Sports Sciences





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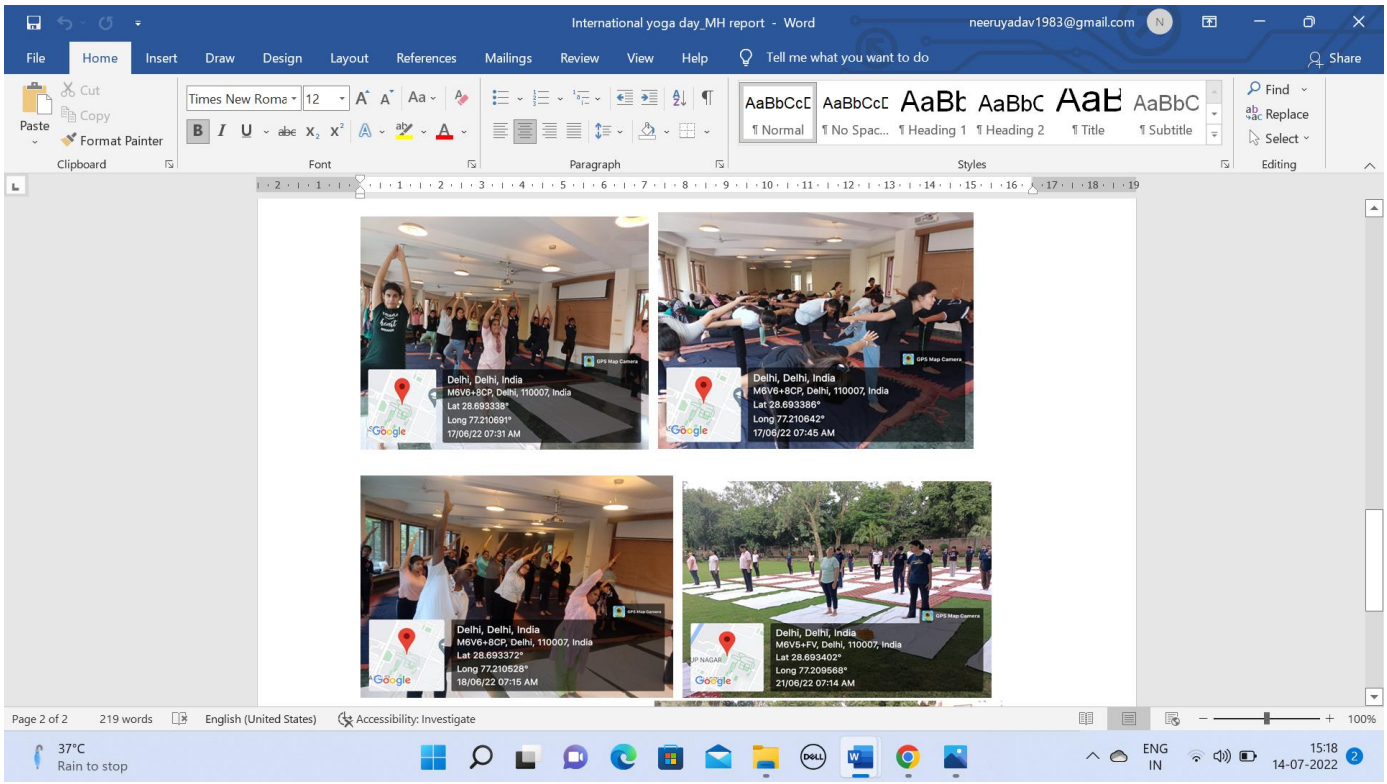

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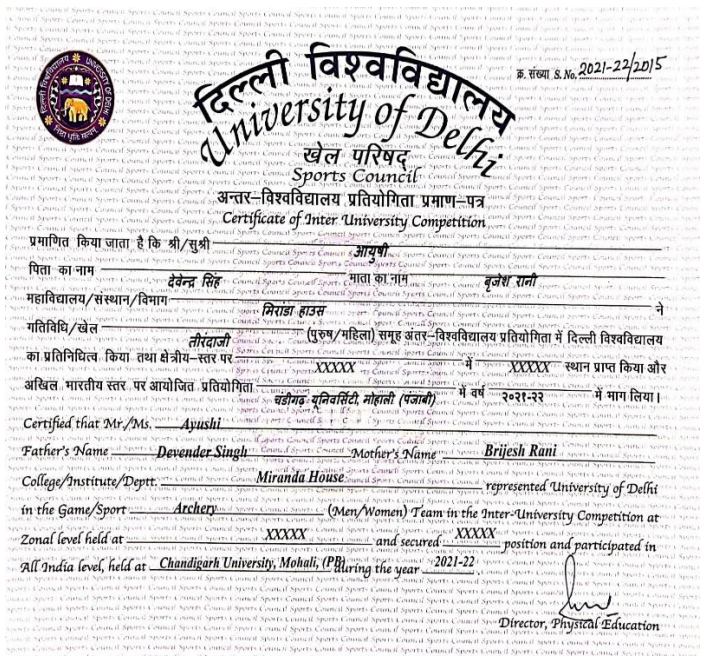
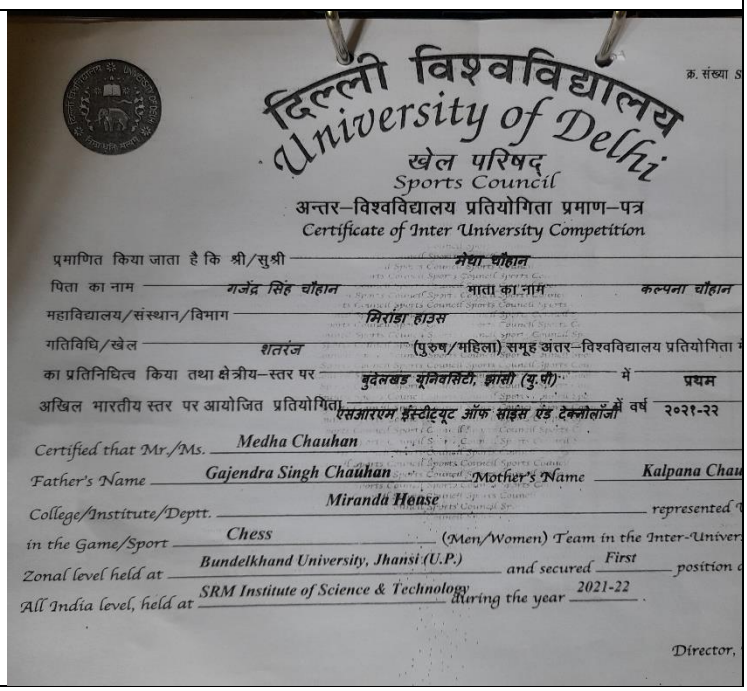
Part A.2
Awards and recognition received at State/ National Level

1. Manvi Singh- B.A. Programme, 2nd year (Archery) • Participated in All India Inter University Archery Championship, held in Mohali on 24th -28th February 2021 • Participated in Khelo India University Games, 2022 held at Bangaluru, Karnataka on 27th April to 1st May 2022. • Participated in Senior Nationals Archery Championship held in Tata Nagar, Jharkhand on 5th October, 2021.	 दिल्ली विश्वविद्यालय University of Delhi खेल परिषद Sports Council अन्तर–विश्वविद्यालय प्रतियोगिता प्रमाण–पत्र Certificate of Inter University Competition प्रमाणित किया जाता है कि श्री/सुश्री मानवी सिंह पिता का नाम यदुवेंदर सिंह माता का नाम अमिता सिंह महाविद्यालय/संस्थान/विभाग मिरांडा हाउस गतिविधि/खेल तीरंदाजी (पुरुष/महिला) समूह अंतर–विश्वविद्यालय प्रतियोगिता में दिल्ली विश्वविद्याल का प्रतिनिधित्व किया तथा क्षेत्रीय–स्तर पर XXXXX में XXXXX स्थान प्राप्त किया अ अखिल भारतीय स्तर पर आयोजित प्रतियोगिता चंडीगढ़ यूनिवर्सिटी, मोहाली (पंजाबी) में वर्ष २०२१-२२ में भाग लिया Certified that Mr./Ms. Manvi Singh Father's Name Yaduvender Singh Mother's Name Amita Singh College/Institute/Deptt. Miranda House represented University of Delhi in the Game/Sport Archery (Men/Women) Team in the Inter-University Competition a Zonal level held at XXXXX and secured XXXXX position and participated in All India level, held at Chandigarh University, Mohali, (PB) during the year 2021-22. Director, Physical Educatio Government of India Ministry of Youth Affairs and Sports KHELO INDIA Azadi Ka Amrit Mahotsav CERTIFICATE OF PARTICIPATIO This is to certify that Mr./Ms. MANVI SINGH Participated in the ARCHERY (COMPOUND TEAM EVENT) at the Khelo India University Games 2021, held in Bengaluru from 24th April to 3rd May 2022 Chairperson Games Technical Conduct Committee Sports Authority of India Secretary General Association of Indian Universities Commissioner Department of Youth Empowerment and Sports, Government of Karnataka.

	 SL. NO.: 574 भारतीय तीरंदाजी संघ ARCHERY ASSOCIATION OF INDIA 16th NTPC Senior Compound National Archery Championship (Organised by Jharkhand Archery Association) JRD Tata Sports Complex, Jamshedpur, Jharkhand 4 - 6 October, 2021 CERTIFICATE OF PARTICIPATION COMPOUND This is to certify that Ms. Manvi Singh Date of Birth 02.12.2001 D/o Yadurvender Singh of Haryana participated in the 16th NTPC Senior Compound (Men & Women) National Archery Championship at JRD Tata Sports Complex, Jamshedpur, Jharkhand. (PURNIMA MAHATO) Secretary Jharkhand Archery Association (ARJUN MUNDA) President Archery Association of India (PRAMOD CHANDURKAR) Hony. Secretary General Archery Association of India
2. Shweta Singh- B.A.(H.)- English, 2nd year (Archery) • Participated in All India Inter University Archery Championship, held in Mohali Chandigarh on 24th -28th February 2021 • Participated in Khelo India University Games, 2022 held at Bangaluru on 27th April to 1st May 2022.	**Certificates yet to be received**

3. Ayushi- B.A.(H.)- English, 1st year (Archery) • Participated in All India Inter University Archery Championship, held in Mohali Chandigarh on 24th -28th February 2021	 क्र. संख्या S. No. 2021-22/2015 दिल्ली विश्वविद्यालय University of Delhi खेल परिषद् Sports Council अन्तर–विश्वविद्यालय प्रतियोगिता प्रमाण–पत्र Certificate of Inter University Competition प्रमाणित किया जाता है कि श्री/सुश्री आयुषी पिता का नाम देवेन्द्र सिंह माता का नाम बृजेश रानी महाविद्यालय/संस्थान/विभाग मिरांडा हाउस ने गतिविधि/खेल तीरंदाजी (पुरुष/महिला) समूह अंतर–विश्वविद्यालय प्रतियोगिता में दिल्ली विश्वविद्यालय का प्रतिनिधित्व किया तथा क्षेत्रीय–स्तर पर XXXXX में XXXXX स्थान प्राप्त किया और अखिल भारतीय स्तर पर आयोजित प्रतियोगिता चंडीगढ़ यूनिवर्सिटी, मोहाली (पंजाब) में वर्ष २०२१-२२ में भाग लिया। Certified that Mr./Ms. Ayushi Father's Name Devender Singh Mother's Name Brijesh Rani College/Institute/Deptt. Miranda House represented University of Delhi in the Game/Sport Archery (Men/Women) Team in the Inter-University Competition at Zonal level held at XXXXX and secured XXXXX position and participated in All India level, held at Chandigarh University, Mohali, (PB) during the year 2021-22 Director, Physical Education
4. Medha Chauhan – B.Sc. (H) Mathematics, 3rd year (Chess) • Gold medal in North Zone Inter-University Chess Tournament, held in Jhansi, Uttar Pradesh from 14th to 16th March 2022. • Participated in the All India Inter-university Chess Tournament, held in Chennai, Tamilnadu from 20th to 22nd April 2022.	 क्र. संख्या S दिल्ली विश्वविद्यालय University of Delhi खेल परिषद् Sports Council अन्तर–विश्वविद्यालय प्रतियोगिता प्रमाण–पत्र Certificate of Inter University Competition प्रमाणित किया जाता है कि श्री/सुश्री मेधा चौहान पिता का नाम गजेंद्र सिंह चौहान माता का नाम कल्पना चौहान महाविद्यालय/संस्थान/विभाग मिरांडा हाउस गतिविधि/खेल शतरंज (पुरुष/महिला) समूह अंतर–विश्वविद्यालय प्रतियोगिता का प्रतिनिधित्व किया तथा क्षेत्रीय–स्तर पर बुंदेलखंड यूनिवर्सिटी, झांसी (यू.पी.) में प्रथम अखिल भारतीय स्तर पर आयोजित प्रतियोगिता एसआरएम इंस्टीट्यूट ऑफ साइंस एंड टेक्नोलॉजी में वर्ष २०२१-२२ Certified that Mr./Ms. Medha Chauhan Father's Name Gajendra Singh Chauhan Mother's Name Kalpana Chau College/Institute/Deptt. Miranda House represented in the Game/Sport Chess (Men/Women) Team in the Inter-Univer Zonal level held at Bundelkhand University, Jhansi (U.P.) and secured First position All India level, held at SRM Institute of Science & Technology during the year 2021-22 Director,

5. Ekagrata Vats- B.Sc. (H)- Zoology, 3rd year (Netball) • Participated in All India Intervarsity Netball Championship held at Dharamshala, Himachal Pradesh	 क्र. संख्या S. No. 2021-22/2110 दिल्ली विश्वविद्यालय University of Delhi खेल परिषद Sports Council अन्तर–विश्वविद्यालय प्रतियोगिता प्रमाण–पत्र Certificate of Inter University Competition प्रमाणित किया जाता है कि श्री/सुश्री एकाग्रता वत्स पिता का नाम संजीव शर्मा माता का नाम रीता शर्मा महाविद्यालय/संस्थान/विभाग मिरांडा हाउस ने गतिविधि/खेल नेटबॉल (पुरुष/महिला) समूह अंतर–विश्वविद्यालय प्रतियोगिता में दिल्ली विश्वविद्यालय का प्रतिनिधित्व किया तथा क्षेत्रीय–स्तर पर XXXXX में XXXXX स्थान प्राप्त किया और अखिल भारतीय स्तर पर आयोजित प्रतियोगिता सेंट्रल यूनिवर्सिटी ऑफ हिमाचल प्रदेश (एच.पी.) में वर्ष २०२१-२२ में भाग लिया। Certified that Mr./Ms. Ekagrata Vats Father's Name Sanjeev Sharma Mother's Name Rita Sharma College/Institute/Deptt. Miranda House represented University of Delhi in the Game/Sport Netball (Men/Women) Team in the Inter-University Competition at Zonal level held at XXXXX and secured XXXXX position and participated in All India level, held at Central University of Himachal Pradesh (HP) during the year 2021-22. Director, Physical Education
6. Khushi Kumar- B.A. (H) English, 2nd year (Netball) • Participated in All India Intervarsity Netball Championship held at Dharamshala, Himachal Pradesh. • Silver Medal in 12th Federation Cup Netball Championship (Men/Women) 2020-21, held at Delhi on 22nd to 24th September, 2021. • Bronze Medal in All India Inter Zone Netball Championship (Men/Women) 2020-21, (Central Zone) held at Delhi on 27th to 29th September, 2021. • Silver Medal in 39th Senior National Netball Championship (Men/Women) 2021-22, held at Bhiwani, Haryana from 30th March to 27th April 2022 • Silver Medal in 13th Federation Cup Netball Championship (Men /Women) held at Bhiwani, Haryana from 21st April to 24th April 2022	 क्र. संख्या S. No. 2021-22/2117 दिल्ली विश्वविद्यालय University of Delhi खेल परिषद Sports Council अन्तर–विश्वविद्यालय प्रतियोगिता प्रमाण–पत्र Certificate of Inter University Competition प्रमाणित किया जाता है कि श्री/सुश्री खुशी कुमार पिता का नाम अभय कुमार माता का नाम माधवी महाविद्यालय/संस्थान/विभाग मिरांडा हाउस ने गतिविधि/खेल नेटबॉल (पुरुष/महिला) समूह अंतर–विश्वविद्यालय प्रतियोगिता में दिल्ली विश्वविद्यालय का प्रतिनिधित्व किया तथा क्षेत्रीय–स्तर पर XXXXX में XXXXX स्थान प्राप्त किया और अखिल भारतीय स्तर पर आयोजित प्रतियोगिता सेंट्रल यूनिवर्सिटी ऑफ हिमाचल प्रदेश (एच.पी.) में वर्ष २०२१-२२ में भाग लिया। Certified that Mr./Ms. Khushi Kumar Father's Name Abhay Kumar Mother's Name Madhavi College/Institute/Deptt. Miranda House represented University of Delhi in the Game/Sport Netball (Men/Women) Team in the Inter-University Competition at Zonal level held at XXXXX and secured XXXXX position and participated in All India level, held at Central University of Himachal Pradesh (HP) during the year 2021-22. Director, Physical Education

38th SENIOR NATIONAL NETBALL CHAMPIONSH
(MEN & WOMEN) 2020-21

Organized by : Netball Association of Chhattisgarh
Affiliated to : Netball Federation of India
Indian Olympic Association
International Netball Federation
Asian Netball Federation
Recognized By : Ministry of Youth Affairs & Sports Govt. Of India

Serial No 188 Certificate NFI No NFI/2021/D

Awarded to KHUSHI KUMAR Son/Daughter of ABHAY KUMAR
Date of Birth is 31.01.2002 of DELHI State
as a Player/Coach/Manager/Official in 38th Senior National Netball Championship (Men & Women) 2020-21 Held at
Mansa College of Education, Kohka Kurud Road, Bhilai (C.G.) From 24th to 27th March 2021
His/Her/ team was placed 2nd Position in the Championship.

Vagish Pathak PRESIDENT NETBALL FEDERATION OF INDIA
Vijender Singh SECRETARY GENERAL NETBALL FEDERATION OF INDIA
Pramod Jain PRESIDENT Netball Association of Chhattisgarh
Javed Ahmed Khan ORG. SECRETARY 38th SNNC & GENERAL SECRETARY Netball Association of Chhattisgarh
Laxman D TOURNAMENT D 38th Sr. National Netbal

022/02/21 19:38

39th SENIOR NATIONAL NETBALL CHAMPIONSHIP (MEN & WO
SESSION 2021-22

N.F.I. NO: NFI-011-DL-2021-22 Sr. No. 165

Organised By: Haryana Netball Association (Regd.)
Affiliated to: Netball Federation of India (Regd.)
Indian Olympic Association
World Netball
Asian Netball Federation
Recognized by:- Ministry of Youth Affairs & Sports, Govt. Of India

Date :- 30th March to 3rd Apirl,2022

CERTIFICATE

This is to certify that KHUSHI KUMAR Son/Daughter of ABHAY KUMAR
Born on 31-01-2002 of DELHI Sta
Participated as a Player / Coach / Manager / Official in 39th Senior National Netball Championship (Men & Women)
at Shri Balaji Sr. Sec. School, Kalinga, District Bhiwani, Haryana-127114.
His/ Her team secured SECOND Position in Championship.

Sh. VAGISH PATHAK President N.F.I
Sh. ASHOK KUMAR Convener Tournament Committee
Sh. PAWAN KUMAR Secretary Organizing Committee
Sh. VIJENDER SIN Secretary Gener N.F.I

	 13th FEDERATION CUP NETBALL CHAMPIONSHIP (MEN & WOMEN N.F.I. NO: NFI-01-PL-2021-22 SESSION 2021-22 Sr. No. 162 Organised By: Haryana Netball Association (Regd.) Affiliated to: Netball Federation of India (Regd.) World Netball Asia Netball Indian Olympic Association Recognized by:- Ministry of Youth Affairs & Sports, Govt. Of India Date :- 21st to 24th April 2022 Certificate This is to certify that KHUSHI KUMAR Son/Daughter of ABHAY KUMAR Born on 31-01-2002 of DELHI State has participated as a Player/Coach/Manager/Official in 13th Federation Cup Netball Championship (Men & Women) held at Shri Balaji Sr. Sec. School, Kalinga, Bhiwani, Haryana-127114. His/ Her team secured SECOND Position in Championship. VAGISH PATHAK President N.F.I RAJESHWARI SHERON Chairman Organizing Committee ASHOK KUMAR Convener Tournament Committee GEETA KANWAR Secretary Organizing Committee VIJENDER SINGH Secretary General N.F.I
7. Dharini Sharma- B.A. (H) English, 2nd year (Shooting) • Participated in All India Intervarsity Shooting Championship held at Meerut, Uttar Pradesh. • Gold medal (Junior category) and a Silver medal (Senior category) in 10m Air Rifle Shooting in Delhi State Shooting Championship held from 26th – 30th December, 2021. • Participated in 64th National Shooting Championship Competition, held at Bhopal MP, (Individual) (Mixed Doubles) from 25th November to 10th December 2021	 क्र. संख्या S. No. 2021 दिल्ली विश्वविद्यालय University of Delhi खेल परिषद Sports Council अन्तर–विश्वविद्यालय प्रतियोगिता प्रमाण–पत्र Certificate of Inter University Competition प्रमाणित किया जाता है कि श्री/सुश्री धारिणी शर्मा पिता का नाम विकास शर्मा माता का नाम मीनाक्षी प्रभाकर महाविद्यालय/संस्थान/विभाग मिरांडा हाउस गतिविधि/खेल निशानेबाजी (पुरुष/महिला) समूह अंतर–विश्वविद्यालय प्रतियोगिता में दिल्ली वि का प्रतिनिधित्व किया तथा क्षेत्रीय–स्तर पर XXXXX में XXXXX स्थान प्राप्त अखिल भारतीय स्तर पर आयोजित प्रतियोगिता स्वामी विवेकानंद सुभारती यूनिवर्सिटी, मेरठ में वर्ष २०२१-२२ में Certified that Mr./Ms. Dharini Sharma Father's Name Vikas Sharma Mother's Name Meenakshi Prabhakar College/Institute/Deptt. Miranda House represented University in the Game/Sport Shooting (Men/Women) Team in the Inter-University Compe Zonal level held at XXXXX and secured XXXXX position and partici All India level, held at Swami Vivekanand Subharti University, Meerut during the year 2021-22. Director, Physical E

No. TRG/CERT/NRAI - 2610

Date: 29-06-2022

CERTIFICATE

Certified that

Dharini Sharma

(Competitor No. 760) of
DELHI STATE RIFLE ASSOCIATION, DELHI, DELHI
has participated in the
64TH NATIONAL SHOOTING CHAMPIONSHIP COMPETITIONS IN RIFLE EVENTS
held at **BHOPAL MADHYA PRADESH**
From **25th November To 10th December 2021** and obtained the following results

Sr.No.	Event	MQS	Score	Position	Remarks
1	10M RIFLE WOMEN (ISSF) NATIONAL CHAMPIONSHIP (Individual.)*	593.00	619.7	104	---/---
2	10M RIFLE WOMEN (ISSF) NATIONAL CHAMPIONSHIP (Team)		1870.2	V	---
3	10M RIFLE WOMEN (ISSF) CIVILIAN CHAMPIONSHIP (Individual.)*	593.00	619.7	63	---/---
4	10M RIFLE WOMEN (ISSF) CIVILIAN CHAMPIONSHIP (Team)		1863.9	V	---
5	10M RIFLE JUNIOR WOMEN (ISSF) NATIONAL CHAMPIONSHIP (Individual.)*	585.00	619.7	63	---/---
6	10M RIFLE JUNIOR WOMEN (ISSF) NATIONAL CHAMPIONSHIP (Team)		1532.9	16	---

It is further certified that she is a '**RENOWNED SHOT**' in terms of Government of India's Notification No. 146/94-C.us dated 13.7.1994

K SULTAN SINGH
SECRETARY GENERAL

NNR - NEW NATIONAL RECORD, ENR - SEZIAL NATIONAL RECORD, NMR - NEW MEET RECORD, EMR - SEZIAL MEET RECORD NPR - NEW, FINAL RECORD, EPR - SEZIAL FINAL RECORD, QP - QUALIFYING SCORE, PP - PRIZE SCORE

Archery Rifle Association of India, 24-B, Tughlakabad Institutional Area, New Delhi-110062

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No. TRG/CERT/NRAI - 2610

Date: 29-06-2022

CERTIFICATE

Name: Dharini Sharma **Competitor No: 760**

Sr.No.	Event	MQS	Score	Position	Remarks
7	10M RIFLE JUNIOR WOMEN (ISSF) CIVILIAN CHAMPIONSHIP (Individual.)*	585.00	619.7	51	---/---
8	10M RIFLE JUNIOR WOMEN (ISSF) CIVILIAN CHAMPIONSHIP (Team)		1528.9	24	---
9	10M Rifle Junior Mixed Team (ISSF) National Championship(Team)		615.2 QS1	15	---

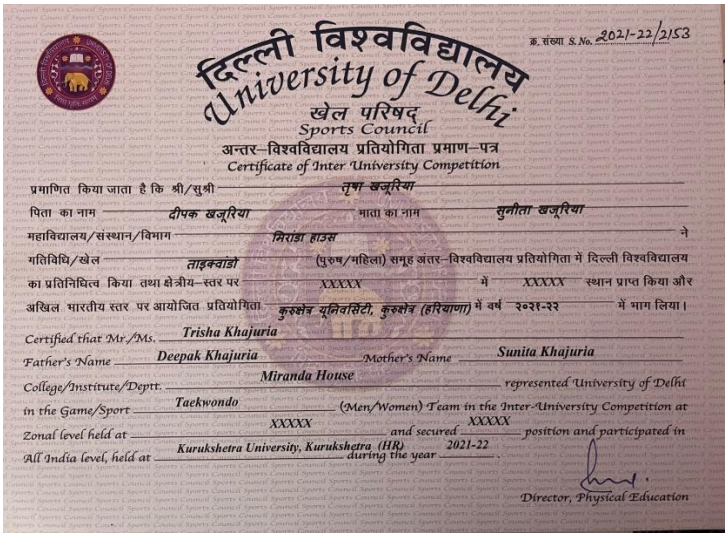
It is further certified that she is a '**RENOWNED SHOT**' in terms of Government of India's Notification No. 146/94-C.us dated 13.7.1994

K SULTAN SINGH
SECRETARY GENERAL

NNR - NEW NATIONAL RECORD, ENR - SEZIAL NATIONAL RECORD, NMR - NEW MEET RECORD, EMR - SEZIAL MEET RECORD NPR - NEW, FINAL RECORD, EPR - SEZIAL FINAL RECORD, QP - QUALIFYING SCORE, PP - PRIZE SCORE

Archery Rifle Association of India, 24-B, Tughlakabad Institutional Area, New Delhi-110062

Page 2/2

8. **Muskan Maheshwari, B.Sc. Life Sciences, 3rd Year (Taekwondo)** • Participated in All India Intervarsity Taekwondo Championship held at Kurukshetra, Haryana.	 क्र. संख्या S. No. 2021-22/2152 दिल्ली विश्वविद्यालय University of Delhi खेल परिषद Sports Council अन्तर–विश्वविद्यालय प्रतियोगिता प्रमाण–पत्र Certificate of Inter University Competition प्रमाणित किया जाता है कि श्री/सुश्री मुस्कान माहेश्वरी पिता का नाम संजय माहेश्वरी माता का नाम पूनम महाविद्यालय/संस्थान/विभाग मिरांडा हाउस ने गतिविधि/खेल ताइक्वांडो (पुरुष/महिला) समूह अंतर–विश्वविद्यालय प्रतियोगिता में दिल्ली विश्वविद्यालय का प्रतिनिधित्व किया तथा क्षेत्रीय–स्तर पर XXXXX में XXXXX स्थान प्राप्त किया और अखिल भारतीय स्तर पर आयोजित प्रतियोगिता कुरुक्षेत्र यूनिवर्सिटी, कुरुक्षेत्र (हरियाणा) में वर्ष २०२१-२२ में भाग लिया। Certified that Mr./Ms. Muskan Maheshwari Father's Name Sanjay Maheshwari Mother's Name Poonam College/Institute/Deptt. Miranda House represented University of Delhi in the Game/Sport Taekwondo (Men/Women) Team in the Inter-University Competition at Zonal level held at XXXXX and secured XXXXX position and participated in All India level, held at Kurukshetra University, Kurukshetra (HR) during the year 2021-22. Director, Physical Education
9. **Trisha Khajuria- B.A. Programme, 2nd Year (Taekwondo)** • Participated in All India Intervarsity Taekwondo Championship held at Kurukshetra, Haryana. • Gold Medal in North District Taekwondo Championship 2021 held in Delhi. • Bronze Medal in 37th Delhi State Taekwondo Championship held on 9th and 10th October, 2021.	 क्र. संख्या S. No. 2021-22/2153 दिल्ली विश्वविद्यालय University of Delhi खेल परिषद Sports Council अन्तर–विश्वविद्यालय प्रतियोगिता प्रमाण–पत्र Certificate of Inter University Competition प्रमाणित किया जाता है कि श्री/सुश्री तृषा खजूरिया पिता का नाम दीपक खजूरिया माता का नाम सुनीता खजूरिया महाविद्यालय/संस्थान/विभाग मिरांडा हाउस ने गतिविधि/खेल ताइक्वांडो (पुरुष/महिला) समूह अंतर–विश्वविद्यालय प्रतियोगिता में दिल्ली विश्वविद्यालय का प्रतिनिधित्व किया तथा क्षेत्रीय–स्तर पर XXXXX में XXXXX स्थान प्राप्त किया और अखिल भारतीय स्तर पर आयोजित प्रतियोगिता कुरुक्षेत्र यूनिवर्सिटी, कुरुक्षेत्र (हरियाणा) में वर्ष २०२१-२२ में भाग लिया। Certified that Mr./Ms. Trisha Khajuria Father's Name Deepak Khajuria Mother's Name Sunita Khajuria College/Institute/Deptt. Miranda House represented University of Delhi in the Game/Sport Taekwondo (Men/Women) Team in the Inter-University Competition at Zonal level held at XXXXX and secured XXXXX position and participated in All India level, held at Kurukshetra University, Kurukshetra (HR) during the year 2021-22. Director, Physical Education

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<td>
37th DELHI STATE SENIOR MALE/FEMALE TAEKWONDO CHAMPIONSHIP 2021
Organised by DELHI TAEKWONDO ASSOCIATION(Regd.)
Affiliated to Delhi Olympic Association
621, Pocket 3, Paschim Puri,New Delhi
website:- www.dtaindia.org
email id:-harsh_tkd_india@yahoo.co.in
Certificate
DELHI
Certificate no:-SDSTC/2021/SB/F/047
NAME : TRISHA
CATEGORY : SENIOR FEMALE UNDER-57KG
MEDAL : BRONZE
DISTRICT : NORTH
This is to certify that the above named person has participated in 37th DELHI STATE SENIOR MALE/FEMALE TAEKWONDO CHAMPIONSHIP which was held from 09th to 10th October 2021 at Amar Complex Dwarka Mor, New Delhi.
KULDEEP VATS
PRESIDENT- DELHI TAEKWONDO ASSOCIATION
PRESIDENT-DELHI OLYMPIC ASSOCIATION
VICE PRESIDENT- INDIAN OLYMPIC ASSOCIATION
HARSH PRIYA SINGH (ADV.)
GENERAL SECRETARY
DELHI TAEKWONDO ASSOCIATION</td>
</tr>
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<td>10. Shreya Rani- B.A. (H) English, 2nd year (Taekwondo)
• Participated in All India Intervarsity Taekwondo Championship held at Kurukshetra, Haryana.
• Gold Medal at 32nd Bihar State Taekwondo Championship held on 25th to 26th December, 2021 in Begusarai, Bihar.
EKAGRAT</td>
<td>
32nd BTA Bihar State Kyorugi & 5th BTA Bihar State Poomsae Taekwondo Championship-2021
Organised by : BEGUSARAI DISTRICT TAEKWONDO ASSOCIATION
Under the aegis of : BIHAR TAEKWONDO ASSOCIATION (REGD.)
Office : No-07, Patliputra Sports Complex, Kankarbagh, Patna - 800020
E-mail : btabihar@gmail.com, website : www.bihartaekwondo.com
Affiliated to : Bihar Olympic Association * Recognised by : Department of Art, Culture & Youth (Government of Bihar)
Certificate
No.: BTA/SC/2021/ 271
This is to Certify that SHREYA RANI of BEGUSARAI has
Participated as a PLAYER in the above mentioned championship held on
25th & 26th December 2021 at Jubilee Hall, Refinery Township, Begusarai
The above named player has won GOLD medal in SENIOR GIRLS U-62 kg Weight Category.
Shashibala Bhadani
President
Bihar Taekwondo Association
Rajnish Ranjan
Org. President & President
Begusarai Distt.
Taekwondo Association
Nandu Kumar
Org. Secretary & Secretary
Begusarai Distt.
Taekwondo Association
Rajesh Kr. Sahu
Secretary
Bihar Taekwondo Association
Scanned with CamScanner</td>
</tr>
</table>

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क्र. संख्या

दिल्ली विश्वविद्यालय
University of Delhi
खेल परिषद
Sports Council
अन्तर–विश्वविद्यालय प्रतियोगिता प्रमाण–पत्र
Certificate of Inter University Competition

प्रमाणित किया जाता है कि श्री/सुश्री श्रेया रानी
पिता का नाम राजेश शर्मा माता का नाम रूबी कुमारी
महाविद्यालय/संस्थान/विभाग मिराडा हाउस
गतिविधि/खेल ताइक्वांडो (पुरुष/महिला) समूह अंतर–विश्वविद्यालय प्रतियोगिता
का प्रतिनिधित्व किया तथा क्षेत्रीय–स्तर पर XXXXX में XXXXX
अखिल भारतीय स्तर पर आयोजित प्रतियोगिता कुरुक्षेत्र यूनिवर्सिटी, कुरुक्षेत्र (हरियाणा) में वर्ष २०२१-२२

Certified that Mr./Ms. Shreya Rani
Father's Name Rajesh Sharma Mother's Name Rubi Kumar
College/Institute/Deptt. Miranda House represented
in the Game/Sport Taekwondo (Men/Women) Team in the Inter-Unive
Zonal level held at XXXXX and secured XXXXX position
All India level, held at Kurukshetra University, Kurukshetra (HR) during the year 2021-22

Director,</td>
<td></td>
</tr>
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11. Vaishnave- B.A. Programme, 1st year (Taekwondo)

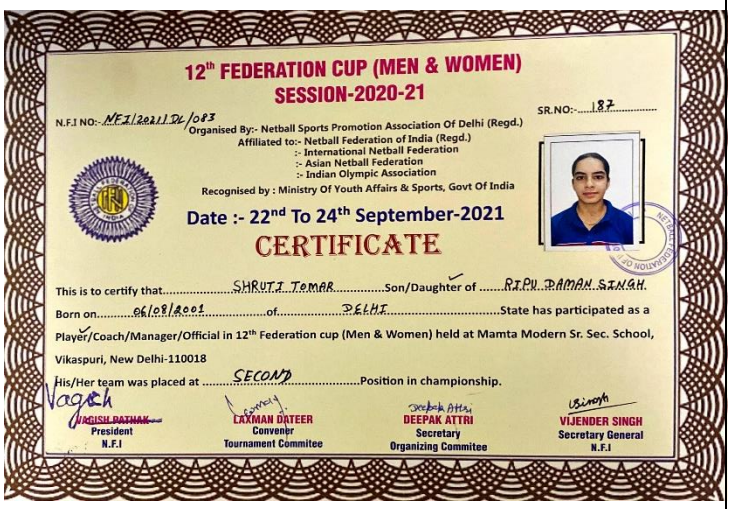
- Participated in World Taekwondo Women's Open Championship 2021 (U-53kg) held on 24th – 28th November, 2021 in Riyadh Saudi Arabia.
- Gold Medal in U.P. Open State Kyorugi & Poomsae Taekwondo Championship- 2021 held from 18th & 19th December 2021 held at Lucknow, U.P.

</td>
<td>
2021 الرياض
Riyadh2021
WORLD TAEKWONDO WOMEN'S OPEN CHAMPIONSHIPS
CERTIFICATE OF
PARTICIPATION
PRESENTED TO
VAISHNAVE Athlete IND
THIS IS TO CERTIFY THAT ABOVE - NAMED PERSON HAS PARTICIPATED IN AND CONTRIBUTED TO SUCCESS OF RIYADH 2021 WORLD TAEKWONDO WOMEN'S OPEN CHAMPIONSHIPS IN RIYADH, SAUDI ARABIA ON NOVEMBER 25 - 27, 2021 PROMOTED BY THE WORLD TAEKWONDO.
Chungwon Choue
Chungwon Choue
President World Taekwonde
WORLD TAEKWONDO</td>
</tr>
</table>

	 U.P. OPEN STATE KYORUGI & POOMSAE TAEKWONDO CHAMPIONSHIP-2021 (Girls & Boys) ORGANIZER : LUCKNOW TAEKWONDO ASSOCIATION PROMOTER : U.P. TAEKWONDO ASSOCIATION AFFILIATED TO : U.P. OLYMPIC ASSOCIATION AFFILIATED TO : TAEKWONDO FEDERATION OF INDIA Certificate of Merit Awarded to Sr. No.: UP/33/46/2021/48 Name : VAISHNAVE District : GAUTAM BUDDHA NAGAR Category : SENIOR GIRLS UNDER-53 KG For winning GOLD MEDAL in U.P. Open State Kyorugi & Poomsae Taekwondo Championship held from 18th & 19th December, 2021 at Agarwal Shiksha Sansthan, Moti Nagar, Lucknow (U.P.) SALIL SINGH President U.P.T.A. C.K. SHARMA Secretary U.P.T.A. SUBHASH MAURYA Secretary L.T.A.
12. Anushka Choudhary- B.A. Programme, 1st year (Athletics) • Bronze in 56th National cross country championships held on 26th March 2022 in Nagaland. • Gold medal in 56th Rajasthan State Cross Country Championship held on 7th November 2021 at Kota, Rajasthan. • Silver medals in 10,000 mts and 5000 mts in Senior state athletics championship held on 13th and 14th march, 2022 in Shriganga nagar, Rajasthan	 149 RAJASTHAN ATHLETIC ASSOCIATION MERIT CERTIFICATE This is to Certify that ANUSHKA CHOUDHARY representing ALWAR Individual/Team secured FIRST place in 6 Km Section GIRLS-20 in the Rajasthan State Cross Country Championships in Men/Women/Boys/Girls Under 20/18/16 Years held at Kota on Sunday 7th November 2021. (Gopal Saini) President (Surendra Singh) Acting Secretary

	 RAJASTHAN ATHLETIC ASSOCIATION Rajasthan State Sr.Ath.-SGNR-2022= 192 MERIT CERTIFICATE This is to Certify that ANUSHKA CHOUDHARY representing ALWAR secured 2nd Place place in WOMENS 10000m Run Performance 40:05.10 sec Section ~~MEN~~ / WOMEN Participation in Rajasthan State Senior (Men & Women) Athletic Championships held at Sri Ganganagar from 13 to 14 March 2022. (Gopal Saini) President (Surendra Singh) Acting Secretary
13. Shruti Tomar- B.A. Programme, 3rd year (Netball) • Silver Medal in 12th Federation Cup Netball Championship (Men/Women) 2020-21, held at Delhi on 22nd to 24th September, 2021. • Bronze Medal in All India Inter Zone Netball Championship (Men/Women) 2020-21, (Central Zone) held at Delhi on 27th to 29th September, 2021. • Silver Medal in 39th Senior National Netball Championship (Men/Women) 2021-22, held at Bhiwani, Haryana from 30th March to 27th April 2022 • Silver Medal in 13th Federation Cup Netball Championship (Men /Women) held at Bhiwani, Haryana from 21st April to 24th April 2022	 39th SENIOR NATIONAL NETBALL CHAMPIONSHIP (MEN & WOMEN) SESSION 2021-22 N.F.I. NO: NFI-DZI-DL-2021-22 Sr. No. 160 Organised By: Haryana Netball Association (Regd.) Affiliated to: Netball Federation of India (Regd.) Indian Olympic Association World Netball Asian Netball Federation Recognized by:- Ministry of Youth Affairs & Sports, Govt. Of India Date :- 30th March to 3rd Apirl,2022 CERTIFICATE This is to certify that SHRUTI TOMAR Son/Daughter of RIPU DAMAN SINGH Born on 06-08-2001 of DELHI State has Participated as a Player / Coach / Manager / Official in 39th Senior National Netball Championship (Men & Women) held at Shri Balaji Sr. Sec. School, Kalinga, District Bhiwani, Haryana-127114. His/ Her team secured SECOND Position in Championship. Sh. VAGISH PATHAK President N.F.I Sh. ASHOK KUMAR Convener Tournament Committee Sh. PAWAN KUMAR Secretary Organizing Committee Sh. VIJENDER SINGH Secretary General N.F.I

Miranda House
UNIVERSITY OF DELHI



12th FEDERATION CUP (MEN & WOMEN)
SESSION-2020-21

N.F.I NO:- NFI/2021/DL/083 SR.NO:- 187

Organised By:- Netball Sports Promotion Association Of Delhi (Regd.)
Affiliated to:- Netball Federation of India (Regd.)
:- International Netball Federation
:- Asian Netball Federation
:- Indian Olympic Association
Recognised by : Ministry Of Youth Affairs & Sports, Govt Of India

Date :- 22nd To 24th September-2021

CERTIFICATE

This is to certify that SHRUTI TOMAR Son/Daughter of RIPU DAMAN SINGH
Born on 06/08/2001 of DELHI State has participated as a Player/Coach/Manager/Official in 12th Federation cup (Men & Women) held at Mamta Modern Sr. Sec. School, Vikaspuri, New Delhi-110018
His/Her team was placed at SECOND Position in championship.

VAGISH PATHAK, President, N.F.I | LAXMAN DATEER, Convenor, Tournament Commitee | DEEPAK ATTRI, Secretary, Organizing Commitee | VIJENDER SINGH, Secretary General, N.F.I

13th FEDERATION CUP NETBALL CHAMPIONSHIP (MEN & WOMEN
SESSION 2021-22

N.F.I. NO: -NFI-021-DL-2021-22 Sr. No. 160

Organised By: Haryana Netball Association (Regd.)
Affiliated to: Netball Federation of India (Regd.)
: World Netball
: Asia Netball
: Indian Olympic Association
Recognized by:- Ministry of Youth Affairs & Sports, Govt. Of India

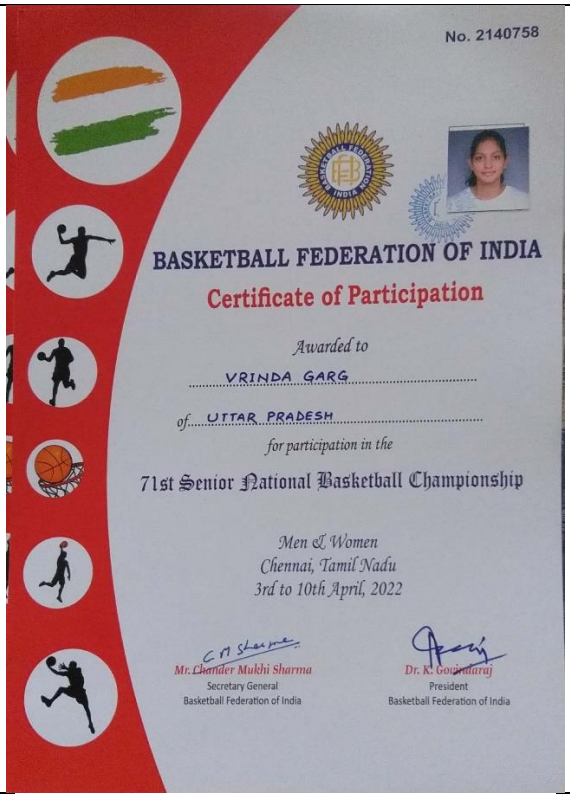
Date :- 21st to 24th April 2022

Certificate

This is to certify that SHRUTI TOMAR Son/Daughter of RIPU DAMAN SING
Born on 06-08-2001 of DELHI State h
participated as a Player/Coach/Manager/Official in 13th Federation Cup Netball Championship (Men & Wom
held at Shri Balaji Sr. Sec. School, Kalinga, Bhiwani, Haryana-127114.
His/ Her team secured SECOND Position in Championship.

VAGISH PATHAK, President, N.F.I | RAJESHWARI SHERON, Chairman, Organizing Committee | ASHOK KUMAR, Convener, Tournament Committee | GEETA KANWAR, Secretary, Organizing Committee | VIJENDER SIN, Secretary Gene, N.F.I

14. Mariot Thankachan- B.A. Programme, 1st year (Basketball) • Participated in Junior Basketball National championship, from 4th -10th January 2022, held at Indore, Madhya Pradesh • Participated in Khelo India Nationals, 2022 held in Panchkula, Haryana in the month of June.	 No. 213622 BASKETBALL FEDERATION OF INDIA Certificate of Participation Awarded to MARIOT THANKACHAN of DELHI DOB 09. 09. 2003 for participation in the 71st Junior National Basketball Championship Men & Women Indore, Madhya Pradesh 4th to 10th January, 2022. Mr. Chander Mukhi Sharma, Secretary General, Basketball Federation of India Dr. N. Govindaraj, President, Basketball Federation of India
15. Vrinda Garg; B.A. (H) Economics, 1st Year (Basketball) • Participated in 71st Senior National East Zonals Basketball Championship (Men and Women), held at Odisha from 26th - 30th Dec, 2021 • Participated in 71st Junior National Basketball Championship, held at Indore from 4th-10th January, 2022. • Participated in 71st Senior National Basketball Championship, held at Chennai, Tamil Nadu from 3rd-10th April, 2022.	 No. 213510 BASKETBALL FEDERATION OF INDIA Certificate of Participation Awarded to VRINDA GARG of UTTAR PRADESH DOB 13. 03. 2003 for participation in the 71st Junior National Basketball Championship Men & Women Indore, Madhya Pradesh 4th to 10th January, 2022. Mr. Chander Mukhi Sharma, Secretary General, Basketball Federation of India Dr. N. Govindaraj, President, Basketball Federation of India

	 No. 2140758 BASKETBALL FEDERATION OF INDIA Certificate of Participation Awarded to VRINDA GARG of UTTAR PRADESH for participation in the 71st Senior National Basketball Championship Men & Women Chennai, Tamil Nadu 3rd to 10th April, 2022 Mr. Chander Mukhi Sharma Secretary General Basketball Federation of India Dr. K. Govindaraj President Basketball Federation of India
16. Yashsavi Joshi- B.A. (H) English, 1st year (Shooting) • Participated in 64th National Shooting Championship held in Delhi from 18th Nov to 6th Dec 2021. (10m pistol and 25m pistol) • Participated in 20th Kumar Surendra Singh Memorial Shooting Championship held at Bhopal, Madhya Pradesh from 10th to 24th June 2022.	 NATIONAL RIFLE ASSOCIATION OF INDIA No. TRG/CERT/NRAI - 626 Date: 22-12-2021 CERTIFICATE Certified that Yashsavi Joshi (Competitor No. 84) of UTTARANCHAL STATE RIFLE ASSOCIATION, DEHRADUN, UTTARAKHAND has participated in the 64TH NATIONAL SHOOTING CHAMPIONSHIP COMPETITIONS IN PISTOL EVENTS held at NEW DELHI From 18th November To 6th December 2021 and obtained the following results It is farther certified that she is a 'RENOWNED SHOT' in terms of Government of India's Notification No. 146/94-C.is dated 13.7.1994 K SULTAN SINGH SECRETARY GENERAL Page 1/2

Sr.No.	Event	MQS	Score	Position	Remarks
1	25M PISTOL WOMEN (ISSF) NATIONAL CHAMPIONSHIP (Individual.)*	525.00	541	121	---/---
2	10M PISTOL YOUTH WOMEN (ISSF) NATIONAL CHAMPIONSHIP (Individual.)*	510.00	565	18	---/---
3	25M PISTOL JUNIOR WOMEN (ISSF) CIVILIAN CHAMPIONSHIP (Individual.)*	505.00	541	38	---/---
4	25M PISTOL JUNIOR WOMEN (ISSF) CIVILIAN CHAMPIONSHIP (Team)		1565	11	---
5	25M PISTOL JUNIOR WOMEN (ISSF) NATIONAL CHAMPIONSHIP (Individual.)*	505.00	541	55	---/---
6	25M PISTOL JUNIOR WOMEN (ISSF) NATIONAL CHAMPIONSHIP (Team)		1559	11	---

20TH KUMAR SURENDRA SINGH MEMORIAL SHOOTING CHAMPIONSHIP IN PISTOL EVENTS
BHOPAL MADHYA PRADESH
10-06-2022 - 24-06-2022

QUALIFICATION RESULT

(N41) 10M PISTOL YOUTH WOMEN - ISSF

SrNo	Comp No.	Shooter Name	State	Series 1	2	3	4	5	6	Penalty	Total	Rank	Rem
1	175	ARSHDEEP KAUR (SHF0108200302)	PUN	96	97	97	95	93	95	-0	573-13x	I	C
2	1129	LAKSHITA (SHF1508200602)	HAR	97	97	92	94	95	97	-0	572-17x	II	C
3	604	SHIKHA NARWAL (SHF2210200401)	HAR	93	93	96	96	95	99	-0	572-15x	III	C
4	482	MANSI ANAND (SHF0512200301)	U.P.	93	96	96	96	94	96	-0	571-18x	IV	C
5	518	LAKSHITA PANGHAL (SHF1907200601)	HAR	96	96	94	97	95	93	-0	571-15x	V	C
6	1217	JUILY HARISH DHAPODKAR (SHF1612200402)	MAH	96	92	99	97	92	95	-0	571-12x	VI	C
7	441	DEWAKSHI YADAV (SHF0601200601)	HAR	93	94	95	93	96	97	-0	568-20x	VII	C
8	843	ANJALI SHEKHAWAT (SHF0211200404)	RAJ	92	97	94	95	95	95	-0	568-17x	VIII	C
9	1033	ESHA SINGH (SHF0101200501)	TRA	90	95	96	98	94	95	-0	568-14x	9	C
10	395	VIBHUTI BHATIA (SHF1510200302)	HAR	95	92	92	98	97	94	-0	568-11x	10	C
11	186	YASHSAVI JOSHI (SHF1502200501)	U.K.	96	96	94	92	94	96	-0	568-9x	11	C
12	1172	NAAMYA KAPOOR (SHF2507200701)	DEL	91	98	96	92	98	93	-0	568-9x	12	C
13	72	S.EZHILARASI (SHF2206200303)	T.N.	95	93	91	97	95	96	-0	567-9x	13	C
14	1333	TANVI (SHF0508200301)	HAR	94	98	93	96	90	95	-0	566-11x	14	C
15	1166	KHUSHI KAPOOR (SHF2201200401)	DEL	92	96	96	95	94	93	-0	566-6x	15	C
16	747	SANSKRITI BANA (SHF0908200601)	U.P.	95	93	95	97	94	92	-0	566-6x	16	C
17	547	DIPSY CHAHAR (SHF1905201001)	RAJ	93	95	96	92	92	96	-0	564-15x	17	C

Page 1 of 13

DESIGN & DEVELOPED BY STS

17. Radhika Shukla – B.A (H) Economics, 2nd year (Shooting)

●Participated in 64th National Shooting Championship held in Delhi from 18th Nov to 6th Dec 2021. (10m air pistol)

THE NATIONAL RIFLE ASSOCIATION OF INDIA

51-B, Institutional Area, Tughlakabad, New Delhi - 110062 (INDIA)
Phone No. 91-11-29964091/92/93, Fax No. 91-11-29964090

SHOOTER HISTORY REPORT FOR RADHIKA SHUKLA (SHF2002200201)

RADHIKA SHUKLA

SHOOTER ID	SHF2002200201
GENDER	FEMALE
DATE OF BIRTH	20-02-2002
PHONE NO	9958988415
EMAIL ID	RADHIKA02SHUKLA@GMAIL.COM
STATE/UNIT OF REPRESENTATION	DELHI
EVENTS	PISTOL

COMPETITION	EVENT NAME	COMP CODE	SEGMENT	MQS	SCORE ACHIVED	MIXED EVENT PART 2	SCORE IN FINALS	SEMIFINAL	MEDAL-MATCH	TEAM SCORE	RANK
65TH NATIONAL SHOOTING CHAMPIONSHIP PISTOL, BHOPAL MADHYA PRADESH, 2022	NW 69 - 10M PISTOL JUNIOR WOMEN (ISSF) NATIONAL CHAMPIONSHIP (INDIVIDUAL & TEAM)	721	JW	525.00	0	-		-		0	382
65TH NATIONAL SHOOTING CHAMPIONSHIP PISTOL, BHOPAL MADHYA PRADESH, 2022	NW 45 - 25M PISTOL JUNIOR WOMEN (ISSF) NATIONAL CHAMPIONSHIP (INDIVIDUAL & TEAM)	721	JW	520.00	509	-		-		509	105

Page 1 of 4

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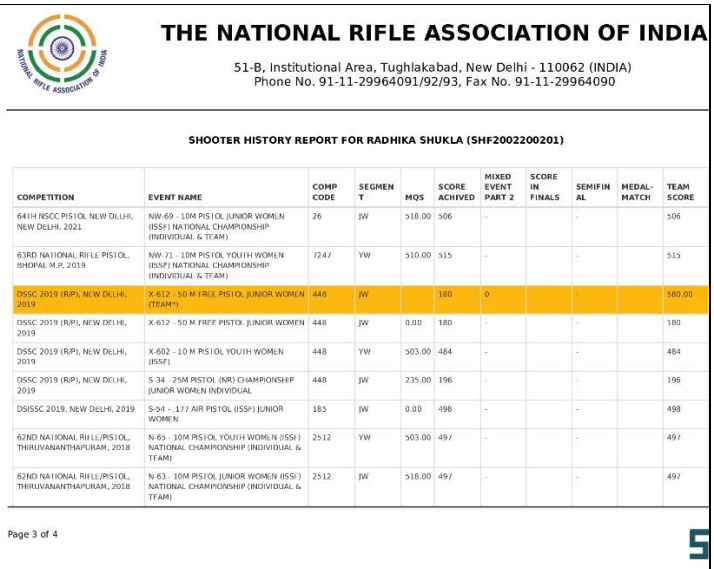

THE NATIONAL RIFLE ASSOCIATION OF INDIA

51-B, Institutional Area, Tughlakabad, New Delhi - 110062 (INDIA)
Phone No. 91-11-29964091/92/93, Fax No. 91-11-29964090

SHOOTER HISTORY REPORT FOR RADHIKA SHUKLA (SHF2002200201)

COMPETITION	EVENT NAME	COMP CODE	SEGMENT	MQS	SCORE ACHIVED	MIXED EVENT PART 2	SCORE IN FINALS	SEMIFINAL	MEDAL-MATCH	TEAM SCORE
64TH NSCC PISTOL NEW DELHI, NEW DELHI, 2021	NW-69 - 10M PISTOL JUNIOR WOMEN (ISSF) NATIONAL CHAMPIONSHIP (INDIVIDUAL & TEAM)	26	JW	518.00	506	-		-		506
63RD NATIONAL RIFLE PISTOL, BHOPAL M.P, 2019	NW-71 - 10M PISTOL YOUTH WOMEN (ISSF) NATIONAL CHAMPIONSHIP (INDIVIDUAL & TEAM)	7247	YW	510.00	515	-		-		515
DSSC 2019 (R/P), NEW DELHI, 2019	X-612 - 50 M FREE PISTOL JUNIOR WOMEN (TEAM*)	448	JW		180	0		-		580.00
DSSC 2019 (R/P), NEW DELHI, 2019	X-612 - 50 M FREE PISTOL JUNIOR WOMEN	448	JW	0.00	180	-		-		180
DSSC 2019 (R/P), NEW DELHI, 2019	X-602 - 10 M PISTOL YOUTH WOMEN (ISSF)	448	YW	503.00	484	-		-		484
DSSC 2019 (R/P), NEW DELHI, 2019	S-34 - 25M PISTOL (NR) CHAMPIONSHIP JUNIOR WOMEN INDIVIDUAL	448	JW	235.00	196	-		-		196
DSISSC 2019, NEW DELHI, 2019	S-54 - 177 AIR PISTOL (ISSF) JUNIOR WOMEN	185	JW	0.00	498	-		-		498
62ND NATIONAL RIFLE/PISTOL, THIRUVANANTHAPURAM, 2018	N-65 - 10M PISTOL YOUTH WOMEN (ISSF) NATIONAL CHAMPIONSHIP (INDIVIDUAL & TEAM)	2512	YW	503.00	497	-		-		497
62ND NATIONAL RIFLE/PISTOL, THIRUVANANTHAPURAM, 2018	N-63 - 10M PISTOL JUNIOR WOMEN (ISSF) NATIONAL CHAMPIONSHIP (INDIVIDUAL & TEAM)	2512	JW	518.00	497	-		-		497

Page 3 of 4
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18. Kanishka Mathpal – B.A. (Prog.)-1st Year (Taekwondo)

●Silver medal in 13th Open National Taekwondo Championship held at Ujjain, Madhya Pradesh from 13th to 16th may 2022 (U-49 kg)

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13TH NATIONAL OPEN (KYORUGI & POOMSAE) TAEKWONDO CHAMPIONSHIP'S - 2022

Organised by :
M.P. TAEKWONDO ASSOCIATION
Mpta - Office Address :- 55, Panchvati Nagar, Aerodrome Road, Indore, Madhya Pradesh - 452005

Affiliated To & Promoted By :
TAEKWONDO FEDERATION OF INDIA
Bari Gopal Mazumdar Road, Purana Bazar, Near Telephone Exchange, Dhanbad (Jharkhand) 826001, India

Date : 13-16 MAY 2022 Venue : MADHAV SEVA NIYAS, BHARAT MATA MANDIR, UJJAIN, M.P.

Certificate of Merit

No: - TFI/2022/Kyorugi/243/711

This is to certify that MS. KANISHKA MATHOPAL of UTTARAKHAND STATE has participated and won SILVER Medal in the SENIOR WOMEN'S UNDER 49 KG weight category in this championship.

PRABHAT KUMAR SHARMA
Secretary General
Taekwondo Federation of India

DN PANGOTRA
President
Taekwondo Federation of India

VIRENDRA PAWAR
Secretary
M.P. Taekwondo Association

GAUTAM LASHKARI
President
M.P. Taekwondo Association
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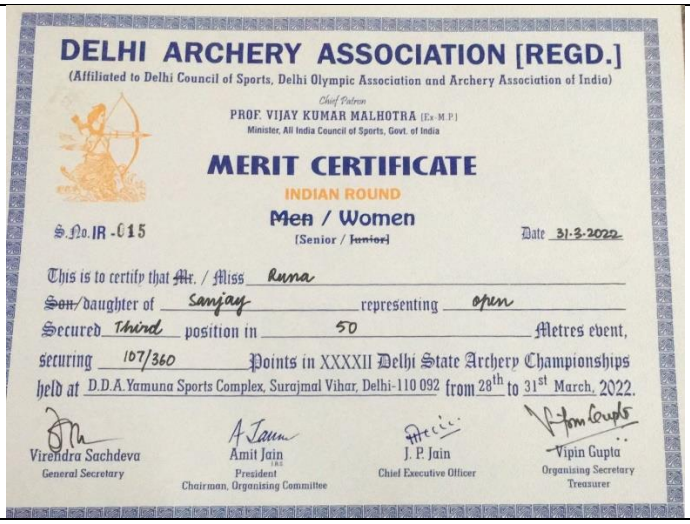
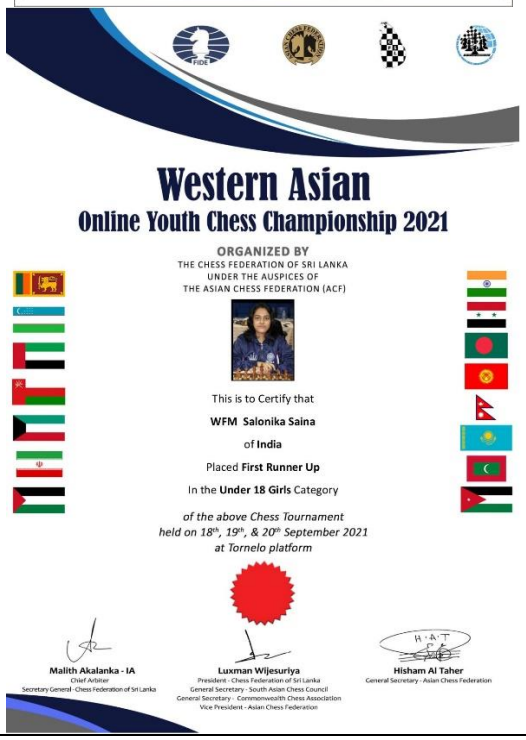
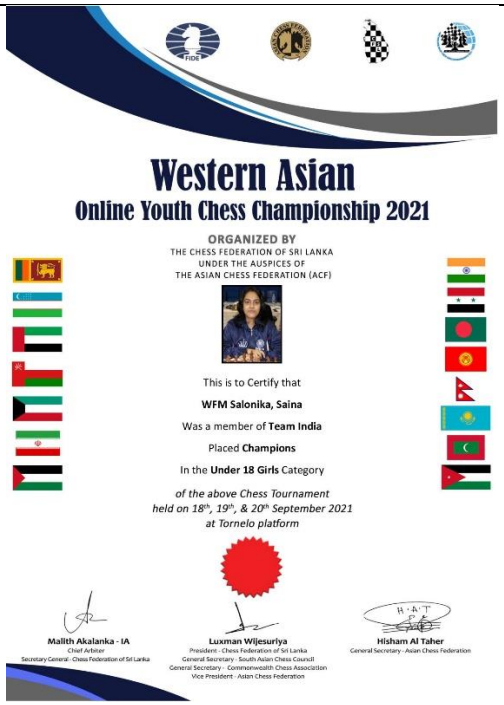
19. Kavya Khirwar- B.A. Programme, 1st year (Tennis) • Gold Medal in Junior National Championship (Doubles), Chennai, Tamil Nadu, from 16th – 21st August, 2021. • Runners up in All India Tennis Association (AITA) Women's 1 Lakh Lawn Tennis tournament, Jhajjar, Haryana, 27th- 31st December 2021 • Participated in the $15000 International Tennis Federation women's tournament in Jhajjar, Haryana, from 7th to 13th February 2022.	 Tennishub.in Tennishub - MPTA National Junior Under - 18 Clay Court Tennis Championship 2021 (Conducted under the Auspices of All India Tennis Association & Tamil Nadu Tennis Association) Certificate of Merit This is to certify that KAVYA KHIRWAR of DELHI has participated in the Tennishub - MPTA National Junior Under - 18 Clay Court Tennis Championship 2021 held at Match Point Tennis Academy, Krishnan Tennis Centre, 141 Rajiv Gandhi Salai, (OMR), Chennai 600 096 between 16th – 21st August 2021 and his/her performance is as under Event GIRLS DOUBLES Round WINNER Hiten Joshi, Tournament Director Premkumar Karra, Hon. Secretary, TNTA Vishnu Vardhan, Brand Ambassador, Tennishub.in
20. Anushka Sharma -B.A. (H) English, 1st year (Athletics) • Participated in 9th Indian Open Race Walking Championship held at Ranchi, Jharkhand from 16th - 17th April 2022 • Selected for 20th Junior federation Cup to be held at Nadiad, Gujarat from 2nd to 6th June 2022.	**Certificates yet to be received**

21. Runa-B.A. (H.) Hindi, 3rd Year (Archery) • 3rd position in Delhi State Archery Championship held on 24th to 28th March 2021	 DELHI ARCHERY ASSOCIATION [REGD.] (Affiliated to Delhi Council of Sports, Delhi Olympic Association and Archery Association of India) Chief Patron PROF. VIJAY KUMAR MALHOTRA [Ex-M.P.] Minister, All India Council of Sports, Govt. of India MERIT CERTIFICATE INDIAN ROUND ~~Men~~ / Women [Senior / ~~Junior~~] S.No. IR-015 Date 31-3-2022 This is to certify that ~~Mr.~~ / Miss Runa ~~Son~~/daughter of Sanjay representing open Secured Third position in 50 Metres event, securing 107/360 Points in XXXXII Delhi State Archery Championships held at D.D.A. Yamuna Sports Complex, Surajmal Vihar, Delhi-110 092 from 28th to 31st March, 2022. Virendra Sachdeva, General Secretary Amit Jain, President, Chairman, Organising Committee J. P. Jain, Chief Executive Officer Vipin Gupta, Organising Secretary Treasurer
22. Aayushi Kandari- B.A. Programme, 2nd year (Taekwondo) • Gold medal in 1st Delhi state QWAN KI DO championship on 19th September 2021. • Gold medal in 37th Delhi state senior taekwondo championship from 9th to 10th October 2021. • Gold medal in Delhi martial art games on 31st October 2021.	**Certificates yet to be received**
23. Aarti Kumari- B.A. (H.) Pol. Sc.-1st Year (Taekwondo) • Silver medal in the Delhi Olympic Games, held on 26 December 2021. • Gold medal in Delhi martial Arts Games, 2021	**Certificates yet to be received**
24. Saina Salonika- B.A. (H) Political Science, 1st year (Chess) • Silver Medal in Asian Youth Online Chess Championship (U-18 Girl category) Organized by the Asian Chess Federation and All India Chess Federation in Tornelo Platform from 22nd to 24th October 2021	

- Silver Medal in Western Asian Youth Chess Championship (Under-18 Girl category) organized in online mode in Tornelo platform from 18th to 20th September, 2021.
- Gold Medal (team) Western Asian Youth Chess Championship (Under-18 Girl category) organized in online mode in Tornelo platform from 18th to 20th September, 2021.
- Participated in 47th National Chess Championship 2022, held from 25th February to 2nd March 2022 at KIIT Campus, Bhubaneswar.
- Gold Medal in Odisha State Online Women Chess Championship, held on 17th and 18th July 2021.
- Champion in Odisha State Women Chess Championship held from 17th to 19th February at KIIT Campus, Bhubaneswar.





Western Asian
Online Youth Chess Championship 2021

ORGANIZED BY
THE CHESS FEDERATION OF SRI LANKA
UNDER THE AUSPICES OF
THE ASIAN CHESS FEDERATION (ACF)

This is to Certify that

WFM Salonika, Saina

Was a member of **Team India**

Placed **Champions**

In the **Under 18 Girls** Category

of the above Chess Tournament
held on 18th, 19th, & 20th September 2021
at Tornelo platform

Malith Akalanka - IA
Chief Arbiter
Secretary General - Chess Federation of Sri Lanka

Luxman Wijesuriya
President - Chess Federation of Sri Lanka
General Secretary - South Asian Chess Council
General Secretary - Commonwealth Chess Association
Vice President - Asian Chess Federation

Hisham Al Taher
General Secretary - Asian Chess Federation

SAI ODISHA INDIA'S BEST KEPT SECRET MPL SPORTS FOUNDATION

MPL 47th National Women Chess Championship 2022

Date: 25th February to 02nd March 2022

Organized by: All Odisha Chess Association (AOCA)
Under the aegis of: All India Chess Federation(AICF)
In association with: Kalinga Institute of Industrial Technology, Bhubaneswar
Supported by: Sports & Youth Services Department, Government of Odisha

आज़ादी का अमृत महोत्सव

CERTIFICATE OF MERIT

This is to certify that Smt./Ku. **WFM Saina Salonika**
of **ODISHA** *has participated in the* ***MPL 47th National Women Che***
Championship - 2022, *held at International Chess Hall, KIIT, Bhubaneswar, Odisha, Ind*
from 25th Feb. - 02nd March 2022.
She scored ...5.5... *points out of* ...9... *Rounds and secured* ...20th... *position in the Championship.*

(Er. Debasrita Bhatta)
Organising Secretary

(Gobinda Ch Mohapatra)
President, AOCA

(Bhuvanaa Sai L R, IA)
Chief Arbiter

ODISHA STATE WOMEN CHESS CHAMPIONSHIP-2022
(17th - 19th February, 2022)
Organised by :
ALL ODISHA CHESS ASSOCIATION OPEN
In association with:
KALINGA INSTITUTE OF INDUSTRIAL TECHNOLOGY (KIIT)
Venue : International Chess Hall, KIIT, Patia, Bhubaneswar, Odisha, INDIA

CERTIFICATE OF MERIT

This is to certify that Smt./Ku. WFM Salonika Saina of Khordha participated in the Odisha State Women Chess Championship - 2022, Organised by All Odisha Chess Association & Kalinga Institute of Industrial Technology from 17th - 19th February, 2022 at International Chess Hall, KIIT, Bhubaneswar, Odisha, India.

She scored 5½ points out of 6 Rounds and secured 1st (FIRST) position in the tournament.
CHAMPION

(Er. Debabrata Bhatta) Hony. Secretary All Odisha Chess Association
(Gobinda Ch Mohapatra) President, All Odisha Chess Association
(Tapas Kumar Mohanty) International Arbiter Chief Arbiter

ODISHA STATE WOMEN ONLINE CHESS CHAMPIONSHIP 2021
Date: 17th & 18th July 2021
Organised by : ALL ODISHA CHESS ASSOCIATION

AOCA ID : 195
AICF ID : 1101OR2021
FIDE ID : 25013971

Certificate of Participation

This is to certify that WFM Saina Salonika of Khordha participated in the ODISHA STATE WOMEN ONLINE CHESS CHAMPIONSHIP 2021, held at tornelo online platform.

She scored 5½ points in 6 Rounds and secured Champion position in the Championship.

(Shri Debabrata Bhatta) Hony. Secretary All Odisha Chess Association
(Shri Ranjan Mohanty) President All Odisha Chess Association
(Suresh Chandra Sahoo) International Arbiter Chief Arbiter

25. Divya Tiwari, B.A. Prog.-III Year • Third position in 5th Haryana State Senior Athletics Competition organized by the Athletics Haryana at Narwana, Haryana on 12th and 13th March 2022.	 A.F.I. एथलेटिक्स हरियाणा ATHLETICS HARYANA हरियाणा ओलम्पिक संघ (Affiliated with Athletics Federation of India & Haryana Olympic Association) **Certificate of Merit** SL.No.AH/22/SS/72 Awarded to **Divya Tiwari** D/o **Sh. Vijay Kumar Tiwari** Age Group **Women** Date of Birth **11-01-2002** Representing **Rohtak** Event **800 m.** Performance **2:26.78 Sec.** Position **Third** in the **5th Haryana State Senior Athletics Competition** organized by the Athletics Haryana at **Navdeep Stadium, Narwana** on **12-13 March 2022.** Abhay Singh Chautala, President H.S.Bhadu, Working President Jitender Banger, Competition Director Raj Kumar Mittan, Secretary Certificate is only valid if the original Date of Birth Certificate matches with the Date of Birth mentioned on this Certificate Office Postal Address = 25, F- II, Sector.- 2 , Eldeco Estate One, Panipat-132110

Part A.3

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

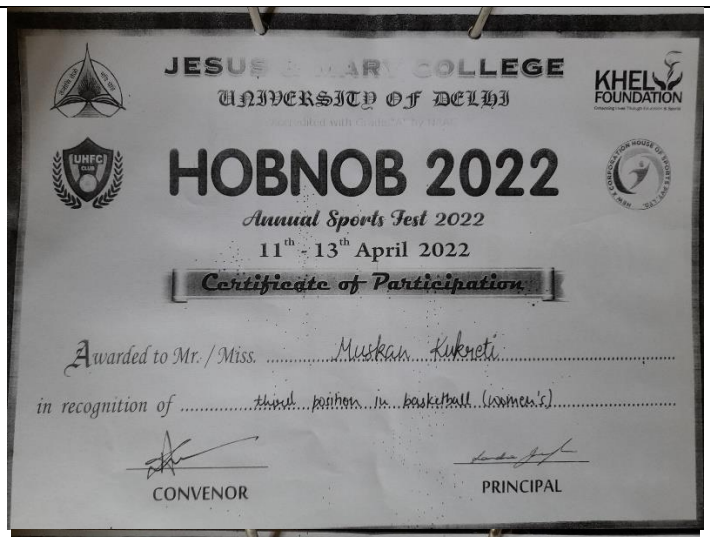
Name of the Student	Supporting Documents
Nikita Rajawat, B.A. Program III Tanu Tada, B.A. Program III I Position in Aerobics Erobern – sports fest organised by Department of Physical Education and Sports, Miranda House, University of Delhi from 10th to 11th	

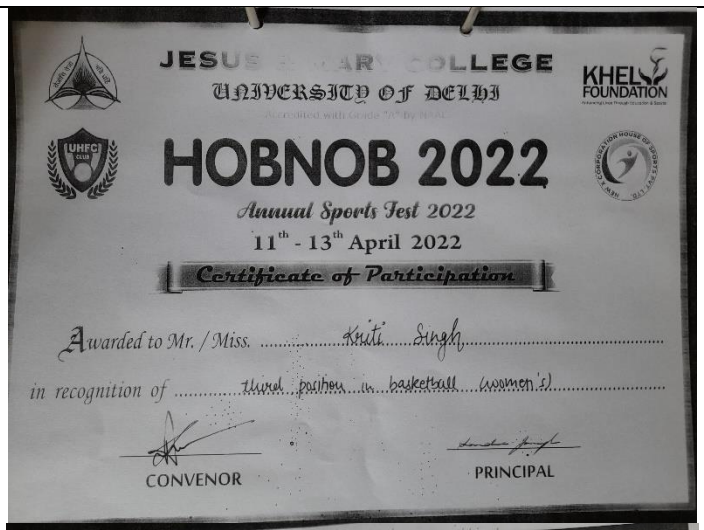
March 2022	 MIRANDA HOUSE UNIVERSITY OF DELHI DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS SCIENCES CERTIFICATE OF APPRECIATION This Certificate is Awarded to Nikita Rajawat of Miranda House for Securing I st Position in Aerobics. At EROBERN 2022- The Annual Sports Fest of Miranda House, Organised by The Department of Physical Education & Sports Sciences on 10th & 11th March 2022. Ms. NANDINI SHARMA PRESIDENT SPORTS UNION Dr. AMITA RANA TEACHER IN-CHARGE DEPT. OF PHY. EDU & SP. SC.
Nikita Rajawat - B.A. (Prog.) 3rd Year Second position in Aerobics Spardha – 2022, Sports Fest of Shaheed Rajguru College of Applied Sciences for Women held on 26th -26th February 2022 (held online).	
Anjan Dhir- B.A. (H.) Pol. Sc.-III Year, Anushka Saraf- B.A.(H.) English-III Year, Shirley Baruah- B.A. (H.) Sociology-I Year Table Tennis- Second position in Invitational Inter College Tournament organized by Kalindi College held on 6th -7th April 2022	**Certificates are not awarded for these competitions**
Vidushi Joshi – B.A. (H.) Pol.Sc.-I Year Table Tennis- Second Position in Annual Sports Fest of Jesus and Mary College held on 11th to 13th April 2022.	

Manvi Tiwari- B.A. (H.) Economics.-III Year; Shilpa Jaglan- B.A. (Prog.) III Year; Satvika Doorwar- B.A. (Prog.) III Year; Tanya Singh B.A. (H.) Pol.Sc.-II Year; Kumari Sangwi- B.A. (H.) Economics.-II Year; Muskan Kukreti- B.A. (Prog.) II Year; Tannu Ahlawat - B.A.(H.) English-I Year; Mariot Thankachan - B.A. (Prog.) I Year; Kirti Singh - B.A. (H.) Economics.-I Year; Hritika - B.A. (Prog.) II Year; Vaidehi Singh - B.A. (H.) Sociology-I Year; Somya - B.A. (H.) Geography.-I Year Basketball- First Position in Chrispo-2022 sports festival of Christ (Deemed to be University)-Delhi NCR held on 31st March to 2nd April 2022	 CHRISPO CHRIST CHRISPO'22 Certificate of Merit This Certify that Manvi Tiwari of Miranda house has participated in CHRISPO and has secured 1st position in the Basketball event held on 31 MARCH - 2 APRIL 2022 B.L. Thapa Abhilash Singh Rawat EVENT CO-ORDINATOR Dr. Fr. Viju P D DIRECTOR CHRISPO CHRIST CHRISPO'22 Certificate of Merit This Certify that Satvika Doorwar of Miranda house has participated in CHRISPO and has secured 1st position in the Basketball event held on 31 MARCH - 2 APRIL 2022 B.L. Thapa Abhilash Singh Rawat EVENT CO-ORDINATOR Dr. Fr. Viju P D DIRECTOR

	 CHRISPO CHRIST CHRISPO'22 Certificate of Merit This Certify that Mariot Thankachan of Miranda house has participated in CHRISPO and has secured 1st position in the Basketball event held on 31 MARCH - 2 APRIL 2022 B.L. Thapa Abhilash Singh Rawat EVENT CO-ORDINATOR Dr. Fr. Viju P D DIRECTOR CHRISPO CHRIST CHRISPO'22 Certificate of Merit This Certify that Kumari Sangwi of Miranda house has participated in CHRISPO and has secured 1st position in the Basketball event held on 31 MARCH - 2 APRIL 2022 B.L. Thapa Abhilash Singh Rawat EVENT CO-ORDINATOR Dr. Fr. Viju P D DIRECTOR

	 CHRISPO CHRIST CHRISPO'22 Certificate of Merit This Certify that Hritika Sharma of Miranda house has participated in CHRISPO and has secured 1st position in the Basketball event held on 31 MARCH - 2 APRIL 2022 B.L. Thapa Abhilash Singh Rawat EVENT CO-ORDINATOR Dr. Fr. Viju P D DIRECTOR CHRIST CHRISPO'22 Certificate of Merit This Certify that Somya of Miranda house has participated in CHRISPO and has secured 1st position in the Basketball event held on 31 MARCH - 2 APRIL 2022 B.L. Thapa Abhilash Singh Rawat EVENT CO-ORDINATOR Dr. Fr. Viju P D DIRECTOR
Manvi Tiwari- B.A. (H.) Economics.-III Year; Shilpa Jaglan- B.A. (Prog.) III Year; Kinzong Bhutia- B.A. (H.) Geography.-III Year; Muskan Kukreti- B.A. (Prog.) II Year; Tannu Ahlawat - B.A.(H.) English-I Year; Mariot Thankachan - B.A. (Prog.) I Year;	

Kirti Singh - B.A. (H.) Economics.-I Year; Hritika - B.A. (Prog.) II Year; Vaidehi Singh - B.A. (H.) Sociology-I Year; Somya - B.A. (H.) Geography.-I Year Basketball- Third Position in Hobnob- Annual Sports Fest of Jesus and Mary College held on 11th to 13th April 2022.	 JESUS AND MARY COLLEGE UNIVERSITY OF DELHI KHEL FOUNDATION HOBNOB 2022 Annual Sports Fest 2022 11th - 13th April 2022 Certificate of Participation Awarded to Mr. / Miss. Muskan Kukreti in recognition of third position in basketball (women's) CONVENOR PRINCIPAL JESUS AND MARY COLLEGE UNIVERSITY OF DELHI KHEL FOUNDATION HOBNOB 2022 Annual Sports Fest 2022 11th - 13th April 2022 Certificate of Participation Awarded to Mr. / Miss. Tanpu Ahlawat in recognition of third position in basketball (women's) CONVENOR PRINCIPAL JESUS AND MARY COLLEGE UNIVERSITY OF DELHI KHEL FOUNDATION HOBNOB 2022 Annual Sports Fest 2022 11th - 13th April 2022 Certificate of Participation Awarded to Mr. / Miss. Maniot Thankachan in recognition of third position in basketball (women's) CONVENOR PRINCIPAL

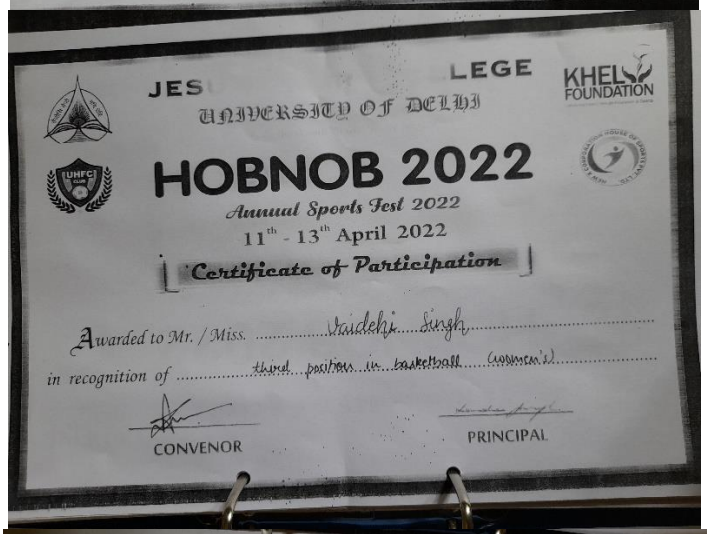


JESUS & MARY COLLEGE
UNIVERSITY OF DELHI
KHELO FOUNDATION

HOBNOB 2022
Annual Sports Fest 2022
11th - 13th April 2022
Certificate of Participation

Awarded to Mr. / Miss. Kriti Singh
in recognition of third position in basketball (women's)

CONVENOR PRINCIPAL

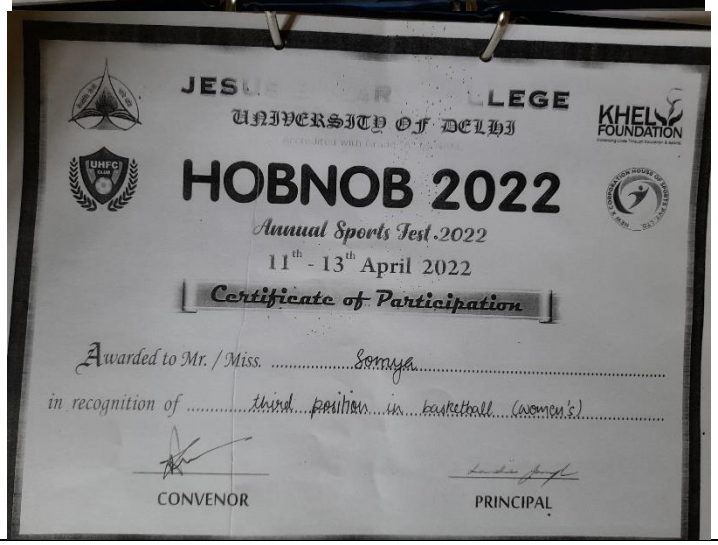


JESUS & MARY COLLEGE
UNIVERSITY OF DELHI
KHELO FOUNDATION

HOBNOB 2022
Annual Sports Fest 2022
11th - 13th April 2022
Certificate of Participation

Awarded to Mr. / Miss. Vaidehi Singh
in recognition of third position in basketball (women's)

CONVENOR PRINCIPAL



JESUS & MARY COLLEGE
UNIVERSITY OF DELHI
KHELO FOUNDATION

HOBNOB 2022
Annual Sports Fest 2022
11th - 13th April 2022
Certificate of Participation

Awarded to Mr. / Miss. Somya
in recognition of third position in basketball (women's)

CONVENOR PRINCIPAL