



MIRANDA HOUSE

University of Delhi

Department of Physical Education & Sports

Celebrates

75
Azadi Ka
Amrit Mahotsav

A tribute to 75 Years of India's Independence

by Organizing
an Expert talk on

**Effect of Yoga on Lifestyle
diseases**

Date : 20th January , 2022

Time : 02:00-03:00 pm

Platform : Google Meet

Guest speaker

Mrs. Shailly Vij
Yoga Expert

Last date to register is 19th January, 2022 by 11:59 p.m.

For Queries, contact:

Nandini Sharma: +9580146321

(President)

Cheshta Agarwal: +9352569631

(Vice-President)

Dr.Bijayalaxmi Nanda (Principal)

Dr.Amita Rana:+91 9811803652

(Teacher-In-Charge)

Dr.Neeru Yadav:+91 7011930862

(Assistant Professor)