



MIRANDA HOUSE University of Delhi



Department of Physical Education & Sports



A tribute to 75 years of India's Independence

75 Crore Suryanamaskar Project



Date: 25th January, 2022, Tuesday | Time: 07:45 a.m. onwards

Platform: Zoom



**Guest of the day: Yogacharya Sh. Manish Kapoor
Wellness and Lifestyle Management Coach**

Join us in this event and be a part of the record!

**Prof. Bijayalaxmi Nanda
Principal**

**Dr. Amita Rana
Teacher-in-Charge**

**Dr. Neeru Yadav
Asst. Professor**

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(President)**

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(Vice-President)**

