



**MIRANDA HOUSE**  
**University of Delhi**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORTS**  
**NATIONAL SERVICE SCHEME**  
**NATIONAL CADET CORPS**

**UNDER THE AEGIS OF IQAC, MIRANDA HOUSE**

*Celebrate*

# **INTERNATIONAL YOGA DAY**

## **16 June, 2022 - 21 June, 2022**

**YOGA SESSIONS | POSTER MAKING COMPETITION | QUIZ**

**OPEN TO ALL STUDENTS, FACULTY AND NON-TEACHING MEMBERS OF MIRANDA HOUSE**

**Register at : <https://forms.gle/cGAHxw3HS6TFsEpr5>**



**Prof. Bijayalaxmi Nanda (Principal)**  
**Dr. Amita Rana ( Convener NSO)**  
**Dr. Malti Sharma (Convener NSS)**  
**Ms. Sonali Chitalkar (Convener NCC)**

**For queries, please contact:**  
**Ms. Rakshita Singh (President NSS- 6350214953)**  
**Ms. Siya (Vice President NSO- 82786 95408)**



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*On the Occasion of*

# **INTERNATIONAL YOGA DAY, 2022**

*Presents*

## **POSTER MAKING COMPETITION**

**THEME: YOGA - UNITING GENERATIONS**

*Submission Via Google Drive*

*Last Date To Submit 5:00 PM, 18 June*

**Drive Link: [https://drive.google.com/drive/folders/1bEQQ9W6aaB4QPCo2aETkCPX5\\_DYCW1k1](https://drive.google.com/drive/folders/1bEQQ9W6aaB4QPCo2aETkCPX5_DYCW1k1)**



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*On the occasion of*

**INTERNATIONAL YOGA DAY, 2022**

*Presents*

**YOGA SESSIONS**

**16 JUNE, 2022 - 21 JUNE, 2022**

**7:00-8:00 AM**

**Venue: Front Lawns**



**YOGACHARYA SH. MANISH KAPOOR**

**Wellness And Lifestyle Management Coach**

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