



MIRANDA HOUSE

UNIVERSITY OF DELHI

DEPARTMENT OF
PHYSICAL EDUCATION AND SPORTS & NSS

On the occasion of
INTERNATIONAL YOGA DAY
presents
Yoga Week



Yogacharya Sh. Manish Kapoor
[Wellness and Lifestyle
Management Coach]

Date: 19th- 23rd June 2023 (Monday- Friday)

Time: 07:30 a.m. onwards

Venue: Front Lawns

Prof. Bijayalaxmi Nanda
(Principal)

Dr. Amita Rana
(Convener, Sports)

Dr. Malti Sharma
(Convener, NSS)

Dr. Neeru Yadav
(Asst. Professor , DPESS)

For queries contact:-

Anusta : +91 7344610514
(Vice-President, Sports)

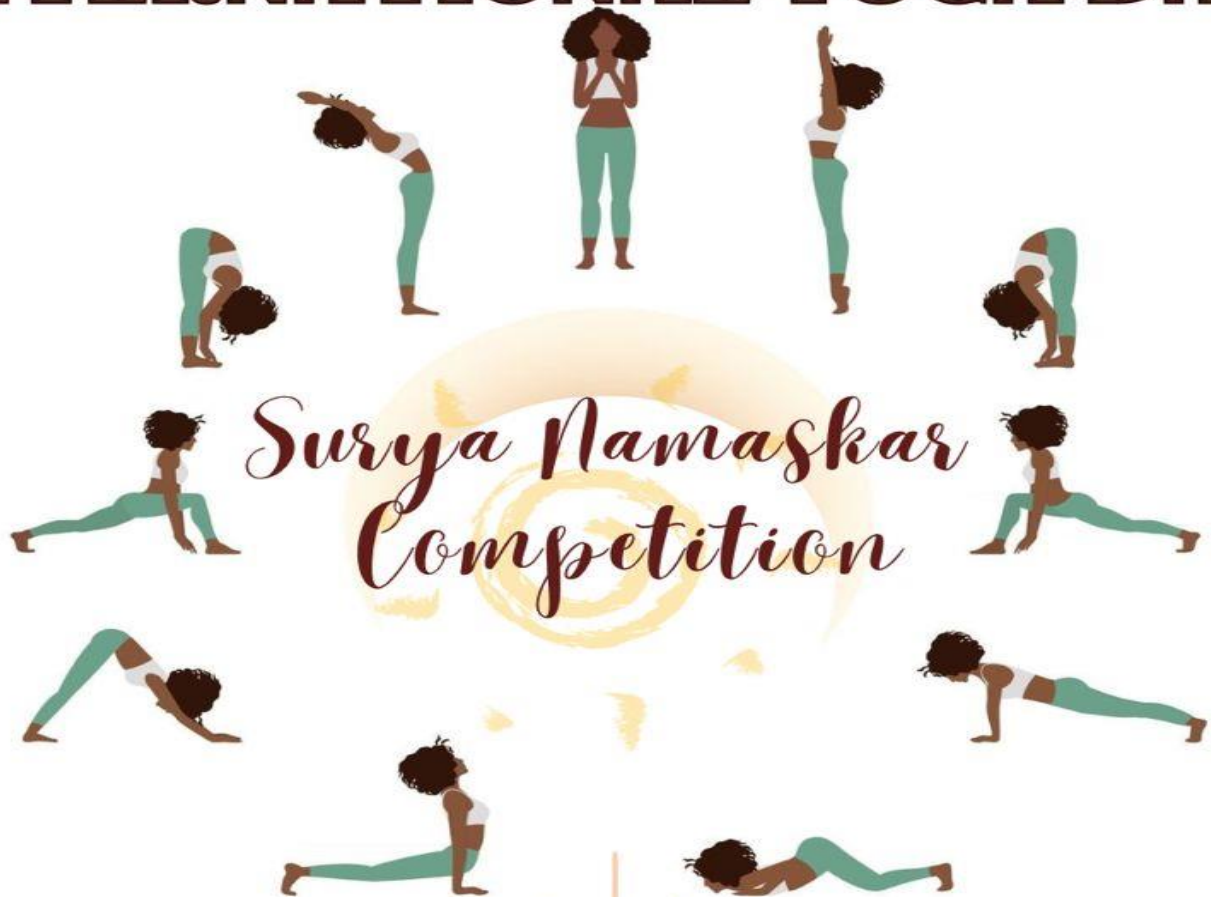
Yashaswini Bahuguna :
+918851686122
(President, NSS)



MIRANDA HOUSE

University of Delhi

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS & NSS On the occasion of INTERNATIONAL YOGA DAY



DATE: 21 JUNE

TIME : 12:00 PM ONWARDS

VENUE : 158 (MINI - AUDITORIUM)

Prof. Bijayalaxmi Nanda
(Principal)

Dr. Amita Rana
(Convener, Sports)

Dr. Malti Sharma
(Convener, NSS)

Dr. Neeru Yadav
(Asst. Professor , DPESS)

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(General Secretary)

Chahat Solanki : +91 9205812596
(Creative Head)



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DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS & NSS

On the occasion of **INTERNATIONAL YOGA DAY** **BRINGS TO YOU**

- One Week Yoga Sessions
- Expert Talk
- Suryanamskar Competetion
- Trivia Time [Quiz Contest]

Prof. Bijayalaxmi Nanda
(Principal)

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(Convener, Sports)

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On the occasion of
INTERNATIONAL YOGA DAY
BRINGS TO YOU

Trivia Time

Clear your lens, expand your
mind and break your boundaries
with our mind blowing quiz

Date: 21 June 2023

Venue: Room 158 (Mini- Auditorium)

Time: 01:00 pm

Prof. Bijayalaxmi Nanda
(Principal)

Dr. Amita Rana
(Convener, Sports)

Dr. Malti Sharma
(Convener, NSS)

Dr. Neeru Yadav
(Asst. Professor , DPESS)

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