



**IQAC
and**

Department of Physical Education and Sports

**MIRANDA HOUSE
UNIVERSITY OF DELHI**

organises

**a Workshop for Non-Teaching staff
on**

Holistic Wellness



Resource Person :
Sh. Manish Kapoor
**(Wellness and Lifestyle
Management Coach)**



Patron
Prof. (Dr.) Bijayalaxmi Nanda
(Principal)



07.08.2024

2:00 -4:30 p.m.

Mini Auditorium

Conveners

Dr. Amita Rana
(Teacher-in-Charge, DPES)

Prof. (Dr.) Saloni Bahri
(IQAC Coordinator)

Co-Convener
Dr. Neeru Yadav
(DPES)