



**MIRANDA HOUSE  
UNIVERSITY OF DELHI**

**DEPARTMENT OF  
PHYSICAL EDUCATION AND SPORTS**  
organises

**Workshop on  
Women And Fitness**



**Dr. Meenu Dabas**  
Lecturer  
Physical Education



**14 AUGUST 2024**



**2 PM ONWARDS**



**SEMINAR HALL**

**PROF.(DR.)BIJAYALAXMI NANDA  
(PRINCIPAL)**

**DR. AMITA RANA  
(TEACHER IN CHARGE)**

**DR. NEERU YADAV  
(ASSISTANT PROFESSOR)**

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(PRESIDENT)**