



MIRANDA HOUSE UNIVERSITY OF DELHI

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Presents
**CERTIFICATE COURSE
IN
FOUNDATION OF YOG**

DURATION OF COURSE – FOUR WEEKS

COURSE STARTS – SEPTEMBER 01, 2025

TIME – 7:00 AM TO 8:30 AM

CLASSES – MONDAY TO SATURDAY

**“LIMITED 50 SEATS” {ON FIRST COME
FIRST SERVE BASIS}**



**SCAN FOR JOINING
WHATSAPP GROUP**



**SCAN FOR REGISTRATION
REGISTRATION BEGINS - 16 AUGUST 2025
LAST DATE OF REGISTRATION- 25 AUGUST 2025**

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

**DR. AMITA RANA
(ASSOCIATE PROFESSOR)**

**DR. NEERU YADAV
(TEACHER IN CHARGE)**

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