



MIRANDA HOUSE

UNIVERSITY OF DELHI

DEPARTMENT OF PHYSICAL EDUCATION, NSS & NCC

On the occasion of
International Yoga Day
jointly brings to you

WEBINAR ON “Overcoming dualities of body and mind through Yoga”



DATE: 21st, JUNE 2021

TIME: 12:00 PM

VIA: ZOOM

Dr. Bijayalaxmi Nanda
(Principal)

Co-ordinators:

Dr. Amita Rana (Convenor, Sports)

CTO Dr. Archana Khushwaha (Convenor, NCC)

Dr. Rekha Kumari (Programme Officer, NSS)

Dr. Neeru Yadav (Assistant Professor, Sports)

Dr. Neelam Vats,
Ph.D in Yoga and Preksha Meditation

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