



MIRANDA HOUSE

University of Delhi

Department of Physical Education
& Sports

Celebrating the 75th Independence Day
Azadi ka Amrit Mahotsav
Presents

FITNESS FOR ALL



A fitness challenge for the Non-teaching Staff

Age : 35 and below

Exercises to be performed:

- Half-squats (45 sec.)
- Push-ups (45 sec.)
- Any 2 Yoga Asana

Last date for Submission: 10th October, 2021
Certificates will be provided to the winners.

For Queries, Contact:

Nandini Sharma : +91 9680147321
(President)

Dr. Amita Rana : +91 9811803652
(Teacher-In-Charge)

Cheshta Agarwal : +91 9352569631
(Vice-President)

Dr. Neeru Yadav : +91 7011930862
(Assistant Professor)