

Miranda House, University of Delhi

International Yoga Day Celebrations 2017

Miranda House celebrated International Yoga Day with great enthusiasm. At 7 a.m. NCC cadets performed Asanas and different Yog Mudras along with Guests, Principal - Dr. Pratibha Jolly, teachers and students. On this event, Miranda House invited Prof. Shrikant Kukreti, Department of Chemistry and member, Managing Committee of Gandhi Bhawan, as University Observer on Yoda Day. He addressed the students on 'life and yoga'.

At 8.00 a.m. NSS organized a lecture on 'Importance of yoga' by Dr. Aarti Paharidia (Yoga specialist). He explained about 8 different aspects of the Yoga Like Yam, Niyam Aahara, Pran Pranayam...etc. The lecture was very informative,

Physical Education Department of Miranda House organized a demo on yoga. Mr. Ravi (Yoga Lecturer) instructed the students in a very interesting way.

Principal - Dr. Jolly thanked all guests. After that refreshment was distributed to all 60 participants.

All activities of Yoda day have been uplaoded on college website.



For NIC information:

S.No.	Name of the college	Location of college	Programmes Held	Whether all activities with Audio/video/Photographs have been uploaded as per enclosed NIC's communication
1	MIRANDA HOUSE	Patel Chest, University of Delhi	Yoga session and lecture	http://mirandahouse.ac.in/idy2017.php and slideshow of photos of Yoga Day 2017