

MIRANDA HOUSE, UNIVERSITY OF DELHI

INTERNATIONAL YOGA DAY 2018

Miranda House celebrated 4th International Yoga Day with all great enthusiasm. The event was organised with combined efforts of National Cadet Corps, National Service Scheme and National Sports Organisation of Miranda House.

At 0700 hrs, all 84 people (73 students, 7 faculty and 4 instructors) performed aasanas and different Yoga Mudras along with the Chief Guest and observer - Dr. Rakesh Kumar Parashar (Associate Professor, Department of Chemistry & Former Deputy Dean of Student Welfare) and Principal-Dr.Pratibha Jolly. The Aasanas and Yog Mudras were performed under the guidance of Yoga instructors from 'Bharatiya Yoga Sansthan'.

Principal thanked the Guest and Yoga instructors. After that refreshment was distributed to all.

