



# Institute of Home Economics University of Delhi

Department of Physical Education & Sports Sciences  
and Sports Committee

## Celebrates International Yoga Day

**Resource  
Person:**

**Ms. Kranti Devi**

(Yoga Teacher in Morarji Desai  
National Institute of Yoga (Ministry  
of AYUSH).)



Time: 9 - 10am

Everyone is requested to assemble at 8:45am

Date: 21st June 2023

Venue: College Foyer

Dress Code- Comfortable fit with white Tshirt

Yoga for Harmony & Peace

**Open for all students, teachers and non teaching staff**

**Patron**  
Prof. (Dr.) Renu Arora  
(Director,  
Institute of Home Economics)

**Convenor**  
Dr. Namita Saini  
**Co - Convenor**  
Dr. Geeta Punhani

**Coordinating Team**  
Prof. Rachna Kapila  
Dr. Sneha Abhishek  
Dr. Pragya Singh  
Dr. Savita Bansal