

# Kamla Nehru Institute of Physical & Social Sciences, Sultanpur



Accredited "A" grade  
by NAAC

7 DAYS

WORKSHOP

on

# Wellness

Organized By:

Department of  
Physical Education,  
Psychology &  
Home Science

Program	Date
Nutrition & Healthy Eating	10/05/2023
Fitness & Exercise	11/05/2023
Stress Management & Productivity	12/05/2023
General Health & Wellness	13/05/2023
Weight Loss & It's Challenges	14/05/2023
Team Building & Cohesion	15/05/2023
Health & Hygiene	16/05/2023

**Time: 12.30 PM onwards Daily**

Link for Registration:- <https://forms.gle/4SzbofCFFW1JY93e8>

**Dr. Atul Mishra**  
HOD, Psychology

**Ms. Sarita Iraz**  
HOD, Home Science

**Prof. Praveen Kr. Singh**  
HOD, Physical Education

Further Information Contact: 99561 41011