

# Kamla Nehru Institute of Physical & Social Sciences, Sultanpur



Accredited "A" grade  
by NAAC

**7 DAY**

**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

**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



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### WELLNESS

- Care for your heart !
- The first wealth is health
- It's the healing of nation
- Evidence based wellness care
- Eat well feel well
- Eat Wise, drop a size
- Hopeful Hearts
- Wellness is Everybody's Business
- Depend on Us for Life
- You are not your illness

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Time : 12.30 PM onwards Daily