

Webinar on "Love Yourself Enough to Live Healthy Lifestyle"

Webinar on Love Yourself Enough to Live a Healthy Lifestyle

NSS Department
June 19, 2021

Online Webinar on the topic of "Love Yourself Enough to Live a Healthy Lifestyle" was conducted by the NSS department on 19 June 2021. The main speaker Dr. Kavita Mehta (M.Sc. DFSM) inspired the teachers and students to consume a balanced diet for a healthy lifestyle. Dr. Paramveer Singh, Program Coordinator NSS Department Punjabi University Patiala, congratulated for the success of the event and encouraged the staff to hold such events in the future also. Ten Professors and around 50 students participated in the event.

Paramveer Singh
Paramveer Singh

Sachdev
Sachdev

Journeys

Principal
Nehru Memorial Govt. College
Mansa



**One-Day Webinar
on
"Love Yourself Enough to Live a Healthy
Lifestyle"**



Organized by NSS Department in Collaboration with the
Department of Commerce and the Department of Physical
Education of Nehru Memorial Govt. College Mansa

**Held on
19th June 2021, 11:00 a.m.**

Resource Person



Dt. Kavita Mehta
MSc.DFSM
International Accredited
Weight Loss Therapist (IAO)
Clinical & Child Nutritionist.

Eating healthy is the best choice to make for your diet. It is vital for good health and can reduce the risk of numerous chronic health conditions. It also helps maintain a healthy weight and gives you more energy to enjoy life.

Chief-Patron



Dr. Paramvir Singh
Programme Coordinator
National Service Scheme
Punjabi University Patiala

Registration Link:

<https://forms.gle/9fVHpXjtV8nJdbcN9>

Join with Zoom Meeting Link:

[https://us04web.zoom.us/j/76716577643?
pwd=eURWN01BcDl5ZHp1Y0JoYnE0Y1FDZz09](https://us04web.zoom.us/j/76716577643?pwd=eURWN01BcDl5ZHp1Y0JoYnE0Y1FDZz09)

Zoom Meeting ID: 767 1657 7643

Passcode: 0d9CzP



Dr. Surjit Singh
Principal/DDO

Convener

Dr. Ravinder Singh
Assistant Professor
Political Science
(Programme Officer NSS)

Prof. Charanjit Singh Sidhu
HOD Commerce
Prof. Kuldeep Singh Dhillon
HOD Physical Education