



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



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.

Dt. Kavita Mehta

MSc.DFSM

International Accredited
Weight Loss Therapist (IAO)
Clinical & Child Nutritionist.

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=eURWN01BcDI5ZHp1Y0JoYnE0Y1FDZz09](https://us04web.zoom.us/j/76716577643?pwd=eURWN01BcDI5ZHp1Y0JoYnE0Y1FDZz09)

Zoom Meeting ID: 767 1657 7643

Passcode: 0d9CzP



Dr. Surjit Singh

Principal/DDO

Convener

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