



# SHORT TERM ONLINE CERTIFICATE COURSE on HOLISTIC FITNESS AND WELLNESS LEARNING



a joint initiative of  
IQAC & Department of Physical Education  
of

**Mata Sundri College for Women**  
(University of Delhi)

and

**Sri Guru Nanak Dev Khalsa College**  
(University of Delhi)

## Patrons

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Mata Sundri College for  
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(University of Delhi)

**Dr. Gurmohinder Singh**  
Principal  
Sri Guru Nanak Dev Khalsa  
College  
(University of Delhi)

THE COURSE HAS BEEN DESIGNED WITH THE AIM OF IMPARTING KNOWLEDGE ABOUT PHYSICAL FITNESS,  
PERSONALITY GROOMING AND DIETARY HABITS.

**COURSE DURATION: 30 HOURS      FEES: INR 300/-      COURSE COMMENCEMENT: 01 MARCH, 2021**

FOR MORE INFORMATION CONTACT: 9911186499, 9643465763

**Registration Link**

<https://forms.gle/CfsdY4i5jJg44WRi7>

**Payment Link**

<https://www.payumoney.com/paybypayumoney/#/430F066648975D1EA0D55F4FE317F30C>



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