



**SRI GURU NANAK DEV KHALSA COLLEGE  
(UNIVERSITY OF DELHI)  
NATIONAL SERVICE SCHEME**



*presents webinar on*

# **HEALTHY LIFESTYLE**



Date: 26 February Time: 4:00 PM Venue: Google Meet

**RUCHIKA DHAWAN**

**SHUBHANGI CUPTA**



- **AUTHOR**
- **TRANSFORMATION COACH**
- **FOUNDER AND DIRECTOR OF WOSOUPOWER CHARITABLE TRUST**
- **YOGA PRACTITIONER**
- **MEDITATION TRAINER**
- **LIFESTYLE BLOGGER AND INFLUENCER**



- **FREELANCE MOTIVATIONAL**
- **SPEAKER WITH WOSOUPOWER CHARITABLE TRUST .**
- **PURSUING PG DIPLOMA IN YOGA FROM SLBS UNIVERSITY**
- **M .SC IN YOGA AND VALUE EDUCATION**

**For Queries Contact:**

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**Dr. Deepmala  
(NSS Programme Officer)**

**Dr. Gurmohinder Singh  
(Oftg. Principal)**

❁ Best Regards ❁

Let's all come together and know about some Healthy Lifestyle Tips

NSS unit of Sri Guru Nanak Dev Khalsa College presents an Interactive webinar On Healthy Lifestyle by Ruchika Dhawan and Shubhangi Gupta.

❁You all are cordially invited for the Webinar on 'Healthy Lifestyle'❁

Date - 26 February 2021

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Venue - Google Meet ( [meet.google.com/uwy-jmwt-qyj](https://meet.google.com/uwy-jmwt-qyj))

Link: <https://meet.google.com/uwy-jmwt-qyj>

We will be waiting for all of you .

For any queries , Please Contact on the given number:-

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