

**Event Name:** Inter college workshop on Healthy Lifestyle and Stress Management

**Organised by:** NSS Unit, SGND Khalsa College, University of Delhi

**Dated:** 24-01-2020

**Number of Participants:** 35+

NSS Unit of Sri Guru Nanak Dev Khalsa College organised an Inter college workshop on Healthy Lifestyle and Stress Management on 24<sup>th</sup> January, 2020. The workshop was attended by around 35 students both NSS volunteers and students from rest of the college. It was also attended by faculty members of the college. The workshop continued for around one and a half hours whereby the speaker enriched everyone with the benefits of a healthy life. The speaker also discussed the importance of staying calm and contended during these difficult times and discussed how to manage stress to ensure a healthy life. It was a very enriching and wonderful session.



Arpitjeet Singh and 25 more

62 5:40 PM You

You, shubhangi gu..., Ruchika Dhaw..., ENG20.0537 h..., You can't remove this participant in19 731, Himanshu Vir..., MAT20.1371 s..., vanshika gupta

Deep Mala, Parii Kaur, HJM20.0909 ..., SUPER SPEAK..., MAT20.1382 ..., Khushi Bansal, Radhika Sehra..., Parvinder Kaur, MAT20.1401 ...

Chetanya Mittal, bcp19 3205, Abhay Mehta, Vaibhav Taneja, BCP20.3187 r..., MAT20.1407 s..., Gunjeet Bindra, Charu Kaur Ar..., Sahil Malik

MAT20.1367 a..., bcp19 3148, harsh mishra, Shivam Rajput, Anita Juneja, Prabhleen Singh, Amandeep Kaur, Shruti, BCH20.0223 u...

Meeting details ^



Turn on captions

Present now

