



**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 GUPTA



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



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

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

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

REPORT

Title - Webinar on Healthy Lifestyle

Organised by – National Service scheme

Date – 26 February 2021

No.of participants - 70

National Service Scheme

26 February 2021

Webinar on Healthy Lifestyle

NSS Unit of Sri Guru Nanak DevKhalsa College has organised a webinar on **Healthy Lifestyle** on 26th of February 2021 at 04:00 PM. The college teaching staff along with NSS volunteers and other students of different colleges have attended the webinar as well. A strength of 70+ students were present in the webinar. The webinar lasted for 2 hours from 04:00 PM to 06:00 PM.

Ms. RuchikaDhawan and Ms. Shubhangi Gupta were the guests of the event. They guided us on, how to keep ourselves fit and fine by body and by mind aswell. Ms. RuchikaDhawan gave us incredible tips on how to keep ourselves healthy. Ms. Shubhangi Gupta also explained us few shloks to have a peaceful soul and mind aswell. They shared their incredible experiences and made the webinar, a very interesting and wonderful one.





