



DEPARTMENT OF PHILOSOPHY  
& WELLNESS/COUNSELING UNIT  
RAMJAS COLLEGE  
UNIVERSITY OF DELHI  
(Under the Aegis of IQAC)



Organise

WELLNESS WORKSHOP

"A JOURNEY FROM ILLNESS TO WELLNESS"



• **Date : 6th March, 2022 (Sunday)**



• **Time : 11:00am**



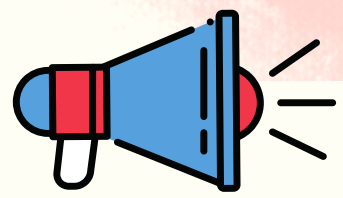
• **Platform : Google Meet**

**Workshop Registration form:**

<https://forms.gle/88bWUZokEz4jX7RJ8>

**Workshop Joining link:**

<https://meet.google.com/cgn-sfsb-pug>



"E-certificates for registered participants who fill the wellness survey and feedback form."

**Speakers :**

**1. Professor Balaganapathi**

Topic : Physiological Counseling and Holistic Harmony

**2. Dr. PP Bose**

Topic : Covid and Mental Health Consequences

**3. Dr. Pratibha**

Topic : SAANS Wellness Questioner Overview

**Patron:**

- Prof. Manoj Kumar Khanna, (Principal)
- Dr. Hament Kumar Rajor (IQAC Coordinator & Vice Principal)

**Workshop Coordinators :**

- Dr. Mausmi Bose & Dr. Amit Kumar Pradhan: (Principle Investigator, SAANS Wellness Project)
- Dr. Charu Dogra Rawat (Nodal Officer, Wellness/ Counseling unit)