



# Maulana Azad College, Kolkata

Internal Quality Assurance Cell

Organizes



## Webinar on Student Wellness amidst COVID pandemic

4<sup>th</sup> July, 2021, 2:30 P.M. onwards



### Health Wellness: Yoga for healthy living

Mrinmay Maharaj

Co-ordinator, Department of Yoga  
Ramkrishna Mission Vivekananda University  
Belurmath, Howrah



### Physiological Wellness: Functional foods and nutrition

Dr. Pubali Dhar

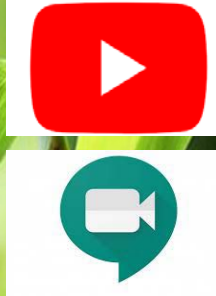
Professor and Head, Department of Nutrition  
Dean, Faculty of Fine Arts and Home Science  
University of Calcutta



### Psychological Wellness: Preparedness to overcome

Dr. Rajyasri Roy

Principal  
Kanyashree College



Registration is free but limited to first 250 participants. Last date of registration is 2<sup>nd</sup> July, 2021 or till capacity. E-certificate will be issued within one week after receipt of fully completed feedback form.

[Register here](#)

President  
Principal  
Maulana Azad College

Prof. Subir C. Dasgupta  
Co-ordinator, IQAC  
Maulana Azad College