

## Health and Counseling centre

in association with Department of  
Multimedia and Mass communication is  
organising "Counselling Week  
A step towards Lifestyle enrichment"

14 TH FEBRUARY 2022  
TO  
18 TH FEBRUARY,2022



**THEM FOR EACH DAY:-** 14 th Feb- Relationship Counselling  
( Specially on account of Valentine's Day )

**15th February, 22-** How to maintain Personal Hygiene -  
Female students

**16th February,22-** How to maintain balance between Personal  
life and Studies

**17th February,22-** Basic Diet for Great healthy life

**18th February,22-** Mediation and it's magic

All students are invited to attend the Counselling Week and take  
the best out of it ,to enhance your lifestyle

Thanks & Regards  
Dr. Pratima Singh Principal

Ms. Manali Naik  
Convener - Health and Counselling centre  
Coordinator - Multi Media & Mass communication

# HEALTH AND COUNSELLING CENTRE



## Counselling week

### A step towards Lifestyle Enrichment

14/2/22