

GOVT. COLLEGE CHAMMU KALAN , ISMAILABAD ,KKR

EXTENSION LECTURE ON SMART CHOICES FOR A HEALTHY LIFE & NUTRITION FOR MENSTRUATION

**“IT IS HEALTH THAT IS REAL WEALTH AND NOT PIECES
OF GOLD AND SILVER.” – MAHATMA GANDHI !**



TIME : 10 :00AM- 11:00AM

VENUE: ROOM NO. 306

**RESOURCE PERSON
DR. SHRESHTHA MURAAL, ASSISTANT
PROFESSOR OF HOME SCIENCE
GCG, PALWAL ,KKR**

**DATE :
24 TH
SEPTEMBER,
2024**



**“LEVEL UP YOUR LIFE : SMART
CHOICES FOR A HEALTHY
YOU” !**

“NOURISH YOUR FLOW”

**INVITED BY PRINCIPAL
& WOMEN CELL**



ORGANISED BY : WOMEN CELL

Convenor : Dr. Kiran Garg

Principal : Dr. Savita Kumari