



Webinar Series of the
Human Development
Department,
College of Home
Science Nirmala Niketan
(affiliated to the
University of Mumbai)

Socioemotional

and

Physical

Well-Being

Series

- > Sessions on joyful fitness activities and those that allow greater self-expression.
- > Conducted by experts and professionals.
- > Target group: Open to all.
- > A participation E-certificate will be issued.
- > No fees as of now.