



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.