

In association with School of Civil Engineering (SCE)

Cordially invites you to

Online FDP

Faculty Coordinator : Dr. Sofi A

Fitness is your Wealth

Resource Person :



Dr.P.Nithish Pandian
Senior Consultant Physiotherapist.
Shree Nidhi Physiotherapy Clinic & Fitness Centre,
Vellore.

20 April 2022 (Wednesday)
11:15 AM to 12:45 PM

Discussion Points :

- Important of sleep
- Important of balanced food
- Important of exercises
- Stress management

