



Kalindi College

University Of Delhi
NAAC ACCREDITED GRADE 'A+'



Kalindi College Alumni Association

in collaboration with

Kalindi College Alumni Committee

presents

Health & Wellness Workshop

"Experience of Self-Discovery & Transformation"

DATE : 18th September, 2025

TIME : 11:30 A.M. - 1:00 P.M.

VENUE : TRI 5

Registration Form- <https://forms.gle/14FNXTFaFcbPh4cu6>

Keynote Speaker 1:
Ms. Anjali Chauhan



Keynote Speaker 2:
Ms. Shivalee Jain



- ✓ **Body Composition Analysis**
– Know your inside story 🏃
- ✓ **Rate Your Health on a**
simple 10-point scale 📊
- ✓ **Understand Lifestyle**
Disorders – and how to prevent
them 🚫
- ✓ **Get detailed analysis report**
of your body

Director -BOOT IT
Info Solutions Pvt Ltd

Athlete, Powerlifting Champion,
Health, Fitness & Wellness Coach

MBA

Health & Wellness Coach

Dr. V. Bhasker Raj
Mr. Kapil Kumar
Dr. Varsha
Program Coordinators
Department of Physics

Dr. Kanchan Batra
Convener
Dr. Vinay Kumar Rai
Co-Convener
Alumni Committee

Dr. Savita Sharma
Dr. Sudha Pandey
Conveners
Alumni Association

Prof. Meena Charanda
Principal
Kalindi College

Health and Wellness

Workshop

Join Us for an Inspiring Experience of Self-Discovery and Transformation. Together, Let's Cultivate a Healthier, Happier You!



Tuesday

16 Sep 2025

At 11:30 AM

Offline

Kalindi College

[Register Now](#)

KAYAPALAT WELLNESS (bewellthy.fit)