



# **N.S.S. Training College**

Changanacherry  
in collaboration with

**Share Your Fortune** & **NSS BHS, Perunna**  
organizes  
**Learner Empowerment Programme**

**WELLS**  
Nurturing next generation learners

Expert sessions

4. Rhythm of Life

( Teen Training Programme on Fitness and Wellness )



Resource Person :

**Dr. Preetha S.**

( Asso. Professor, Govt. Nursing  
College, Thiruvananthapuram )

On 13.10.2023 | @ 10 a.m.

Venue : College Auditorium