

RESOURCE PERSON

- **NILOY DEB**
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SVVC SCHEDULED
ISO 9001:2015
ESTD. 1998

DEPARTMENT OF ENVIROMENTAL STUDIES

SURYA SEN MAHAVIDYALAYA

VALUE ADDED COURSE IN

**POLUTION AND
MENTAL HEALTH**

12 to 16 DEC 2019

OBJECTIVE OF THE COURSE

1. Help to understand the adverse effects of Environmental pollution.
2. To help understand the importance of healthy lifestyle
3. To create awareness of various life style related diseases.
4. To provide understanding to stress management.

COURSE DURATION AND DETAILS

- ✓ **DURATION OF COURSE** : 30 HOURS
- ✓ **ELIGIBILITY** : BONAFIED STUDENTS OF SURYA SEN MAHAVIDYALAYA
- ✓ **LAST DATE OF ENROLLMENT** : 12/12/2019
- ✓ **COURSE DATE** : 16/12/2019 - 20/12/2019

SYLLABUS

1. Understand the Environment
2. Environmental Pollution
3. Introduction of Health & Wellness
4. Management of Health and Wellness.

