



LITTLE FLOWER DEGREE COLLEGE, UPPAL (UG & PG COURSES)

INVESTING IN YOURSELF : WELLNESS FOR HOLISTIC PERFORMANCE

Faculty Development Program by the Department of BA

07th- 12th August-2023, Time: 02:15 to 03:15pm, Venue: Montfort Hall

PROGRAMME SCHEDULE

7TH - MASTERING WORK-LIFE BALANCE
MR.R.BRIJANAND REDDY,
WRITER & FREELANCE COUNSELLOR



8TH- NURTURING HEALTHY RELATIONSHIPS
& STRESS MANAGEMENT
MS.PRIYANKA THOMAS
ASST. PROF, DEPARTMENT OF PSYCHOLOGY,
ST.ANNS COLLEGE FOR WOMEN



9TH- YOGA FOR MINDFULNESS
K.SRINIVAS RAO
DIRECTOR, SRI YOGA & JOINT SECRETARY,
TELANGANA YOGA ASSOCIATION



10TH-BOOKS- SELF HELP TO SELF CARE
MS.SHANTI NANISETTI
DEPUTY EDITOR,
TELANGANA TODAY NEWSPAPER



11TH- ART THERAPY - THE HEALING CANVAS
MR.PHANI BHUSHAN
PSYCHOLOGIST,
IIT HYDERABAD



12TH- COMPONENTS OF GOOD HEALTH-
NUTRITION & DIET
K.MOUNIKA
CLINICAL DIETITIAN, YASHODA HOSPITAL,
MALAKPET



REGISTRATIONS
TO ATTEND ONLINE- 300/-
TO ATTEND OFFLINE- 500/-

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ORGANISING COMMITTEE

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MR.GANESH, HOD, PSYCHOLOGY
MR. NOBIN, HOD, MASS COMM

(MS. THANE- PH:97008 76562)

PARTICIPATION CERTIFICATES WILL BE PROVIDED website : lfdc.edu.in
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