



Ph. : 2773694, 2770448

Fax : 0161-2772721

# **G.N.I.Public School**

## **Gujarkhan Campus, Model Town, LUDHIANA-141002**

(Affiliated to the C.B.S.E. New Delhi)

GNIPS/2018

Date: 13.09.2018

### **Seminar for Teachers in** **Guru Nanak International Public School, Model Town**

Wellness Evaluation & Health Seminar was organized for the teachers of Guru Nanak International Public School, Model Town today. Capt. Charanjit Singh, an international Wellness Coach was the resource person.

Before the seminar, Wellness evaluation was conducted for all the teachers & after that he enlightened about balanced nutrition, how to maintain ideal weight and healthy life style, requirement of proteins, carbohydrates, fat, vitamins, minerals, phytonutrients by our body. He also gave various tips on how to make the heart & muscles healthy. It was quite an informative seminar.

Mrs. Gurjit Kaur  
Media Contact  
Mob.: 9872172740





