



## Special Workshop

On

**“The ABC’S of Health: Nutrition, Exercise and Sleep”**

*Organized by*

**Knowledge & Awareness Mapping Platform (KAMP)**

**25<sup>th</sup> April 2024, 4.00 PM IST**

### Programme Schedule

Time	Schedule
4.00 pm	Introduction and Welcome Address by <ul style="list-style-type: none"><li>• Aniket (Convener - Knowledge and Awareness Mapping Platform (KAMP))</li></ul>
4.15 pm	Special session by <ul style="list-style-type: none"><li>• Mr. Vipul Arora (Health and Wellness Coach)</li></ul>
4.30 Pm	Interaction with Students and Teachers
4.45 pm	Questions & Answers Session
4.50 Pm	Information about KAMP-NASTA, Knowledge sharing session, Scientific excursion, and Teacher Training.
5.00 pm	Vote of Thanks

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In Knowledge Alliance with CSIR - NIScPR and M/s NCPL

**KAMP Operations and Coordination Office**

B-97, 3rd Floor, Sector 67 Noida - 201 031 (India) | [www.kamp.org.in](http://www.kamp.org.in) | +91 95995 76228