



A Three-Day National awareness programme on "Will the Online Classes Affect Our Health and Lifestyle: Problems and Solutions"?"

**Organised by
Academic Staff College, KLEF
During 03-10-2020 to 05-10-2020.**

Academic Staff College of KLEF organized a one-day programme on **A Three-Day National awareness programme on "Will the Online Classes Affect Our Health and Lifestyle: Problems and Solutions"?"** during 03-10-2020 to 05-10-2020.

The virtual based sessions were conducted by **Dr. Debasish Bhattacharya, West Bengal., Ms. Anukriti Govind Sharma and Dr. Sompurnaghosh, Hyd.** This programme helped the faculty members clear their inhibitions about the negative effects of online classes on the health of faculty members. This programme helped faculty members understand about developing Wholistic understanding towards good physical and Mental health. 30 faculty members have participated in the programme.

Dr A Srinath

Principal – Academic Staff College