WELLNESS LAB
DEPARTMENT OF PHYSICAL EDUCATION AND SPORT SCIENCE
VISVA-BHARATI

विश्वभारती
शान्तिनिकेतन

JOIN TOWEL WORKOUT

With

Wellness Lab

Department of Physical Education and Sport Science, Visva-Bharati

Bring your own towel

Contact Us

wellnesslab.dpess@visva-bharati.ac.in

DATE – 01/04/2026

TIME – 6PM – 7PM

Scan/click for registration



Department of Physical Education & Sport Science
Vinaya Bhavana
Visva-Bharati

NOTICE

The Wellness Lab, Department of Physical Education and Sport Science, Vinaya Bhavana, invites students, staff, and faculty members, including Divyang persons, to participate in the wellness activities scheduled on 1st April 2026 from 6:00 PM to 7:00 PM.

Participants are also requested to download the Pacer mobile app (available on both Android and iOS). By clicking the link given below or scanning the QR code, you will be directed to join the Wellness Lab activity group within the application.

https://www.mypacer.com/clubs/l2nopem2/wellness-lab-bolpur-west-bengal?invitor=5pvvpz9n

Furthermore, the first campus-wide fitness challenge will be initiated across Visva-Bharati from 1st April 2026.

Note: Participants are kindly requested to bring their own towel for exercise and a water bottle.

27/03/26
Wellness Lab

Co-ordinator

27/03/26
Head विभागाध्यक्ष / Head
शारीरिक शिक्षा एवं
DPESSक्रीड़ा विज्ञान विभाग
Deptt. of Physical Education
& Sport Science
विनय भवन / Vinaya Bhavana
विश्वभारती / Visva-Bharati
शान्तिनिकेतन / Santiniketan