



JOIN PERSONAL TRAINING

with
WELLNESS LAB

Department of Physical Education
and Sport Science

VISVA-BHARATI

CONTACT WITH US



wellnesslab.dpess@visva-bharati.ac.in



PERSONALIZED
TRAINING



IMPROVED
FITNESS



BETTER
HEALTH



STRONGER
YOU

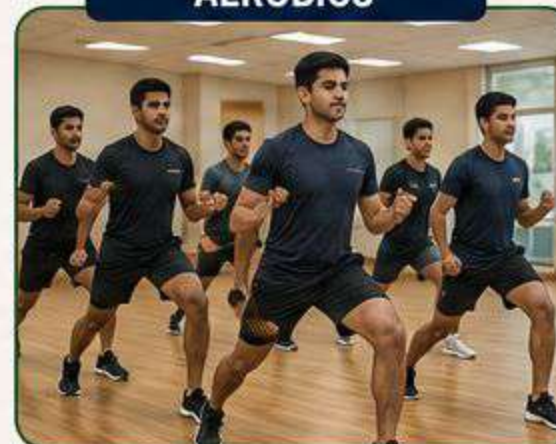
AQUA TRAINING



YOGA



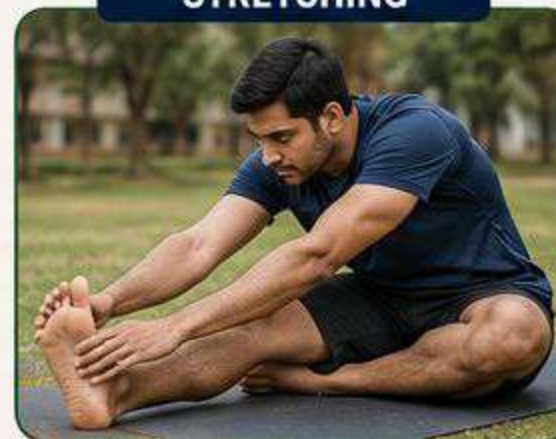
AEROBICS



CALISTHENICS



STRETCHING



FUNCTIONAL TRAINING



EXPERT TRAINERS

SCIENTIFIC APPROACH

SAFE & EFFECTIVE

RESULTS DRIVEN



TRAIN SMART. LIVE WELL.

Visva-Bharati



Department of Physical Education and Sport Science
Vinaya Bhavana

Date: 11.08.2026

NOTICE

PERSONAL TRAINING PROGRAMME FOR STUDENTS, STAFF & FACULTY

The Wellness Lab, Department of Physical Education and Sport Science, Visva-Bharati, invites all students and faculty members of Visva-Bharati to participate in a Personal Training Programme aimed at improving physical fitness, strength, flexibility, endurance, and overall wellness.

The programme will provide participants with personalized fitness guidance and exercise sessions based on their individual fitness levels and requirements.

Date: 13th August 2026

Time: Morning 7 am to 8 am or 5:00 pm to 6:00 pm

Venue: DPESS, Vinaya Bhavana

Registration

<https://docs.google.com/forms/d/e/1FAIpQLSfJt4CJrSZgcvLPDSNkWksNSMVTXucKghTFiuWsyd4Nrt-eLw/viewform>



Scan and register for the Wellness Lab program.

All interested students and faculty members are requested to participate actively and make use of this opportunity to improve their physical fitness and well-being.

Note: Participants are requested to bring their own towel and water bottle for the training session and to wear comfortable sports/fitness attire.

All are cordially invited to participate.

With regards,


(Sumanta Kumar Mondal)
Professor & Head

Department of Physical Education and Sport Science
Visva-Bharati

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