Under the Aegis of
INNOVATION HUB & ENTREPRENEURSHIP (IHE)
in Collaboration with
DEPARTMENT OF LIBRARY AND INFORMATION SCIENCE,
VIDYASAGAR UNIVERSITY

A 3-DAY ONLINE WORKSHOP

SLEEP LIKE A PRO

Master Your Mind. Upgrade Your Sleep.

A Workshop on Sleep Science, Neuroscience & NLP



- Better Sleep Quality
- Less Stress & Anxiety
- Sharper Focus
- Higher Productivity
- Better Mood & Mental Well-being

27 – 29 Nov. 2026 (3-Days)

MODE OF WORKSHOP: ONLINE

REGISTRATION FEES: Rs. 300/-
(For Students: Rs. 100/-)

Better Sleep Today
A Brighter Tomorrow

Under the Aegis of
INNOVATION HUB & ENTREPRENEURSHIP (IHE)
in Collaboration with
DEPARTMENT OF LIBRARY AND INFORMATION SCIENCE,
VIDYASAGAR UNIVERSITY

Sleep. Learn. Grow.
For a Better You.

WHO SHOULD JOIN?

- Students
- Scholars
- Teachers
- Parents
- Homemakers
- Anyone suffering from sleep disorder, anxiety or depression

WHY SHOULD YOU JOIN?

- **UNDERSTAND SLEEP SCIENCE**
- **REDUCE STRESS & ANXIETY**
- **IMPROVE SLEEP QUALITY**
- **BOOST FOCUS & PRODUCTIVITY**
- **BETTER MOOD & EMOTIONAL WELL-BEING**
- **BRAIN HEALTH & LONG-TERM WELLNESS**
- **PRACTICAL TOOLS & HABITS**
- **A HEALTHIER, HAPPIER YOU**

SCAN FOR PAYMENT

UPI ID: vidyasagar09@ucobank

SCAN FOR REGISTRATION

https://forms.gle/oz93tFInFpCD2ywX6

LED BY

Dr. Md Ajimuddin Sk
Assistant Professor
Department of Library and Information Science
Vidyasagar University
NLP Trainer & Life Coach
Health and Wellness Coach

FOR QUERIES & REGISTRATION

Email: ajim.sk10@mail.vidyasagar.ac.in
Mobile: 9883423836

Sleep Well Today
Live Better Tomorrow