

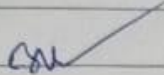
HEALTH AND FITNESS WORKSHOP HELD ON 05-10-2024

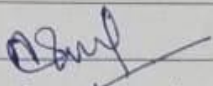
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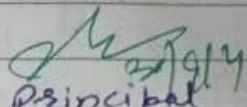
All the students are hereby informed that a workshop on "Health & Fitness" will be held on 5.10.2024 at 3 pm in Seminar Hall of College.

All the students are advised to enter the hall before 5 minutes.


Convenor


IQAC Coordinator

CONVENOR-IQAC
JANTA COLLEGE, BAKEWAR
ETAWAH


Principal
Janta College
Bakewar-Etawah

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Report on the Workshop on "Health and Fitness"

Date: 5 October 2024

Venue: Seminar Hall, Janta College, Bakewar, Sitawati

A workshop on "Health and Fitness" was successfully organized on 5th October 2024 at 2:00 PM in the Seminar Hall of Janta College, Bakewar. The event aimed to promote awareness among students about the importance of maintaining physical and mental well-being for a balanced and productive life.

The programme was presided over by Prof. R. K. Tripathi, Principal of the college, who inaugurated the session with an encouraging address. He emphasized that good health and fitness are essential for achieving excellence in both academic and personal spheres.

Prof. A. K. Pandey, IQAC Coordinator, highlighted the role of regular physical exercise, nutrition, and stress management in enhancing students' overall performance and concentration.

The key resource person for the workshop, Prof. Lalit Gupta, delivered an informative and inspiring lecture focusing on practical strategies for maintaining fitness in daily life. He discussed the importance of balanced diet, yoga, meditation, and regular exercise, illustrating how these habits contribute to a healthy body and mind.

36 Students from various faculties participated enthusiastically and interacted actively during the session. They shared their views and experiences related to health practices and expressed their interest in adopting fitness routines.

The event concluded with a vote of thanks by the Co convener, Dr. Navleen Awasthi who expressed gratitude to the Principal, faculty members, and students for their active participation and support in making the workshop successful.


(Prof. Lalit Gupta)
Convener