

Dr. Ghosh delivered a very contemporary talk on “Exercise and Diet for Health and Fitness”. He has several national and international publications from his research work. In the current day obesity is a major health problem among young generations. The two most important culprits behind this health problem are a lack of exercise and an unhealthy diet. In his lecture, he critically focused on how to improve food habits and also how to incorporate little exercise in day-to-day activity to improve calorie burn and be healthy. Our students were highly enriched by his lecture. Dr. Bandyopadhyay was introduced by our respected IQAC Coordinator, Dr. Tapan Roy, and the program was concluded by a vote of thanks delivered by Dr. Abhaya Dutta, Assistant Professor, Department of Physiology, VCFW.

9. Outcomes:

In the pandemic period and post-pandemic period weight gain because of home-bound life. This lecture will help them to lose weight by little changes in their food habits as well as day-to-day activity. It is established that young adults who are physically fit and have good BMI have better performance in examinations and competitions. Hence this seminar will enrich them and help them to improve their performance all around.

10. Photographs: A Few glimpses of the event:

