



**Expert Lecture was organized at CAET, AAU, Godhra
under Celebrations of Azadi Ka Amrit Mahotsav-Panch
Prakalp (Fit India)**



Expert lecture on “શરીર સ્વાસ્થ્ય, ફિટનેસ, યોગ અને રમત ગમતનું જીવન માં મહત્વ” under the banner of AKAM-Panch Prakalp (ફિટ ઈન્ડિયા (રમતગમત તેમજ ખેલફૂલ ને ઉત્તેજન)) on 22/04/2022 at CAET, AAU, Godhra. Dr. Neeraj Seth welcomed the experts and all the participants. He brief about the event and important goal of the Fit India prakalp. Dr. R.C. Salunkhe & Dr. K.R. Jethva, Assistant Nodal Officer, AKAM and other faculty and staff from the various departments of college were present and around 123 students have registered for the event, 88 students have attended the lecture. Er. Kapil Mandloi, Assistant Professor & HoD (BEAS) have delivered very thoughtful and motivational speech related to yoga. He focused on the topics like Yam, Niyam, Pranayam, Dhyam etc. He elaborated students about the importance of Yam, Niyam, Pranayam, Dhyam in daily routine life. Er. Chirag Jadav, Assistant Professor, BEAS Department delivered a lecture as an expert to make understand the students how important sports and exercise is in daily life. He also discussed on self discipline which can help to improve mental health and release the stress in life. The event made the participants aware about the importance of fitness, yoga and sports to improve their routine life. The same may help them to make their contacts understand the importance of fitness, yoga and sports in their daily routine life, which may ultimately contribute and in making India healthier and fit. Dr. Neeraj Seth, Assistant Professor, PFE Department and Er. Chirag Jadav, Assistant Professor, BEAS Department of CAET, AAU, Godhra organized the activities during the event.

