

## Guest Lecture on Health and Fitness

Good health is a key to human happiness. Making students aware of the importance of health, a guest lecture on the topic “**Health and fitness**” was organised on 18<sup>th</sup> April 2022 by Zoology department. The key speaker of guest lecture was **Dr. Lalit Gupta**, Dean, Faculty of science, Head PG Dept of zoology at Janta college, Bakewar (Etawah) and former Lecturer and HOD Microbiology at DBS college, Kanpur. As a token of respect Dr. Vikas Dwivedi presented a sapling to the speaker. Dr. Lalit Gupta highlighted the importance of health and fitness. He emphasized that health is important to live life to the fullest. When a person leads a healthy lifestyle, the body remains healthy and the mind is active and fresh. Living a healthy life would extend longevity and also regenerate the body and mind. Dr. Arti Katiyar, Asst. Prof., Zoology Department expressed the words of gratitude and Dr. Reshma Rajani, Asst. Prof. from Department of Commerce presented the memento to the speaker.

