

Lecture on 'Secrets to a Healthy Lifestyle' under Azadi Ka Amrit Mahotsav (AKAM), Space Applications Centre

This lecture was delivered by *Shri Saumik Rao, Fitness Consultant, Mr. GRASIM (Runner- Up), Actor & Model* in the Auditorium of Vikram Hall at SAC Campus on 21st July 2023. This lecture was aimed at creating awareness amongst SAC employees about the importance of fitness and healthy lifestyle. This event was organised under AKAM, by the Sub-Committee for '*Adopting of Healthy Lifestyle*' Chaired by *Dr Mehul Pandya*.

Dr Shweta Sharma served as an anchor for this event and welcomed the gathering.



The audience gathered in the Auditorium in large numbers. They seemed eager to listen to the guest speaker *Shri Saumik Rao* who is a distinguished figure in the health and fitness industry.

Dr C P Singh gave the brief introduction about the speaker and the reason we invited him to deliver the talk on 'Secrets to a Healthy Lifestyle' in our premises.

With a huge experience in the field of health and fitness, the lecture delivered by **Shri Saumik Rao** was very informative and at the same time entertaining. This kept the audience captivated throughout this one hour talk. He also gave various suggestions which are easy to implement in our daily lives to stay fit and healthy.



His expertise and his work in this field over the years was very much evident through this lecture. It was fun filled learning experience for the audience.



This lecture was followed by the interactive session, where our SAC employees asked various health related queries. This talk seemed to be very

beneficial for the audience to increase their awareness about adopting healthy lifestyle.



After the interactive session, we felicitated our guest speaker, as a token of appreciation by the Azadi Ka Amrit Mahotsav Committee at SAC. In the end, ***Shri Ram Singh Kumhar*** delivered the formal Vote of thanks.

