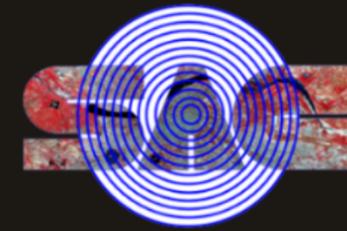




Space Applications Centre

*Invites you all to a lecture
on*



SECRET TO A HEALTHY LIFESTYLE

under Azadi Ka Amrit Mahotsav celebrations

Join us for an insightful lecture on healthy habits by a distinguished figure in the health and fitness industry



FRIDAY, 21 JULY 2023



**VIKRAM HALL, SAC, ISRO
AHMEDABAD**



2:30 PM-3:30 PM



SAUMIK RAO

**Fitness Consultant
Mr. GRASIM (Runner-up)
Actor and Model**

ABOUT THE SPEAKER

- With an impressive 28 years of experience in this field, Saumik has honed his expertise and shared his wisdom through over 100 articles published in leading newspapers.
- Alongside his remarkable career as a professional model, actor, and fitness consultant, he indulges in a range of invigorating hobbies, including swimming, mountaineering, cycling, and bodybuilding.
- Guided by his mission to give back to society, he aims to impart the knowledge and lessons he has acquired over the years.
- His unwavering passion for fitness drives him to share his insights while embracing the role of a perpetual student, constantly learning and growing.

Don't miss this opportunity to be inspired by Saumik Rao's valuable perspectives on cultivating healthy habits and leading a fulfilling lifestyle!