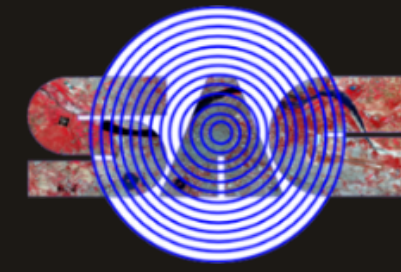




**Space Applications Centre**

*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!**