

PG Food Science and Nutrition

Department of Nutrition and Dietetics

Activity :Guest Lecture

Date : January 09,2019

Name of the Program :Exercise and Fitness Methodologies during various stages of Life cycle

Industry Associated With : Mr. Ranjith, FreeLancer, Fitness Expert & Physical Instructor

Brief Report : Physical fitness and its co-factors ,Importance of optimal physical activity and Interplay of physical activity and mental health

