

INTERACTIVE FORUM on FIT IS HIT 2015 (FH 2015)

Gujarat University Botanical Society (GUBS) and Women Development Cell (WDC) organized an **Interactive forum on FIT is HIT 2015 (FH 2015)** on Wednesday 28th January 2015 at the Department of Botany, Gujarat University. The one most urgent aspect for all of us is our fitness and health. We all agree that “Health is Wealth” and with the changing lifestyles and work pressure, it is high time we prioritize fitness and health in our daily regime. Alongside the various aspects of personality that make anyone an instant hit by making a good impression comes by personal grooming and effective body language. The programme included these themes and there were two invited lectures one on Fitness (FIT) and the other on making a good impression (HIT). Prof Savita Gandhi, Chairperson –WDC and Head-Computer Science Department welcomed the guests. She also highlighted the need of such timely co-curricular activities for an overall grooming and personality development of one and all. Dr.M.N.Patel, Honorable Vice Chancellor and President of the function blessed the gathering. He stressed on the need of physical fitness for a better life and motivated the students to take up fitness on a priority basis. Dr. Rajan Dalal very effectively justified the significance of physical exercise in our daily schedule. His creative presentation appealed to all present to address the problems of both excess weight and under weight. He demonstrated the right type, duration and frequency of exercise to be done for a toned body. The participants interacted with him with several questions after his lecture. Ms. Sonia Shah gave an impressive account of the significance and types of impressions. Focussing on looks for first impression, she impressed upon all the need of taking care of facial expressions and body language for an effective first impression. She took the help of volunteers from amongst the students present to explain several personality traits and made the group evaluate the activity thus conveying the various aspects of body language. The students participated very enthusiastically and enjoyed the lectures all the same they were sensitized to the fact that a celebrity is not merely a celebrity because of his luck but is a celebrity because of the care taken for both physical fitness and impressive body language. Dr. Archana Mankad concluded the forum thanking all specially the Honorable Vice Chancellor, Dr. M.N.Patel for his continuous presence and inspirational words of wisdom. The event witnessed participation of post graduate students, research scholars, women scientists, faculty

and invited guests from Botany-Bioinformatics-Climate Change Impacts Management and Computer Science departments.



Inaugurating the Forum



Welcome Hon. Vice Chancellor Dr. M. N. Patel



Dr. Rajan Dalal



Ms. Sonia Shah



Activity in progress



August dignitaries in the audience

Dr. Archana Mankad
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