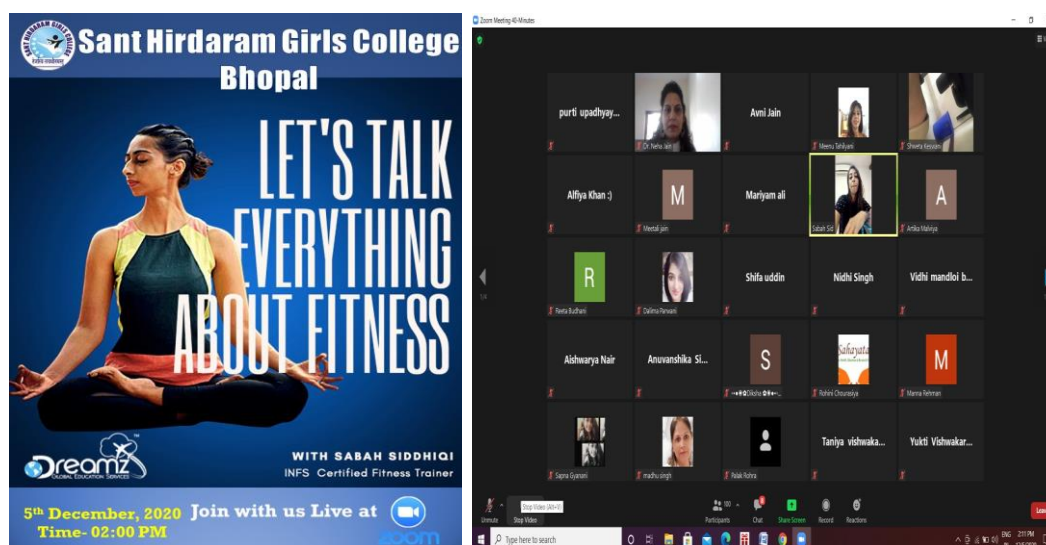


“Webinar on Let’s Talk Everything About Fitness”



Training & Placement Cell, SHGC had organized a webinar on “Let’s Talk Everything About Fitness” on 5th December, 2020. The webinar was organized in collaboration with Dreamz Global Education Services, Bhopal.

The Resource person for this webinar was Ms. Sabah Siddqui, INFS certified trainer. She is also CELTA certified language trainer. The session was started with introducing the importance of fitness in daily life. Ms. Sabah talked about fitness goal and functional move depend on individual’s body type. It is not just about flexibility, one must also focus on strength training. The speaker shed light on the role of food, water, sleep, and immunity in the maintenance of physical fitness. The participants took active participation in understanding the topic in detail. They absorbed the information & shared their experiences on the issue.

The program ended with an address from Dr. Dalima Parwani, Principal, SHGC. All participants were given participation certificates.

We are very thankful to Shri Hero Gyanchandani, Managing Director, & Dr. Dalima Parwani, Principal, SHGC for their guidance & motivation for successful completion of this webinar.