

## Guest Lecture Health and Fitness 19<sup>th</sup> July, 2016

Medical & Health committee, BVC has invited Prof. Dr. S. Bakhtiar Choudhary to deliver a guest lecture on 19<sup>th</sup> July, 2016 for benefit of sports and NCC students of the college. He explained about the different exercises that one should do to keep themselves fit. Dr. Choudhary highlighted on different fitness exercises to the students. He explained about the different postures that one should follow to avoid any discomfort to the spine. The students interacted with the doctor and clarified their doubts regarding different dietary habits and exercises to maintain a healthy life style and found the lecture very informative.



