

Report on the Event "Fit in 5 - A Practical Guide to Improving Health and Wellness with Exercise and Nutrition"

Date: 28th March 2023

Time: 03:30 PM

Venue: IBS Auditorium

Organized by: Center for Women Development, IFHE

Guest Speaker:

The Center for Women Development, IFHE, organized an event on "Fit in 5 - A Practical Guide to Improving Health and Wellness with Exercise and Nutrition" on 28th March 2023 at the IBS Auditorium. The speaker for the session was Mr. Rishikesh Kumar, Founder and CEO of Xtraliving Pvt. Ltd.

The event began with a warm welcome by the organizer and opening remarks by Prof. L. S. Ganesh, Vice Chancellor – IFHE who shared his personal experiences and importance of health and fitness in today's context. Mr. Rishikesh Kumar then took the stage and started his keynote speech on the importance of fitness and nutrition in our daily lives. He emphasized that fitness and nutrition are two sides of the same coin, and one cannot be achieved without the other.

Mr. Kumar shared his personal journey of how he transformed himself from an unhealthy lifestyle to a fit and healthy one, and how he founded Xtraliving Pvt. Ltd to help others do the same. He discussed the common misconceptions and myths surrounding exercise and nutrition and provided evidence-based information to dispel them.

The session covered various topics, including the benefits of regular exercise, the importance of a balanced diet, the role of hydration in fitness, and the impact of sleep on overall health and wellness. Mr. Kumar also gave practical tips and recommendations on how to incorporate exercise and nutrition into our daily routine, even with a busy lifestyle. During the session, Mr. Kumar emphasized the importance of consistency in achieving fitness goals.

The audience was highly engaged throughout the session, and many asked questions and shared their personal experiences with fitness and nutrition. Mr. Kumar answered their questions with great detail and provided insightful responses.

In conclusion, the Fit in 5 event was a highly informative and engaging session, providing practical guidance on improving health and wellness with exercise and nutrition. Mr. Rishikesh Kumar's keynote speech was well-received by the audience, and his insights and recommendations were both evidence-based and practical. The event was well-organized by the Center for Women Development, IFHE, and was attended by a large number of participants who found the session highly beneficial.

