



EXPERT TALK ON HEALTH, NUTRITION & FITNESS

VTU as part of 2022 scheme introduced a subject "Physical Education (Sports & Athletics)" to create consciousness among students on health, fitness and wellness in developing and maintaining healthy lifestyle.

The Department of Artificial Intelligence and Data Science organized expert talk on "Fit and Fab" as part of sports curriculum for III Semester students. It was also attended by V semester students.

The expert Mr. Rajeev H B, Fitness coach invited for this talk is a B.Tech graduate from PESIT and Master's in Engineering from IISc, Bangalore. He is certified Zumba Instructor, Strength and conditioning coach, Advanced Physique Transformation coach.

As part of talk, expert covered six pillars of wellness -

- Physical fitness
- Diet and Nutrition
- Managing Stress Well
- Optimum Sleep
- Removal of toxins
- Belongingness

He also discussed the principles to build most optimal workout routine that is realistic and achievable. It is which is depicted by inverted triangle.

- Volume -
- Intensity -
- Frequency

Students were also engaged in push ups, squats, jumping jacks, planks.

Date of Expert Talk : 29th January, 2024
Venue : Architecture Seminar Hall
Resource Persons : Mr. Rajeev H B

Students feedback on expert talk was positive and student list is enclosed.

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