

Seminar on **“Health awareness”**

IGS Aurangabad Chapter and Civil Engineering Department, MIT, Aurangabad jointly organized an “Health awareness” seminar on 19-12-2020. Shri. Vikas Jagtap and Smt. Vishaka Jagtap were the speakers. Shri Vikas Jagtap being health and wellness coach since last 10 years guided the Staff members on the role played by nutrition and exercise in today’s stress full life. He explained the vital role, nutrition plays in the overall fitness of human body. The program was anchored by Prof. Archana Pathak. Dr. Manish Dixit, Hon. Secretary, IGS Aurangabad Chapter and Head of Civil Engineering Department MIT, Aurangabad expressed his views.



Group Photo after Seminar