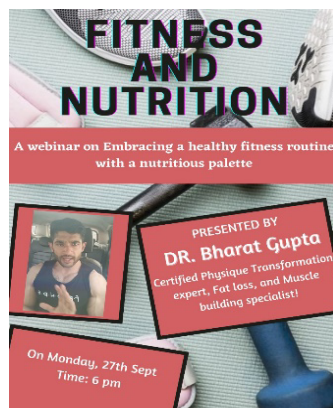


## 1.WEBINAR ON FITNESS AND NUTRITION – 27/09/2021

Total number of participants: 35.

The webinar was on the topic 'Fitness and nutrition'. Mr. Bharat Gupta - a certified Physique transformation expert, Fat loss and muscle building specialist was the speaker. The speaker elaborated about embracing a healthy fitness routine with a nutritious palette.

The meet begun with an introduction to the audience with a welcome note to the speaker. The speaker started his lecture with a self-introduction and spoke about consumption of calories, protein and its importance and how we get protein in our daily diet. He shared knowledge on metabolism, fat losing strategies and also broke the myth that quitting eating reduces weight by removing the word 'weight loss' and replacing it with 'fat loss', and emphasized on proper hydration and sleep.



*The event poster*



*Screenshots of the webinar*

