

Shree Naranbhai Lalbhai Patel College of Pharmacy, Umrakh
Guest Lecture Report

Date: Wednesday, 6th September 2022

Topic: “Physical Activity: Benefits of exercise for health and well being of Students”.

Resource Person – Mrs. Tejashvi Patel, MPT, Neurological Science (Gold Medalist) and Asst Professor in SPCP, Bhikiba Campus, Bajipura

No. of Participants: 71

Summary of Session:

IIC and IQAC of Shree Naranjibhai Lalbhai Patel College of Pharmacy, Vidyabharti Trust, Umrakh Organize an online webinar on- “Physical Activity: Benefits of exercise for health and well being of Students”. The webinar was started at 10:00 AM with a welcome speech by Dr. Tanvi Desai, Assistant Professor, Shree Naranjibhai Lalbhai Patel College of Pharmacy, Umrakh. She welcomed the speaker of the event Mrs. Tejashvi Patel- MPT, Neurological Science (Gold Medalist) and Asst Professor in SPCP, Bhikiba campus, Bajipura and Dr. Ketan Shah – Principal of SNLPCP, Faculties and Mrs Sonal Solanki, event co-ordinator.

The upright speaker Mrs. Tejashvi Patel has explained the basic fundamentals of Physical Activity and the benefits thereby. She also threw a light on the disease caused due to non pertinence of an active lifestyle and regular exercise.

To conclude the session, Mrs. Sonal Solanki expressed her gratitude and appreciation to Mrs. Tejashvi Patel for her valuable time.

Shree Naranjibhai Lalbhai Patel College of Pharmacy is thankful to Tejashvi Patel - Speaker and participants.

IIIC and IQAC of
**SHREE NARANJIBHAI LALBHAI PATEL COLLEGE
 OF PHARMACY, UMRAKH**
 A Vidyabharti Trust Institution, Umrakh-Bardoli
 Accredited by NBA, New Delhi (B. Pharm course upto June 2024)
 (Approved by AICTE & Pharmacy Council of India – New Delhi, Affiliated to GTU, Ahmedabad)

organized seminar on

**Physical activity:
 Benefits of exercise for health and wellbeing of students**

By,

On
**6th Sep
 2022**
 10 AM to 11 AM




Dr. Tejashvi Patel
 MPT in Neurological Science (Gold Medalist)
 Assistant Professor
 SPCP, Bhikhiba campus, Bajipura

Event coordinator: Mrs. Sonal Solanki | Convener: Dr. Ketan Shah

Vidyabharti Campus, At & Po Baben, Ta. Bardoli, Dist. Surat, Gujarat, India, Pin: 394601

