



Kammavari Sangham (R) 1952
K. S. GROUP OF INSTITUTIONS
K. S. SCHOOL OF ENGINEERING AND MANAGEMENT
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www.kssem.edu.in
DEPARTMENT OF ARTIFICIAL INTELLIGENCE AND DATA SCIENCE ▶

Event name : **Expert Talk on Health, Nutrition & Fitness**

Date of Event : **29.01.2024**

Venue : **Architecture Seminar Hall**

Number of participants : **66**

Targeted Audience : **III Semester, Dept of AI & DS**

KAMMAVARI SANGHAM
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No.15, Mallasandra, Off. Kanakapura Road, Bengaluru-560109, Affiliated to VTU, Belagavi & Approved by AICTE, New Delhi, Accredited by NAAC

INSTITUTION'S INNOVATION COUNCIL
(Autonomy of AICTE Institutes)

DEPARTMENT OF ARTIFICIAL INTELLIGENCE AND DATA SCIENCE

Talk on
FIT & FAB
Navigating Health, Fitness, and Lifestyle

Embrace a vibrant life! Discover the keys to optimum health, fitness, and a balanced lifestyle.

MASTER'S IN ENGINEERING, IISC, BENGALURU. FITNESS COACH

SPEAKER *Mr Rajeev HB* Fitness Professional

29th Jan, 2024
09:00 am

Architecture Seminar Hall

Mr. Manjunath TK
Associate Prof. & HOD AI&DS

Dr. K RamaNarasimha
Director, Principal KSSEM

Dr. K V A Balaji
CEO, KSGI



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 health, nutrition and fitness as part of sports curriculum for III Semester students. It was also attended by V semester students.

Resource Person : Mr. Rajeev H B

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. Students feedback on expert talk was positive.



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Glimpses of Event :



[Signature]
HOD

HOD
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Bangalore - 560 109.

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Principal

Dr. K. RAMA NARASIMHA
Principal/Director
K S School of Engineering and Management
Bengaluru - 560 109