



Date: 09-08-2019

**Report of Guest talk
on
Fitness and Nutrition**

Fitness and nutrition aren't options; they are the requirements for the students of all the ages in maintaining good health and to exhibit at par excellence at academic and professional levels. Our PESIAMS organized a rendezvous of the second year students of B.B.A, B.Com and M.Com with the resource person, Dr. Vijay Singh C on 9th August, 2019 at the seminar hall of our campus to educate the pupils about the role of fitness and nutrition to lead a successful and healthy life.

Dr. Vijay Singh C addressed the gathering in which he tutored the pupils with some basic fitness mantra for which a 45 minutes of daily workout with meditation are important for the physical and mental wellbeing. Moreover a healthy, nutritious, homemade balanced diet is the prerequisite to maintain good health. Further he added that the Fast-Food generation is unable to understand the hazards associated with the luring food items in the market with empty calories which are jeopardizing the health by inviting many diseases like high blood pressure, obesity, diabetes etc. at a very early age.





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ಶಿವಮೊಗ್ಗ ಇನ್‌ಸ್ಟಿಟ್ಯೂಟ್ ಆಫ್ ಅಡ್ವಾನ್ಸ್‌ಡ್ ಮ್ಯಾನೇಜ್‌ಮೆಂಟ್ ಸ್ಟಡೀಸ್
(ಒಬಿಎಂಕೆ ವಿಶ್ವವಿದ್ಯಾಲಯದ ಸಂಯೋಜನೆಗೊಳಪಟ್ಟಿದೆ ಮತ್ತು ಕರ್ನಾಟಕ ಸರ್ಕಾರದ ಅಂಗೀಕೃತವಾಗಿದೆ)
ಎನ್ ಹೆಚ್ 206, ಸಾಗರ ರಸ್ತೆ, ಶಿವಮೊಗ್ಗ - 577 204 (ಕರ್ನಾಟಕ)

PES Institute of Advanced Management Studies

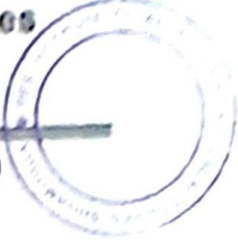
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Further, he advised the young generation to follow a balanced diet chart every day and to do exercise with the involvement of their parents as most of the times they are working and hardly get any time to spend with their children. The students were provided a chance to ask their doubts with regard to the pertaining subject and it turned out to be a very educative and interactive session. The Principal, all the teaching and non-teaching fraternity along with the students of Commerce and Management Department were present during this session.

Principal

Principal

PES Institute of Advanced Management Studies
NH 206, Sagar Road
SHIVAMOGGA-577 204.



List of Students (II M.Com) Participated in program 2019-2020

| Sl. No | Name of the Student |
|--------|---------------------|
| 1 | AISHWARYA S |
| 2 | ANANDA N |
| 3 | ARCHANA M NAYAK |
| 4 | ASHWINI P |
| 5 | CHANDANA G.P |
| 6 | CHANDANA JADAV |
| 7 | CETHAN R |
| 8 | ESHWAR M PATEL |
| 9 | IMTIYAZ AHMED |
| 10 | KARTHIK C M |
| 11 | LEKHA P K |
| 12 | MADAN B K |
| 13 | MISBA TAJ |
| 14 | NETHRAVATHI B N |
| 15 | POOJA N |
| 16 | RAKSHITHA N S |
| 17 | SABIRA |
| 18 | SANJAY C |
| 19 | SAVYA D.S |
| 20 | SHAZIA BANU |
| 21 | SHIVAKUMARA A S |
| 22 | SHWETHA S GULGULE |
| 23 | SNEHA R CHAUHAN |



Principal

PES Institute of Advanced Management Studies

NH 206, Sagar Road

SHIVAMOGGA-577 204.



List of Students (II BBA) Participated in program 2019-2020

| Sl. No | Name of the Student | Sl. No | Name of the Student |
|--------|------------------------|--------|---------------------|
| 1 | ABDUL SATTAR | 33 | PRATHEEK K |
| 2 | ADITI DRAVID | 34 | PREETHAM R B |
| 3 | AFIYA | 35 | RANJITH REDDY T R |
| 4 | AMOGHA T.K | 36 | RASHMI N |
| 5 | ARCHANA G N | 37 | ROHAN B Y |
| 6 | BHUMIKA N.E | 38 | SAFIYA NOORAIN S |
| 7 | BHUVAN R.P GINGAD | 39 | SANJAY GAIKWAD D |
| 8 | CHANDANA V | 40 | SATHVIK B.S |
| 9 | CHARAN K G | 41 | SHAIK SUHEL AKRAM |
| 10 | CHINTANA N | 42 | SHIVRAJ K R |
| 11 | CHIRAG J JAIN | 43 | SONIYA R |
| 12 | CHIRAG U JAIN | 44 | SUMANA NAZ |
| 13 | DARSHAN B | 45 | SUMITH S JAIN |
| 14 | DARSHAN N R | 46 | SWAMY A.B |
| 15 | DHRUVAN D | 47 | SYED SALMAN |
| 16 | FARAZ ANWAR | | |
| 17 | GOWRISHANKAR Y N | | |
| 18 | GOWTHAM K | | |
| 19 | GURUSWAMY H.R | | |
| 20 | HEMANTH JADHAV C | | |
| 21 | KAVYA T.S | | |
| 22 | KUSHI P.B | | |
| 23 | LOHITH H K | | |
| 24 | MADHU DYAVAKKALAVAR | | |
| 25 | MAHAMAD KAIF | | |
| 26 | MOHAMMED ARFAD | | |
| 27 | MOHAMMED IBRAHIM | | |
| 28 | MURUGENDRA KUMAR B | | |
| 29 | NITEESH GOWDA M M | | |
| 30 | PAVAN M | | |
| 31 | POOJA T S | | |
| 32 | PRAMOD DRAVID N H | | |

70

70 students of M course
BBA participated in the
guest talk.


Principal