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Department of English

Faculty of Humanities

Gurukula Kangri (Deemed to be University), Haridwar – 249404

(Formerly: 'Gurukula Kangri Vishwavidyalaya, Haridwar')

(NAAC Accredited Deemed to be University u/s 3 of UGC Act 1956)

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Physical Fitness

Today as on 15/06/2022 a guest lecture on physical fitness was arranged through online mode by the department of English, K.G.Campus, Haridwar to bring an awareness among the students of P.G.& U.G courses. Dr. Alok Kumar Pandey from Indian Institute of Technology, Roorkee was invited to deliver a lecture on the topic 'The Importance of Physical Fitness in our life'. Dr. Pandey told students the ways of finding out our fitness level by ourselves and suggested various measures to improve their health. The students listened carefully and cleared their queries. Dr. Mudita Agnihotri introduced the guest to the audience and vote of thanks was brought by Dr. Manjusha Kaushik.

