



**Directorate of Outcome**

**Outcome Report(Event/Activity Organized @ AUH)**

**1. General Information**

**Date:** 13th April 2022  
**Event Name :** Seminar/FDP  
**Event Title:** My Health is My Business  
**Event Theme:**  
**Venue:** Hrbrid Mode, AUH  
**Web/Video Link of the Event:** <https://youtu.be/2My3by0UWAg>

**Organized by:** Academic Staff College, Amity University Haryana  
**In collaboration with:** Agency/Govt.Agency (Central)/ Govt. Agency (State)/ Corporate /Industry Association /Non Govt. Agency/International Agency  
**Event Level:** Institutional/State/National/International  
**Student Participation\*:** No. of Students from AUH (Course wise):-List enclosed  
**Faculty Participation\*:** No. of Faculty Members from AUH (Deptt. wise):- List enclosed

**Participation from outside AUH\*:** No. of Students & Faculty Members-  
*(Enclose attendance sheets in given format)* **Total Participants - 113**

**Event Coordinator(s) with designation:** Dr Sanjna Vij, Program Director, Amity Academic Staff College, AUH

**Details of Expert/Speaker/Resource Person/Judge:**

S N	Country Name	Expert Name	Organization Name	Designation	Specialization	Contact No.	E-mail Id	CV of Expert (Yes/No)	Major Areas where Amity can Collaborate with expert	Recommended by
1		Mr Lalit Mohan Kapoor from California, USA		Renowned Health & Nutrition Coach,	Health & Nutrition				Health & Nutrition	

**Criteria of Inviting Resource Person/Judge/Speaker/Judge (Write a paragraph):** To emphasized that we all live busy lives, but taking out time for our body, mind and soul should always on the top. True productivity isn't just about emails, calls, meetings, projects and strategy building. It is also about the health of every single student and employee.

**Were the guest known in advance and if yes, from what previous interaction (Write a paragraph)?** Yes, Delivered session at Amity University Haryana

**2. Outcome of the Event with Time Lines (Proposed/Achieved)**

Envisaged Outcome	Tangibl	Achieve	Target date &
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	e/ Intangi ble	d/ Propose d	responsibilities (if proposed )	Details of outcome
<b>1. Outcome related to Academia Connect</b>				
a) Collaborations for Research Papers / Conference Papers/ Book Chapter etc.				
b) Collaborations & MOU for Research Guidance [PhD, PG & UG (summer training, Dissertation)] & Projects/Use of Instruments etc.				
c) Collaboration for Funded Projects				
<b>2. Outcome related to Industry Connect</b>				
a) Placement				
b) Collaborations for Research Papers				
c) Collaborations & MOU for Research Guidance [PhD, PG & UG (summer training, Dissertation)] & Projects/Use of Instruments				
d) Collaboration for Funded Projects				
<b>3. Outcome related to Society Outreach</b>				
a) Benefit to society in terms of Health & Hygiene	yes	yes		
b) Benefit to society in terms of Education				
<b>4. Outcome related to Students Learning &amp; Grooming</b>				
<b>5. Any other</b>				

### 3. Event Report along with glimpses of the event (*Photographs*)

**General Introduction of the Event :** The Objective of the Expert Talk was to: To Create healthy living among students & staff as it is the way of leading a happy life. The healthier we are, the stronger we become, enduring physical and mental challenges in life.

**3.1 Brief about the address/talk of speakers :** Report Enclosed

**3.2 'Take Homes' for the Guest and Attendees In Attached report**

**3.3 Future plan for utilizing the contacts developed with the Invited Guests: Organise training programs**

**3.4 Budget of the Event(Budget Sanctioned, Total Expenditure & Revenue Generated)**

**3.5 Details of Awards if Any:**

Awardee Details	Award / Position /	Title of Innovation/	Award/Recognition/
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<b>Pan elist Det ails</b>												
1	Cam-3 (ssingh4@ggn .amity.edu)	ssingh4@gg n.amity.edu	4/13/20 22 14:19	4/13/2 022 16:43	144	Yes	Yes					
2	Cam-2	ajain1@it.a mity.edu	4/13/20 22 14:54	4/13/2 022 16:43	109	Yes	Yes					
3	Cam-1 (Vivek Rawat)	vrawat@it. amity.edu	4/13/20 22 14:57	4/13/2 022 16:43	106	Yes	Yes					
4	Anjana Chandran	achandran @ggn.amity .edu	4/13/20 22 15:54	4/13/2 022 16:43	50	Yes	Yes					
<b>Atte nde e Det ails</b>	<b>User Name (Original Name)</b>	<b>Email</b>	<b>Join Time</b>	<b>Leave Time</b>	<b>Time in Session (minut es)</b>	<b>Att en de d</b>	<b>Cont act No.</b>	<b>Category</b>				
1	Gian Prakash Gian	Knowledgel ight@gmail. com	4/13/20 22 14:43	4/13/2 022 16:43	121	Yes	9911 9399 90	Non-Â Amitian - No company				
2	ANURAG GUPTA ANURAG	maadhya m4success@g mail.com	4/13/20 22 14:43	4/13/2 022 16:43	121	Yes	9718 2907 53	Non- Amitian - MAADHYAM				
3	Sunita Kumawat Sunita	skumavat@ ggn.amity.e du	4/13/20 22 14:43	4/13/2 022 16:43	121	Yes	9718 2907 52	Amitian - 5751@amity.ed u				
4	Panuganti Devara Panuganti	pcsdevara @ggn.amity .edu	4/13/20 22 14:43	4/13/2 022 16:43	121	Yes	9810 3131 45	Amitian - 12075				
5	Rajeev Jain Rajeev	rajeev_jain 99@yahoo. com	4/13/20 22 14:43	4/13/2 022 16:43	120	Yes	9427 3424 96	Non-Â Amitian - Pain free Health				
6	Anbarasu K Anbarasu	anbarasubis @gmail.co m	4/13/20 22 14:43	4/13/2 022 16:43	120	Yes	9812 5845 35	Non-Â Amitian - Individual				
7	Pramod Goel Pramod	cmdepkgoe l@gmail.co m	4/13/20 22 14:44	4/13/2 022 16:43	120	Yes	9464 5586 67	Non-Â Amitian - Indian Navy				
8	Amit Singla Amit	amit.singla @s.amity.e du	4/13/20 22 14:44	4/13/2 022 16:43	120	Yes	9818 7714 01	Amitian - ASET				
9	R R MAHESHWARI R R	ramratan18 @gmail.co m	4/13/20 22 14:43	4/13/2 022 16:43	120	Yes	9958 5236 82	Non- Amitian - Ace				
10	SUNANDA SARKHEL SUNANDA	Ssarkhel@g gn.amity.ed u	4/13/20 22 14:43	4/13/2 022 16:42	120	Yes		Amitian - 304470				
11	Prof Prem Vrat Prof Prem	profpremv r.at.iitd@gm ail.com	4/13/20 22 14:44	4/13/2 022 16:43	119	Yes		-				
12	RAKESH	rkchaudhar	4/13/20	4/13/2	118	Yes	9810	Amitian - 16850				

	CHAUDHARY RAKESH	y@ggn.amity.edu	22 14:42	022 16:40			7829 85			
13	Munindra Ruwali Munindra	mruwali@ggn.amity.edu	4/13/2022 14:42	4/13/2022 16:40	118	Yes	7018 8431 61	Amitian - 13047		
14	Pooja Malik Pooja	pmalik@ggn.amity.edu	4/13/2022 14:44	4/13/2022 16:38	115	Yes	9910 2939 06	Amitian - 12008 ASLA AUH		
15	Narendra Jain Narendra	njain2k2@yahoo.com	4/13/2022 14:48	4/13/2022 16:43	115	Yes	9718 5483 48	-		
16	Dr. Vikram Singh Dr. Vikram	vsingh2@ggn.amity.edu	4/13/2022 14:48	4/13/2022 16:42	114	Yes	8586 0058 24	Amitian - 26820		
17	VIJAY PRASHAR VIJAY	vkprashar1953@gmail.com	4/13/2022 14:51	4/13/2022 16:43	112	Yes	9997 1327 43	-		
18	Satbeer Chhabra Satbeer	satbeerchhabra@gmail.com	4/13/2022 14:53	4/13/2022 16:42	110	Yes	8684 9 2653 1	-		
19	307702 307702	hpyadav@ggn.amity.edu	4/13/2022 14:51	4/13/2022 16:37	106	Yes	8076 2761 19	Non- Amitian - 307702		
20	Narendra kumar Narendra	nkumar2@ggn.amity.edu	4/13/2022 14:43	4/13/2022 16:28	106	Yes	9810 8944 68	Amitian - 12099		
21	Kushagra Rajendra Kushagra	office1.kushagra@gmail.com	4/13/2022 14:58	4/13/2022 16:43	105	Yes	9718 2424 63	Amitian - Amity University Haryana		
22	RABINDRA GUPTA RABINDRA	rkguptadda@gmail.com	4/13/2022 14:43	4/13/2022 16:19	97	Yes	9868 1401 18	Non-Â Amitian - Urban Development Department GNCTD		
23	Kailash Sharma Kailash	kailashcsg@gmail.com	4/13/2022 15:17	4/13/2022 16:43	86	Yes	8527 4533 46	-		
24	Savita Thakral Savita	savitathakral@gmail.com	4/13/2022 15:17	4/13/2022 16:43	86	Yes	7404 0143 48	-		
25	Aak Shs Aak	cixige5958@eosbuzz.com	4/13/2022 15:19	4/13/2022 16:43	85	Yes	9845 3486 56	-		
26	Shweta Sinha Shweta	Ssinha@ggn.amity.edu	4/13/2022 15:07	4/13/2022 16:29	83	Yes	9811 3616 55	Amitian - 303688, AUH		
27	Yogeshwer Yogi Yogeshwer	Yogipgt13@gmail.com	4/13/2022 14:43	4/13/2022 16:02	80	Yes	9354 8064 31	Non-Â Amitian - GPS INTERNATIONAL SCHOOL GURGAON DELHI NCR		
28	Kaustav Bandyopadhyay Kaustav	kbandyopadhyay@ggn.amity.edu	4/13/2022 14:43	4/13/2022 16:02	80	Yes	9811 3194 70	Amitian - 25740		

29	Archana Tiwary Archana	atiwari1@ggn.amity.edu	4/13/2022 15:15	4/13/2022 16:31	77	Yes	9418 1083 90	-			
30	Atharva Bhapkar Atharva	archanabhakar168@gmail.com	4/13/2022 14:48	4/13/2022 16:02	74	Yes	9466 3813 61	-			
31	Nivedh Sreenivas Nivedh	svsayegh@gmail.com	4/13/2022 14:42	4/13/2022 15:55	73	Yes	8011 0444 11	Amitian - 9583091			
32	Hari Narain Singh Hari Narain	hnsingh.consultant@gmail.com	4/13/2022 15:32	4/13/2022 16:43	72	Yes	9910 4445 24	Non-Â Amitian - Vhps Enterprises			
33	Anjana Chandran Anjana	achandran@ggn.amity.edu	4/13/2022 14:43	4/13/2022 15:54	71	Yes		Amitian - 306679			
34	Anu Mary Markose Anu Mary	anureji2902@gmail.com	4/13/2022 14:43	4/13/2022 15:53	70	Yes	7011 9573 69	Non-Â Amitian - Kerala Agricultural University			
35	Machiavelli Singh Machiavelli	machiavellisingh@gmail.com	4/13/2022 15:02	4/13/2022 16:12	70	Yes	7082 4024 25	Amitian - 8673			
36	Murali Murali	murali.sune@gmail.com	4/13/2022 14:52	4/13/2022 16:00	69	Yes		Non-Â Amitian - 766			
37	Anju Jaiswal Anju	anagpal2005@gmail.com	4/13/2022 14:43	4/13/2022 15:49	66	Yes	9667 5695 70	Non-Â Amitian - Govt			
38	RtnSandeep Saxena RtnSandeep	RtnSandeepSaxena@gmail.com	4/13/2022 15:40	4/13/2022 16:42	62	Yes		-			
39	Swami Sharma Swami	swamisharma@gmail.com	4/13/2022 15:14	4/13/2022 16:15	62	Yes		-			
40	Amitabh Narain Amitabh	Roomanarain@yahoo.com	4/13/2022 15:44	4/13/2022 16:42	59	Yes	9810 6412 61	Non-Â Amitian - MTU			
41	Manisha Devi Manisha	Maheknambardar@gmail.com	4/13/2022 15:46	4/13/2022 16:42	57	Yes	9893 1469 47	-			
42	Bansheen Kaur Bansheen	Banshofficial123@gmail.com	4/13/2022 14:43	4/13/2022 15:37	55	Yes	9873 1622 22	-			
43	Rajnee Boken Rajnee	rajneecboken@gmail.com	4/13/2022 15:49	4/13/2022 16:43	54	Yes	9539 2673 73	Non-Â Amitian - Indian Institute of Science			
44	Rakesh Kumar Rakesh	rakeshkul@yahoo.com	4/13/2022 15:31	4/13/2022 16:25	54	Yes	1630 2807 460	-			
45	DIJEE BASTIAN DIJEE	dijee.bastian@kau.in	4/13/2022 14:43	4/13/2022 15:34	52	Yes	7259 3012 75	Non- Amitian - KERALA AGRICULTURAL UNIVERSITY			

46	Neelam Chaudhary Neelam	neelam.pharma121@gmail.com	4/13/2022 15:19	4/13/2022 16:04	45	Yes	9495 8845 27	Non-Â Amitian - Advanced Institute of pharmacy, palwal			
47	Dr Sangeeta Kumari Sangeeta Dr Sangeeta Kumari	sanshnic@gmail.com	4/13/2022 15:03	4/13/2022 15:46	43	Yes	-	-			
48	Rakesh Mudgal Rakesh	rakesh.mudgil@gmail.com	4/13/2022 14:43	4/13/2022 15:25	42	Yes	7838 9318 87	Non-Â Amitian - D. Y. Patil Education Society - Deemed University, Kolhapur			
49	Dr Vikas Madhukar Dr Vikas	vmadhukar@ggn.amity.edu	4/13/2022 14:52	4/13/2022 15:33	42	Yes		Amitian - 5744			
50	Ashutosh Angiras Ashutosh	ashutosh@sdcollegeomba.ac.in	4/13/2022 14:43	4/13/2022 15:20	38	Yes	9779 1515 52	Non-Â Amitian - Ashutosh Angiras			
51	Jaya Saxena Jaya	jayasaxena261@gmail.com	4/13/2022 16:06	4/13/2022 16:43	37	Yes	9958 2294 44	-			
52	Umesh Kumar Umesh	ukc39@hotmail.com	4/13/2022 14:58	4/13/2022 15:33	35	Yes	9811 7991 62	Non-Â Amitian - SAIL			
53	Bharat Parmar Bharat	parmar.bk@gmail.com	4/13/2022 14:43	4/13/2022 15:17	35	Yes	9829 0853 20	Non-Â Amitian - Eduvisors			
54	Rupali Sharma Rupali	rsharma9@ggn.amity.edu	4/13/2022 14:43	4/13/2022 15:17	34	Yes	9810 1195 69	Amitian - AIP			
55	Shivani Bansal Shivani	shivanibansal474@gmail.com	4/13/2022 15:37	4/13/2022 16:09	32	Yes	9810 5758 50	-			
56	Dipali Deswal Dipali	Dipalideswal@gmail.com	4/13/2022 14:43	4/13/2022 15:10	28	Yes		Amitian - Amity University Haryana			
57	Sarika Chaturvedi Sarika	schaturvedi@ggn.amity.edu	4/13/2022 14:43	4/13/2022 15:10	27	Yes	9319 4492 26	Amitian - 5758			
58	Gyan Jyoti Gyan	gjyoti@ggn.amity.edu	4/13/2022 15:53	4/13/2022 16:20	27	Yes		-			
59	Sahil Bhargava Sahil	sahilbhargava6@gmail.com	4/13/2022 14:54	4/13/2022 15:21	27	Yes	9820 3490 28	-			
60	Subhra Das Subhra	sdas@ggn.amity.edu	4/13/2022 16:16	4/13/2022 16:41	25	Yes		Amitian - 9076			
61	Jose A M Jose	amjose@ggn.amity.edu	4/13/2022 14:47	4/13/2022 15:12	25	Yes	9718 5988 87	-			

62	Deepa Gupta Deepa	dr.deepagu ptaglb@gm ail.com	4/13/20 22 16:21	4/13/2 022 16:42	22	Yes	9811 0474 30	Non-Â Amitian - G.L.Bajaj Institute Of Management & Research			
63	Hammad Safi Hammad	hammadbul lah@gmail. com	4/13/20 22 14:45	4/13/2 022 15:07	22	Yes	9654 2158 48	-			
64	Sanjay Diwan Sanjay	sanjay.diwa n10@gmail. com	4/13/20 22 16:23	4/13/2 022 16:41	19	Yes	9810 3696 87	Non-Â Amitian - Positive Momentum			
65	Shyam s Sharma Shyam s	sssharma29 @gmail.co m	4/13/20 22 14:51	4/13/2 022 15:09	19	Yes		Non-Â Amitian - Ex Grasim			
66	Arora Shobha Arora	arora.shob ha@gmail.c om	4/13/20 22 16:04	4/13/2 022 16:21	18	Yes	9819 0608 05	Non-Â Amitian - Devsamaj modern school new delhi			
67	Prof. (Dr.) Debasis Bhattacharya Prof. (Dr.) Debasis	dbhattacha rya1@ggn.a mity.edu	4/13/20 22 16:07	4/13/2 022 16:25	18	Yes	9891 2277 40	Amitian - 17208, Amity Business School			
68	Dr Sanjna Vij Dr Sanjna	svij@ggn.a mity.edu	4/13/20 22 15:40	4/13/2 022 15:56	16	Yes	9618 0972 43	Amitian - 303321			
69	Lovely Thapar Lovely	lthapar@gg n.amity.edu	4/13/20 22 15:47	4/13/2 022 16:02	16	Yes	9445 0012 40	-			
70	Dr. Shalini Devi Dr. Shalini	devganshali ni@gmail.c om	4/13/20 22 16:28	4/13/2 022 16:43	15	Yes	8851 9965 39	Non-Â Amitian - Dr. Ganesh Dass DAV College of Education for Women, Karnal			
71	Indu shekhar Thakur Indu shekhar	isthakur@g gn.amity.ed u	4/13/20 22 14:47	4/13/2 022 15:01	14	Yes		Amitian - 305964			
72	Ravinder Raina Ravinder	raviraina57 @gmail.co m	4/13/20 22 15:44	4/13/2 022 15:56	12	Yes		Non-Â Amitian - Ex -amitian emp code 301602			
73	Divyanshu Gaba Divyanshu	divyanshu.g aba@s.amit y.edu	4/13/20 22 14:43	4/13/2 022 14:54	12	Yes		Amitian - ASET			
74	Suman Yadav Suman	sumanyada v3663@gm ail.com	4/13/20 22 15:09	4/13/2 022 15:21	12	Yes		Amitian - Amity University			
75	Manoj Reddy Manoj	manojhbk0 9@gmail.co m	4/13/20 22 15:51	4/13/2 022 16:01	11	Yes		-			
76	Keshav Nandurkar Keshav	Keshav1965 @gmail.co m	4/13/20 22 14:44	4/13/2 022 14:53	10	Yes		Non-Â Amitian - K. K. Wagh instiute of engineering education			
77	Nikita Negi Nikita	himaninegi 4596@gmai	4/13/20 22	4/13/2 022	10	Yes	9716 0001	Amitian - ASFA			



		l.com	15:51	16:00			10			
78	amit jain Cam-2	ajain1@it.amity.edu	4/13/2022 14:43	4/13/2022 14:52	10	Yes	8700 6633 69	Amitian - 301063		
79	Vamsi Krishna Reddy Vamsi Krishna	vamsireddy9052@gmail.com	4/13/2022 14:58	4/13/2022 15:06	8	Yes	8770 7369 37	Amitian - A50105220061		
80	Alok Garg Alok	alok0345@gmail.com	4/13/2022 15:55	4/13/2022 16:02	7	Yes	9289 2431 89	Non-Â Amitian - Explorers Marketing Pvt Ltd		
81	Praveen kumar Sayyapureddy Praveen kumar	praveensayyapureddy09@gmail.com	4/13/2022 14:57	4/13/2022 15:04	7	Yes	7737 4179 87	Amitian - 0		
82	Dr. Girija Kumari Dr. Girija	gkumari@ggn.amity.edu	4/13/2022 14:44	4/13/2022 14:49	6	Yes	8742 9032 18	Amitian - 303204		
83	Neha . Neha	neha18@s.amity.edu	4/13/2022 15:13	4/13/2022 15:16	4	Yes	8949 6634 31	-		
84	Divij Agarwal Divij	divij.agarwal@s.amity.edu	4/13/2022 15:49	4/13/2022 15:52	3	Yes	9891 3530 68	Non-Â Amitian - Amity University		
85	Dr. Ajeet Kumar Dr. Ajeet	ajeetbhu07@gmail.com	4/13/2022 14:51	4/13/2022 14:54	3	Yes	9050 9893 13	Amitian - 306682		
86	D Boken D	Dineshboke n@gmail.com	4/13/2022 16:01	4/13/2022 16:03	2	Yes	9911 5289 21	Non-Â Amitian - Government		
87	Garvit Kumar singh Garvit	garvit.singh@s.amity.edu	4/13/2022 15:06	4/13/2022 15:08	2	Yes	8910 1893 69	Amitian - Amity university		
88	ALOK KUMAR ALOK	akumar11@ggn.amity.edu	4/13/2022 15:58	4/13/2022 15:59	2	Yes	9810 2338 44	Amitian - 12535		
89	Ujjwal Chhibber Ujjwal	ujjwal.chhibber@s.amity.edu	4/13/2022 15:40	4/13/2022 15:41	1	Yes	+919 8112 0665 1	Amitian - Enrollment no.- A50105221098		
90	Vinayak Kadian Vinayak	vinayakkadian@gmail.com	4/13/2022 15:35	4/13/2022 15:35	1	Yes	9560 1605 94	Amitian - Btech		
91	Pramod Pramod	pramod_ky al@yahoo.com	--	--	--	No	9971 0687 97	Non-Â Amitian - Resource Centre Tool & Dies		
92	Arti Arti	Artibhatti2020@gmail.com	--	--	--	No	9873 7350 26	Non-Â Amitian - The Maharaja Sayajirao University of Baroda , Vadodara , Gujarat		

93	Prof (Dr.) S.P. Prof (Dr.) S.P.	vice- chancellor @rgu.ac	--	--	--	No		Non- Amitian - The Assam Royal Global University			
94	Ashish Ashish	ashish.tiwar i@yahoo.co .in	--	--	--	No	8076 7454 79	Non-Â Amitian - TCS			
95	Anmol Anmol	anmolragha vrajput@g mail.com	--	--	--	No	7988 6295 92	Amitian - Student			
96	Eswar pavan kumar reddy Eswar pavan kumar reddy	medagame swar@gmai l.com	--	--	--	No	9560 1991 46	Amitian - Student			
97	Itte Itte	bharathku maritte@g mail.com	--	--	--	No	9312 9059 04	Amitian - Student			
98	H S Arora H S Arora	Arorasingh 013@gmail. com	--	--	--	No	9011 2271 41	Non-Â Amitian - Ss enterprises			
99	Sudhir Sudhir	snmodak.s ms@gmail. com	--	--	--	No	7065 9681 22	Non-Â Amitian - SMS Paryavaran ltd			
100	Yadvendra Yadvendra	vipulsahai @yahoo.co m	--	--	--	No		Non-Â Amitian - Self employed			
101	Deepali Deepali	goldmedal9 4@gmail.co m	--	--	--	No	8805 0102 42	Non-Â Amitian - Self employed			
102	Ashok Ashok	steelman10 @rediffmail .com	--	--	--	No		Non-Â Amitian - Retired from SAIL			
103	Sunil Sunil	Sjain003@g mail.com	--	--	--	No		Non-Â Amitian - Retired			
104	V S V S	vsgarg123 @gmail.co m	--	--	--	No		Non-Â Amitian - Railways			
105	Archana Archana	neeru2mail @gmail.co m	--	--	--	No		Non-Â Amitian - Railway			
106	Inderjeet Singh Inderjeet Singh	ijschadha@ gmail.com	--	--	--	No		Non-Â Amitian - Punjab & Sind Bank			
107	Prakhar Prakhar	rpra948@g mail.com	--	--	--	No	8929 5674 60	Amitian - Not employeed			
108	Kapila Sharma Kapila Sharma	kapilashar mashukla@ gmail.com	--	--	--	No	9763 7221 87	Non-Â Amitian - None			
109	Durgesh Durgesh	durgeshnan da2@gmail. com	--	--	--	No	8529 3363 94	Non-Â Amitian - Natural Health Innovations			
110	Amitabh Amitabh	narainru@g mail.com	--	--	--	No	9810 7108	Non-Â Amitian - MTU			

							78			
111	Dr. Prashant Dr. Prashant	prashantsd hotre@gmail.com	--	--	--	No	9891 4758 18	Non- Amitian - MITADT University		
112	Dr. Haribhau Dr. Haribhau	hrbhapkar @gmail.com	--	--	--	No	9922 3254 72	Non-Â Amitian - MIT ADT UNIVERSITY PUNE		
113	IT IT	mali@it.am ity.edu	--	--	--	No	9075 0155 36	Non- Amitian - mali@it.amity.e du		
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188	Ranjana Ranjana	rkothari@ggn.amity.edu	--	--	--	No	8571 0895 95	Amitian - 5579			
<b>Other Attended</b>											
0	User Name	Join Time	Leave Time	Time in Session (minutes)	Is Guest						
1	16302807460	4/13/2022 14:43	4/13/2022 14:43	1	Yes						

**Attendance Sheet of Outside Participant**

Event Title:				Date:
<b>S.No.</b>	<b>Participant Name</b>	<b>School</b>	<b>Designation/Programme &amp; sem(if student)</b>	<b>Signature</b>

1				
2				
3				



**Name & Signature of the Event Coordinator**



**Signature of HOI**

**Stamp of the Department**

Expert Talk on  
**Renowned Health & Nutrition Coach,**  
**Mr Lalit Mohan Kapoor, USA**  
 organised by  
**Academic Staff College,**  
**Amity University Haryana, Gurugram**

**13<sup>th</sup> April 2022**



An Expert Talk on "**My Health is My Business**" by Renowned Health & Nutrition Coach, Mr Lalit Mohan Kapoor from California, USA is being organised by Academic Staff College, Amity University Haryana, Gurugram on April 13th,2022 (Wednesday) in Hybrid Mode & D Block Auditorium, Amity University Gurugram . Around 300 students and faculty members from various department attended the expert talk in physical mode and ninety (90) participants joined through virtual mode.

In the Introductory address, Dr. Sanjna Vij, Program Director, AASC, AUH, gave an introduction on the program and introduced the audiences to the theme “: My Health is My Business” which is so relevant in today’s time. Dr Sanjna Vij emphasised that we all live busy lives, but taking out time for our body, mind and soul should always on the top. True productivity isn't just about emails, calls, meetings, projects and strategy building. It is also about the health of every single student and employee. Prioritizing the health of our students and employees, Academic Staff College, Amity University Gurugram organises today's talk.

Hon’ble Vice Chancellor, Prof P B Sharma, Amity University Haryana, gave warm welcome to Mr Lalit Kapoor . While delivering the Opening address, Prof P B Sharma emphasized that this is our life and we have a right to do whatever we want to do ,we have a right to eat whatever we want to, but we need to decide whether we want to live life with tears or cheers. Choice is up to us. Eating healthy is always a good choice but if we are not eating healthy then we need counselling and guidance from experts like Mr Kapoor who would be guiding us today to boost our health by educating ourselves on healthy habits.

Our Guest Speaker, Mr Lalit Mohan Kapoor, graduate of IIT Kanpur in 1971 and MBA from UCLA in 1975 gave an Expert Talk wherein he had talked about 5 Pillars of Health for Living a healthy lifestyle that can decrease the risk of serious long-term

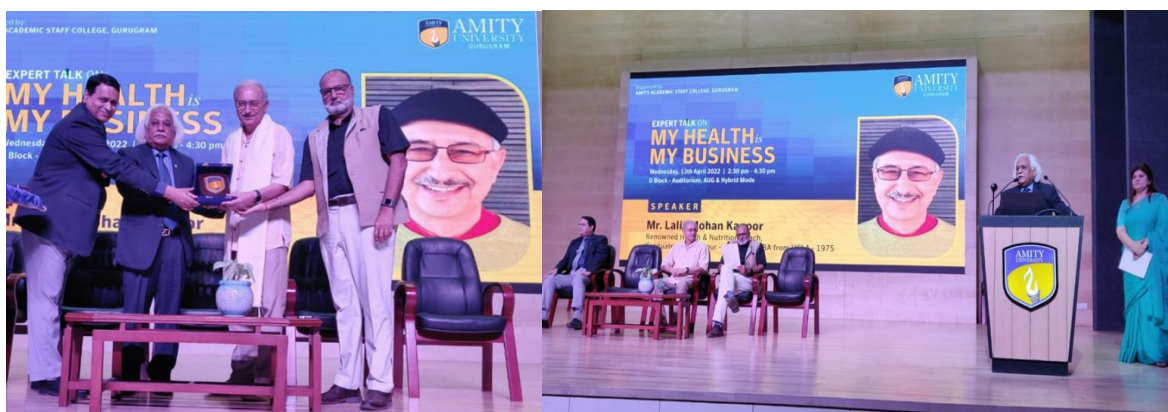
health conditions from occurring and prevent the existing condition from becoming more severe.

The five pillars of lifestyle which Mr Kapoor talked on were namely Body detoxification, plant based whole food, Physical activity, emotional & spiritual well-being, Timely sleep & meals .

Mr Kapoor gave his wonderful presentation about Nutrition & health. Mr. Kapoor emphasized upon breaking food myths and empowered people to boost their health by educating themselves about the Plant Based Whole Food (PBWF) diet and an active intermittent fasting-based lifestyle known as PBWF/IF/10K. He recently launched Plant Based Wellness Foundation, a not for profit NGO. Mr Kapoor stated that my experience has shown that chronic diseases start when our diet and lifestyle is unhealthy. Suppressing symptoms of these diseases by medications is not a good solution as it often leads to further complications. Changing diet and lifestyle is the correct answer to these problems and when we do that, the need for medications, to control the symptoms goes away or greatly diminished.

Vote of Thanks' was delivered by the moderator of the program Dr Sanjna Vij, AUH.

### **Glimpse of the Program:**



### **Recording Link:**

<https://youtu.be/2My3by0UWAg>

## Program Schedule:



# AMITY UNIVERSITY HARYANA

Established vide Government of Haryana Act No.10 of 2010

**Expert Talk on "My Health is My Business"**  
**Renowned Health & Nutrition Coach, Mr. Lalit Mohan Kapoor,**  
**Graduate of IIT Kanpur-1971 & MBA from UCLA-1975**

**Organised by Academic Staff College, Amity University Haryana**

**Day: Wednesday 13<sup>th</sup> April 2022, Time: 2:30PM-4:30PM**

**Venue: D Block Auditorium, Amity University Haryana & Hybrid Mode**

### Minute to Minute Programme Schedule

Time	Activity
2:30PM-2:35PM	Lighting of Lamp & Saraswathi Vandana
2:35PM-2:40PM	Introduction by <u>Dr. Sanjna Vij</u> , Program Director, Academic Staff College, Amity University Haryana
2:40PM-2:45PM	Welcome Address by Respected Pro-Vice Chancellor & Dean Academics, <b>Prof (Dr) Padmakali Banerjee</b> , Amity University Haryana
2:45PM-2:55PM	Opening Address by Hon'ble Vice Chancellor, <b>Prof (Dr) PB Sharma</b> , Amity University Haryana
2:55PM-4:15PM	Address by <b>Mr Lalit Mohan Kapoor</b> from California, USA on "My Health is My Business"
4:15PM-4:30PM	Question & Answer Session