



## Report on

### Lecture

on

## *“Break the Barrier and Be Active”*



*Organized by*

**School of Studies in Biotechnology  
&  
Alumni Association of Biotechnology**

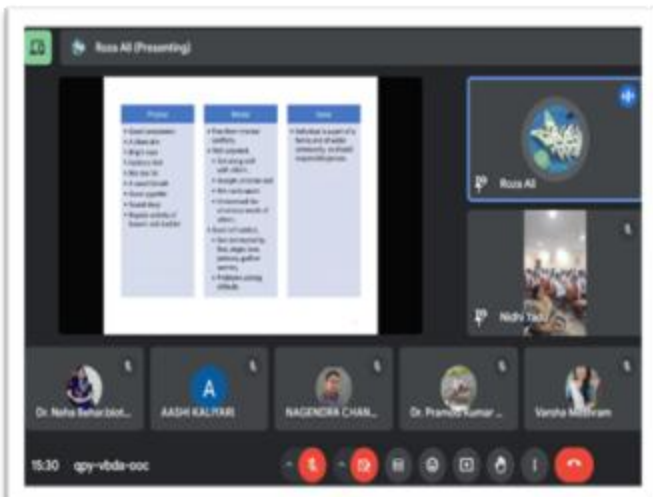
**Pt. Ravishankar Shukla University, Raipur (C.G.)**

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On 26 July, 2024, a lecture was jointly organized by the School of Studies in Biotechnology and the Alumni Association of Biotechnology, Pt. Ravishankar Shukla University, Raipur (C.G.), on the topic **“Break the Barrier and Be Active.”** The lecture was delivered by **Dr. Reeta Venugopal**, Professor at the School of Studies in Physical Education and Director of the Centre for Women’s Studies at Pt. Ravishankar Shukla University, Raipur (C.G.).

The event began with a warm welcome of the esteemed speaker, who was presented with a plant sapling by **Professor Keshav Kant Sahu**, Head, School of Studies in Biotechnology. Dr. Reeta Venugopal began her lecture by addressing the importance of physical activities and their role in improving the quality of life through physical education. She explained methods for analyzing individual fitness, such as calculating Body Mass Index (BMI) and Waist to Hip Ratio (WHR), and how these metrics can help in planning appropriate levels and intensities of physical activities and diet. She discussed the integration of physical, mental, spiritual, and social health for maintaining overall well-being. Dr. Venugopal expressed her concern about the prevalence of hypokinetic problems, such as cardiac diseases, obesity, and diabetes, which are often caused by a lack of physical activities. Dr. Venugopal offered several suggestions for making exercise more enjoyable, such as using different equipments, listening music, engaging in group activities, and taking short breaks during work hours. She emphasized that exercise is the shortest route to a sense of well-being and is one of the best ways to combat stress. The lecture concluded with an enthusiastic interaction between the students and Dr. Venugopal. The event ended with Prof. Keshav Kant Sahu presenting a memento and a certificate to Dr. Reeta Venugopal as a token of appreciation.

## Glimpses of the lecture



**You are Cordially Invited to attend**  
**A Popular Lecture**  
 by



**Dr. Reeta Venugopal**  
 Professor, School of Studies in Physical Education &  
 Director, Center for Women's Studies  
 Pt. Ravishankar Shukla University, Raipur 492 010, (C.G)

On  
**"Break the Barrier and Be Active"**  
 At  
**03: 00 PM, on Friday 26<sup>th</sup> July 2024**

Organized by  
**School of Studies in Biotechnology  
 &  
 Alumni Association of Biotechnology  
 Pt. Ravishankar Shukla University, Raipur**

1 July 2024

**नियुक्ति**

**रायपुर**

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**शारीरिक गतिविधियों में कमी के कारण होता है हृदय रोग और मोटापा : डा. रीता**

डॉ. वैष्णोपाल ने 'बाजारों को धर कर और प्रकृति बनो' शिप पर दो जानकारी, कहा-बाडी मास इन्वेस को गणना से कर सकते हैं फिटनेस का विरलेषण

हृदय रोगों का कारण बनने का प्रमुख कारण शारीरिक गतिविधियों में कमी है। डॉ. रीता वैष्णोपाल ने बताया कि शारीरिक गतिविधियों में कमी होने पर हृदय रोग और मोटापा का खतरा बढ़ जाता है।

डॉ. रीता वैष्णोपाल ने बताया कि शारीरिक गतिविधियों में कमी होने पर हृदय रोग और मोटापा का खतरा बढ़ जाता है।

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**शार्क टैंक की तर्ज पर दिया स्टार्टअप का आधारिक वीर सैनिकों के साहज शीर**