
**Guest Lecture on the Topic "Forgotten Fitness" on 7th April 2024 organized by
University Polytechnic**

Communication Cell IUL <communications@iul.ac.in>

Thu, Apr 4, 2024 at 4:17 PM

Bcc: plfc@iul.ac.in

University Polytechnic
Integral University, Lucknow
is organizing
Online Guest Lecture
on the Topic
"Forgotten Fitness"
on
7th April 2024
through zoom at 11:30 am

The Extension Activity Club of University Polytechnic cordially invites you to attend the online guest lecture on **"FORGOTTEN FITNESS"** on the occasion of **"World Health Day"** on **07th April 2024** at **11.30 A.M.** The lecture aims to raise awareness, educate, and inspire individuals to prioritize their health and make informed decisions for a healthier future.

The guest speaker of the program is Ms. Sariya Ansari, who is currently a fitness coach at Active Lifestyle Club, Lucknow.

We request all the faculty members and students to attend this informative session.

INTEGRAL UNIVERSITY
UNIVERSITY POLYTECHNIC
Organizes
GUEST LECTURE
FORGOTTEN FITNESS
on
WORLD HEALTH DAY
ZOOM

Resource Person
Ms. Sariya Ansari
Fitness Coach
ACTIVE LIFESTYLE CLUB

07 MAY, 2024
11:30 AM
REGISTER HERE
<https://forms.gle/Uv0MqPfb2YsZVs9>

Contact for more information:
9807904496

Dr. Intezar Mahdi
Principal
University Polytechnic

7/11/2024

IU Mail - Guest Lecture on the Topic "Forgotten Fitness" on 7th April 2024 organized by University Polytechnic

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