

**GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE**

**SEMINAR REPORT**

**ON**

**SEDENTARY LIFESTYLE AND PHYSICAL  
FITNESS**

**ORGANISED BY: UGC-SEMINAR COMMITTEE**

**DATE: 26.11.19**

**TIME: 02.00 pm - 3.30 pm**

**VENUE: Seminar Hall, 2nd Floor**

# GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

## UGC-SEMINAR COMMITTEE

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DATE: 21.11.19

### NOTICE

All concerned are hereby notified that a Seminar on “**SEDENTARY LIFESTYLE AND PHYSICAL FITNESS**” has been scheduled to be organised by the UGC-Seminar Committee, GGDC, Mangalkote on 26.11.19 from 02.00 pm – 3.30 pm (venue – Seminar Hall, 2<sup>nd</sup> Floor). The programme aims to present the current condition of the society in terms of their lifestyle and how it has given rise to various diseases in the young generation. The importance of physical fitness in this regard will be discussed by our in-house speaker, Mr. Debaditya Dutta, Assistant Professor, Department of Sociology, GGDC, Mangalkote.

Accordingly, all the departments are requested to encourage their students for maximum participation in the programme and to register for the same at the earliest. The brochure will be shared shortly.

### COUNTERSIGNED



**OFFICER-IN-CHARGE  
GGDC, MANGALKOTE**



**CONVENER  
UGC-SEMINAR COMMITTEE  
GGDC, MANGALKOTE**



**GOVERNMENT GENERAL DEGREE COLLEGE,  
MANGALKOTE**

**UGC SEMINAR COMMITTEE**

Invites you to join the  
SEMINAR

on

**SEDENTARY LIFESTYLE AND PHYSICAL  
FITNESS**

**SPEAKER:**

**PROF. DEBADITYA DUTTA**  
ASSISTANT PROFESSOR,  
DEPARTMENT OF SOCIOLOGY,  
GGDC, MANGALKOTE

ILLNESS PREVENTION  
AND TREATMENT

on 26.11.2019  
AT: 02.00 P.M.

Venue: Seminar Hall, 2<sup>nd</sup> Floor

LIFE EXPECTANCY

***ABOUT THE PROGRAMME:***

The current lifestyle is largely associated with technological advancements which has brought many things under the control of one's finger. Like, its said, "*Everything is just a click away.*" This has resulted in unhealthy lifestyle in the young population. Reduced open spaces like gardens, park, etc. are also important reasons for these sedentary lifestyle habits. As such, there has been increasing reports of lifestyle-related diseases recently. Here lies the importance of physical fitness which also determines mental fitness. The current seminar aims to make the students aware of these issues and their probable solutions.

***TARGET AUDIENCE:***

U.G. Students of GGDC, Mangalkote

LIFE EXPECTANCY

