

# WEBINAR ON PHYSICAL FITNESS

on January 26, 2021



On this Republic Day, September 26, 2021, NSS MSIT and Prakriti MSIT conducted a Masterclass on Physical Fitness of Mr. Ronak Vora, a Fitness Educator, Problem Solver and Entrepreneur, with over 7 years of experience. Being the Head Fitness Coach, the speaker doesn't only focus on Physical Fitness but on Mental Fitness, Emotional Well-being, and Self-improvement as well.

Prakriti MSIT

NSS MSIT

Join us for the webinar on

## Physical Fitness



**Ronak Vora**  
Fitness Educator  
Problem Solver  
Entrepreneur

Fitness is not about being better than someone else. It's about being better than you used to be

January 26 | 4:00 PM  
2021 | Google Meet

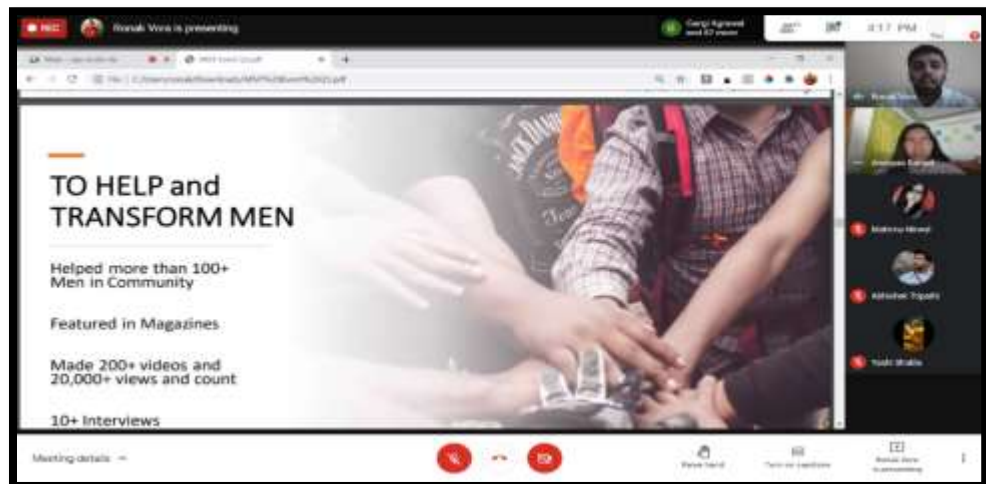
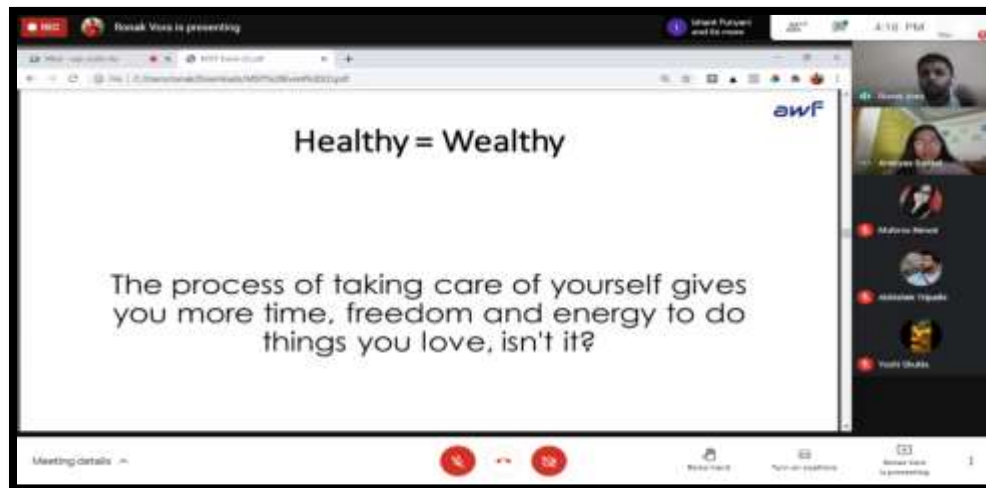
<http://prakriti.msit.in/fitness>

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The webinar was organized on Google Meet, an online meeting platform, from 4:00 PM and attended by over 60 students. It focused on the process of taking care of yourself and how self-love gives you encouragement, freedom and energy to do the things you love.

Beginning with Health equals Wealth and followed by “My 5 steps frame work” including move, nourish, community, be and mentality. Starting with a strong note the speaker said “You are the product of people around you”, highlighting the importance of being surrounded by the people we want to become, the speakers shared numerous ways on how to make our body language, content more impressive and indulging.



The webinar concluded with the idea of “Self-empowerment”, which brought up a wave of motivation that everyone can learn to self-love and be confident within themselves. The ideas shared in the webinar will definitely be a lifelong help to the students and they will believe in themselves and confidently face the audience. The learning is yet to go a long way.

