



**Swami Keshvanand Institute of Technology, Management & Gramothan,
Ramnagar, Jagatpura, Jaipur-302017, INDIA**

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Tel. : +91-0141- 5160400 Fax: +91-0141-2759555

E-mail: info@skit.ac.in Web: www.skit.ac.in

Name of the event: An expert Session on “Holistic health and wellbeing”

Date of the event: July 17th, 2025

Venue of the event: Campus of SKITM&G, Jaipur



Glimpse/s of the event

About the event: The Department of Civil Engineering successfully organized a guest lecture on “Holistic Health and Wellness” on 17 July 2025 from 9:00 AM to 11:00 AM at the J.C. Bose Seminar Hall, Civil Block, for 2nd Year B.Tech Civil Engineering students as part of their Induction Programme. The session was delivered by Dr. Punit Chaturvedi, an expert in Ayurvedic medicine and holistic healthcare. He shared valuable insights on maintaining physical health, mental balance, and stress management through natural and sustainable practices. The lecture emphasized the importance of a balanced lifestyle, proper diet, and mindfulness for students’ academic and personal growth. The session was highly interactive, engaging students through practical examples and discussions. Overall, the event was informative and well-received by the participants. The program concluded with a vote of thanks, expressing gratitude to the speaker for his enlightening session and contribution.

Name & contact number of event coordinator: - Dr. POOJA JAIN (9694909018)