

A Motivational speech on "FIT INDIA"

By

Mr Madhav Sulphule, IFS

Textile Association (India) Marathwada Unit and Department of Textile Technology of SGGSIE&T Nanded had organized a Motivational Speech on January 3, 2020 on the topic "FIT INDIA". The speaker was Mr Madhav Sulphule, IFS (Consul, Consulate General of India, San Francisco) who is an Alumnus of Textile Dept. He has given the message to the audience, "In today's competition era, the young generation is under tremendous work pressure and stress. In early age 30s, they are affected with BP, sugar, heart stroke, brain stroke etc. It is must to stay physically and mentally fit. Person should have the harmony amongst mind, body, heart and diet. Students must do daily physical exercise for 45 minutes, mediation and balanced diet to stay healthy and happy. In this way, they can contribute the FIT INDIA movement which is initiated by Hon Prime Minister of India Mr Narendra Modi.

Around 120 students and faculty members of the Institute participated in this event. Dr Y V Joshi (Director) was the President for the function. Dr R N Joshi (Hon Secretary of TAIMU) was the Coordinator of the event. Mr P Kar, Dr PG Solankar, Dr RS Holambe, Dr Suhas Gajre, Dr AK Chakrabarti were present for the program. Open discussion on UPSC preparation was also held during the session. Mr Sulphule also conducted a meeting separately with the students of UPSC chapter of the Institute.



