

# A gym of an idea at GNLU

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**Ahmedabad:** Kalpesh Prajapati, working with the accounts department of Gujarat National Law University (GNLU), has got hooked to gymming at the university for past one and a half months. The directive from senior officials is that the staff and faculty members should devote at least three hours per week — 30 minutes daily — for physical activities and Prajapati finds it invigorating to sweat it out for better productivity.

“The initiative is different as it also allows the staff to use the gymnasium during official hours. It provides us break from sedentary job and there is definite rise in gym-goers,”



he said. For 100-odd staffers and faculty members at GNLU, the physical activity has been made almost mandatory with regular follow-ups and check-ups for better health.

Prof Bimal Patel, director of GNLU, said that overall fit-

ness of the university faculty can be the best example for the students to follow. “Physical and mental fitness complement each other for overall personal and professional performance and happiness. We are hopeful that the initiative will encourage many with better energy,” he said.

Dr Saira Gori, dean of training programs at GNLU, is one of the regular faculty members at the gym. “Before the initiative, I had not been to any gym. But now I make it a point to spend about 30 to 45 minutes. It is a great initiative as you can lead a good life only if you have a healthy body and mind. It surely improves one’s professional output as well,” she said.