

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
NAAC Re-Accredited With A+ Grade, 2nd Cycle
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

Report- Make of Health food dish under Fit Khao Fit Raho.

Department: NSS UNIT

Program: Make of Health food dish under Fit Khao Fit Raho.

Objectives: Encouraging people to adopt a lifestyle that supports their long-term health emphasizing the importance of sustained healthy eating patterns.

Need: Maintaining a positive attitude towards your health and well-being goals is crucial. Believe in your ability to make healthy choices and achieve your fitness goals.

Content: The volunteers will be preparing a healthy dish and posting it on the given link by giving the name of the dish.

Judge: NA

Date: 29th October, 2023 to 1st November, 2023.

Cost/Budget: NA.

Proposed by: Dr. Vijay Vishwakarma

Verified by: Dr. Vijay Vishwakarma & Prof. John Menezes.

Date of Approval: 25th November, 2023

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Notice (WhatsApp):

Jai Hind

The NSS UNIT of Bunts Sangha's S. M. Shetty College of Science, Commerce
& Management Studies, Powai

Organizes

Fit Khao,

Fit Raho Hello Fellas!!!

Here, the participants have to cook food that they feel is healthy and nutritious
for their bodies and replace the unhealthy ingredients with healthier ones. But
yes, you can't use gas in a stove or any flame

(Only healthy food will be considered, you can refer to Google or YouTube for
help)

Send us the picture of the prepared dish and the dish name in the below link.

<https://forms.gle/fZ3rjqJWivytH3Uv8>

After receiving all the entries, we will post all the pictures on our Instagram
stories.

Date to submit your entries: 1st November,2023

Participants will be provided with an E-certificate

For any queries:-

Simranpreet:7666991444

Jai Nakashe: 8928650996

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Minutes of the meeting:- Make of Health food dish under Fit Khao Fit Raho.

There was an online meeting held on Zoom Platform.

1st Meeting on 28th October,2023

- Volunteers should follow the instructions.
- Volunteers were given some basic information about the activity.
- The volunteers were guided by the rules and regulations

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Report: Make of Health food dish under Fit Khao Fit Raho.

Event: Make of Health food dish under Fit Khao Fit Raho.

Date: 29th October, 2023 to 1st November, 2023.

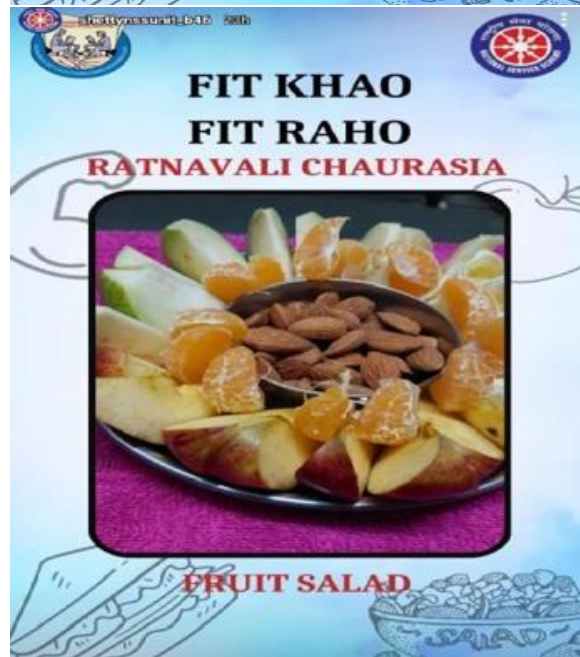
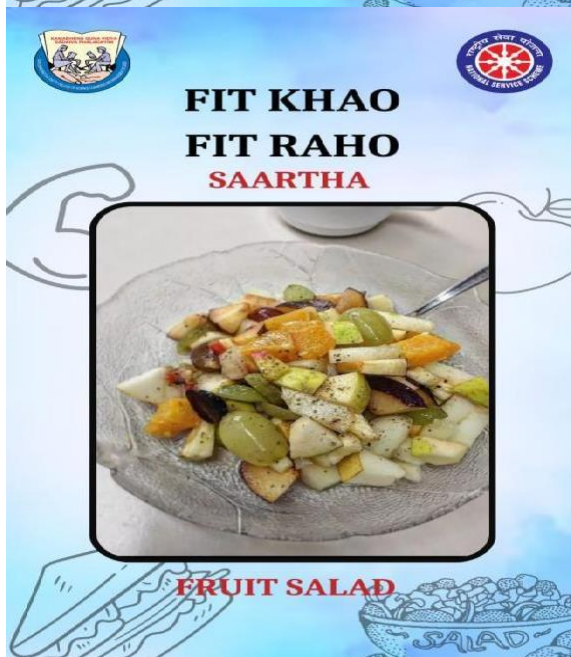
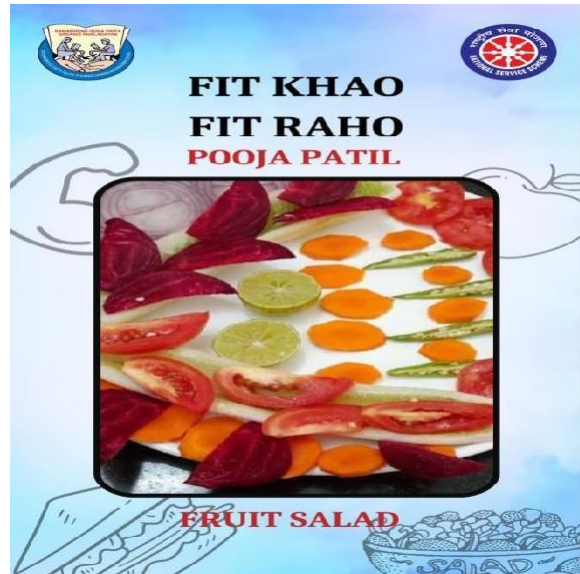
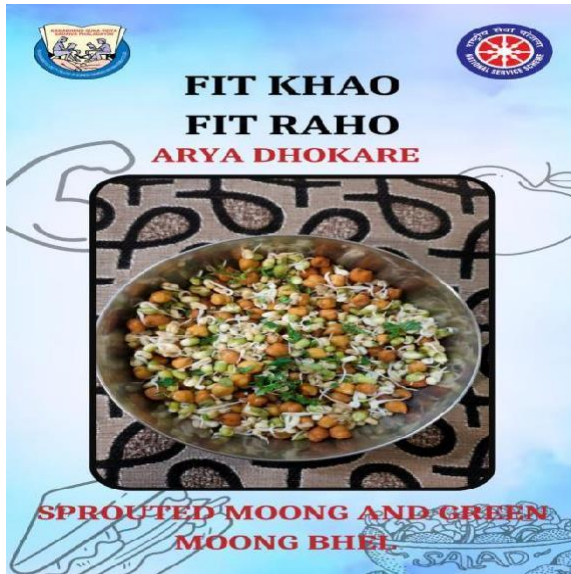
Objectives: Encouraging people to adopt a lifestyle that supports their long-term health, emphasizing the importance of sustained healthy eating patterns.

Highlight: The NSS unit of S.M. Shetty College of Science, Commerce and Management Studies, Powai has organized Fit Khao, Fit Raho. Participants got the idea of consuming a balanced diet that includes a variety of food groups, such as fruits, vegetables, lean proteins, whole grains, and dairy products. It emphasized the importance of being conscious of what you eat. It encourages individuals to make informed choices about their dietary intake. The participants made different types of healthy food and posted them with great energy. It was a great, rewarding experience for all and it was a wonderful experience.

Total Number Of Volunteers: 35

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Photos:



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Participants list:

Activity :- Fit Khao ,fit raho
 Date :- 29-10-23 to 1-11-23

SR.No	Name	Class	Roll no	Gender
1.	Jai Nakashe	SY	Bcom	F
2.	Sakshi Kamble	FY	BscIT	F
3.	Chetan Metrele	SY	BscIT	M
4.	Manoj Poojary	SY	BscIT	M
5.	Janhvi Singh	FY	BAF	F
6.	Pooja Nikam	TY	Bcom	F
7.	Rantnavali cha	SY	Bcom	F
8.	Calebezekiel Sampathi	FY	Bcom	M
9.	Vanshita Gbadke	SY	Data sci	F
10.	Sheetal Bhatane	SY	BscIT	F
11.	Riddhima Pal	FY	BMS	F
12.	Anshika Yadav	SY	BAF	F
13.	Rigbh taith	SY	BscIT	M
14.	Jaineeey chhadawa	SY	BBI	M
15.	Komal thakulla	SY	BAMMC	F
16.	Aman Singh	SY	Bcom	M
17.	Sumeet Yadav	FY	Data sci	M
18.	shawn shaji	SY	Bcom	M
19.	Bhumika Kotian	FY	BAF	F
20.	Abhishek gosada	FY	Bcom	M
21.	Jiya Choudari	FY	Bcom	F
22.	Prashant dubey	SY	Bcom	M
23.	Saanvi Poojari	FY	BMS	F
24.	Pooja Patil	SY	Bcom	F
25.	Saarthha	SY	BscIT	F
26.	Arya Dhokare	FY	BscIT	M
27.	Yuvraj jaiswar	SY	BscIT	M
28.	Muskan gupta	SY	BscIT	F
29.	Abhishek sherekar	FY	Data Sci	M
30.	Poojya Swatna	FY	BBI	F
31.	Simran	SY	BscIT	F
32.	Abhishek butala	FY	BscIT	M
33.	Pooja Mohite	SY	Data sci	F

F :- 21
M :- 14
T :- 3

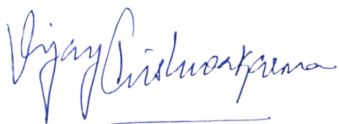
SR.No	Name	Class	Roll no	Gender
34.	Aameena Sayyed	SY	BscIT	F
35.	Kashish Chauhan	FY	BAF	F

F :- 21
M :- 14
T :- 3

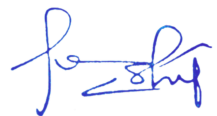
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Action Taken Report Of Make of Health food dish under Fit Khao Fit Raho,

Date	Feedback Received	Suggestions Provided
29 th October, 2023 to 1 st November, 2023	Feedback received on all the volunteers and audience was highly positive and encouraging. Suggestions were received regarding conducting more such events in the future.	To conduct more activities like these to help the community.



NSS Programme Officer



Principal