

BUNTS SANGHA'S  
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT  
STUDIES, POWAI.  
NAAC ACCREDITED 'A' GRADE  
ISO 21001:2018 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019

# BMI Checkup



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**BUNTS SANGHA'S**  
**S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT**  
**STUDIES, POWAI.**  
**NAAC ACCREDITED 'A' GRADE**  
**ISO 21001:2018 CERTIFIED**  
**IMC RBNQ CERTIFICATE OF MERIT 2019**

**Approval Form – BMI Checkup**

**Department:** NSS

**Program:** BMI Checkup.

**Objectives:** This is an initiative taken to guide students how to live a healthy life style.

**Need:** It is important to motivate students to eat healthy and stay healthy.

**Content:** The BMI checkup will be done and necessary guidelines will be given.

**Date:** 13<sup>th</sup> February, 2020.

**Cost/Budget:** NA.

**Proposed by:** Mr. Ishan Salian.

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

**Date of Approval:** 4<sup>th</sup> February, 2020



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**BUNTS SANGHA'S**  
**S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT**  
**STUDIES, POWAI.**  
**NAAC ACCREDITED 'A' GRADE**  
**ISO 21001:2018 CERTIFIED**  
**IMC RBNQ CERTIFICATE OF MERIT 2019**

**Minutes of the meeting – BMI CHECKUP**

**Meeting on 13 February , 2020**

- Discussed the upcoming events.
- Planned about the theme and dates for the event.
- The leaders work on the sample message for participation.
- The social media teamwork on the social media poster and brochure for the event.
- The digital team start to work on the certificate layout that will be provided to the participants.
- Finalised the timing of the event,



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**BUNTS SANGHA'S**  
**S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT**  
**STUDIES, POWAI.**  
**NAAC ACCREDITED 'A' GRADE**  
**ISO 21001:2018 CERTIFIED**  
**IMC RBNQ CERTIFICATE OF MERIT 2019**

**Notice:**

NSS unit of Bunts Sangha's S. M. Shetty college has conducted a BMI checkup (Body Mass Index) held on 13th February, 2020. All students are requested to get themselves checked.

Venue: College Premises



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



**PRINCIPAL**

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**BUNTS SANGHA'S**  
**S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT**  
**STUDIES, POWAI.**  
**NAAC ACCREDITED 'A' GRADE**  
**ISO 21001:2018 CERTIFIED**  
**IMC RBNQ CERTIFICATE OF MERIT 2019**

**Report- BMI CHECK UP**

**Event: BMI CHECK UP**

**Date:** 12<sup>th</sup> February, 2020

**Objective:**

**Highlight:** The NSS UNIT of S.M.SHETTY COLLEGE has organized a “**BMI checkup**” in collaboration with fit factory. Volunteers had a BMI checkup also they were given necessary suggestion to live a healthy lifestyle. The checkup was very useful for the volunteers as they were made aware of their health issues and also were provided with proper guidelines for the same.



**NSS Programme Officer**



**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

BUNTS SANGHA'S  
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT  
STUDIES, POWAI.  
NAAC ACCREDITED 'A' GRADE  
ISO 21001:2018 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019

# BMI CHECKUP



*Dijay. Krishnaswama*

**NSS Programme Officer**

*John Denezis*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



*S. M. Shetty*  
PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org

**BUNTS SANGHA'S**  
**S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT**  
**STUDIES, POWAI.**  
**NAAC ACCREDITED 'A' GRADE**  
**ISO 21001:2018 CERTIFIED**  
**IMC RBNQ CERTIFICATE OF MERIT 2019**



*Dijay. Krishnaswama*

**NSS Programme Officer**

*John Denezis*

**NSS Programme Officer**

Criterion 3 - Research, Innovations and Extension



*S. M. Shetty*  
PRINCIPAL

Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076.  
Tel. 022-6132 7352  
Email: college@smshettyinstitute.org