

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

Approval Form – Fit Khav Fit Raho.

Department: NSS UNIT

Program: Fit khav Fit Raho.

Objectives: To promote healthy eating habits among individuals and encourage them to make better food choices.

Need: To educate people about the importance of a balanced and nutritious diet

Content: Volunteers will be making food containing Millets.

Judge: NA

Date: 6th January, 2024.

Cost/Budget: NA.

Proposed by: Dr. Vijay Vishwakarma.

Verified by: Dr. Vijay Vishwakarma.

Date of Approval: 30th December, 2023.

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Notice (WhatsApp):

Jai Hind

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

Is Organising

Fit Khao, Fit Raho

Under,

Fit India Campaign

Join the Fit India initiative by preparing millet-based dishes at home.

Capture a photo while cooking and another after decorating the dish. Let's
inspire everyone to eat healthy!

Volunteers should participate maximum and have to upload 2 photos in the link
given below.

<https://chat.whatsapp.com/BaKerjhmKVCIRfvZUniTP>

Date: 6th January, 2023

For any queries, contact

Riddhima pal: 9136090595

Chetan metrela: 7021818572

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Minutes of the meeting :- Fit Khav Fir Raho

There was an online meet taken on Zoom Platform.

1st Meeting on 5th January, 2024.

- Volunteers should follow the instructions.
- Volunteers were told reporting time and some basic information about the activity
- The Volunteers were guided with the rules and regulation

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Report: Fit Khav Fit Raho

Event: Fit Khav Fit Raho

Date: 6th January, 2024.

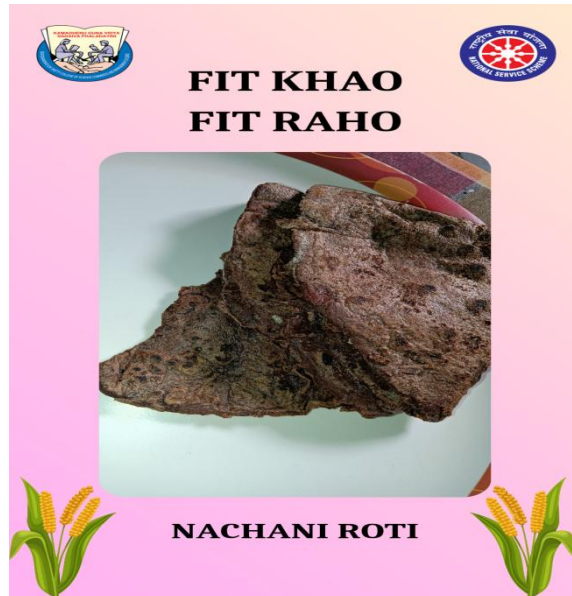
Objectives: To promote healthy eating habits among individuals and encourage them to make better food choices.

Highlight: The NSS unit of S.M. Shetty College of Science, Commerce and Arts, Management Studies, Powai has organized the Fit Khav Fit Raho activity taking the initiative by preparing millet-based dishes at home. To create awareness among people about the benefits of millet, to provide people with ideas for healthy and easy-to-prepare meals that are millet-based and affordable. Volunteers took the initiative by making millet-based dishes at home which contained Roti made of mixed millet, millet soup, etc. The activity helped volunteers plan their meals in a way that is both healthy and enjoyable.

Total Number Of Volunteers- 19

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Photos:



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Participants list:

Name : Fit Khao Fit Raho.
Date : 6/11/24.

SR No.	Name	class	Roll no.	M/F
1	Ansari Abdul	FYBCOM	165	M
2	Cracy lingam	FYBBI	18	F
3	Jai Nakashe	FYBCOM	167	F
4	Janhvi Singh	FYBAF	67	F
5	Abhishek Gowda	FYBCOM	81	M
6	Chetan mekela	S4IT	104	M
7	Sheetal Bhatane	S4IT	7	F
8	Riddhima Tai	FYBMS	40	F
9	Piyush Tarth	S4IT	146	M
10	Vanshita rhodee	S4DS	9	F
11	Sakshi Kambli	F4IT	25	F
12	Muskan Gupta	S4IT	19	F
13	Simranpreet kaur	S4IT	106	F
14	Arya Dhokare	F4IT	117	M
15	Aditya Zalte	F4DS	55	M
16	Yuvraj Jaiswar	S4IT	21	M
17	Madur Karkera	S4BMS	93	M
18	Prayach Gurav	S4BCOM	27	M
19	Mrunmaj Phadtare	F4IT	146	F

M: 9
F: 10
T: 19

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Action Taken Report Of Fit Khav Fit Raho

Date	Feedback Received	Suggestions Provided
6 th January, 2024.	Feedback received from all the volunteers and audience was highly positive and encouraging. Suggestions were received regarding conducting more such events in the future.	To conduct more activity like these.


NSS Programme Officer


Principal