

Bunt's Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
NAAC Accredited 'A' Grade
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

DIET, HEALTH, EXERCISE



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

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Approval Form – DIET, HEALTH, EXERCISE

Department: NSS UNIT

Program: Diet, Health, Exercise

Objectives: To access, evaluate to take positive action to protect, enhance and advocate for their own others health, wellbeing & physical activity participation across their lifespan.

Content: The NSS Unit of S.M. Shetty College has organised a Webinar on 'Diet, Health, Exercise' for our NSS Volunteers.

Date: 3rd March , 2022 & 4th March,2022

Cost/Budget: Nil / Not Applicable

Resource Person: Mr. Shrinivas

Verified By : Dr. Vijay vishwakarma & Prof. John Menezes

Date of Approval: 24th February, 2022



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Minutes of the meeting

There was a meeting taken in Classroom on 25th February, 2022

Meeting on 25th February, 2022

- Discussed about the event.
- Planned about the task and date for the event.
- The leader worked on the sample message that would be sent.
- All necessary information was given.



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Notice (WhatsApp Message):

Greetings to All ✨

The NSS UNIT of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai Is organising _CERTIFICATE COURSE On STUDENT DEVELOPMENT PROGRAM ON CAPACITY BUILDING_
TOPIC- DIET, HEALTH, EXERCISE

Resource Person : MR. Shrinivas Date:- 3rd March ,2022 Time:- 12:30PM

Venue:- Zoom Meeting

Zoom Link

<https://us02web.zoom.us/j/81907542393?pwd=bW1sSHRZQlVtYjVlVlFTZ1hDZVY1UT09>

Meeting ID: 819 0754 2393 Passcode: 0rhG15

Certificate will be provided to all the participants only after attending all the Sessions 📄

For any queries Call:

Snehal Rai:- 9082362400

Sushant Shetty:- 7738813869



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Report – DIET, HEALTH, EXERCISE

Event: DIET, HEALTH, EXERCISE

Date: 3rd March , 2022 & 4th March,2022

Objective: To assess, evaluate to take positive action to protect, enhance and advocate for their own others health, wellbeing & physical activity participation across their lifespan.

Highlights: The NSS Unit of S.M.Shetty College Of Science, Commerce & Management Studies,Powai had organised a Diet, Health, Fitness and exercise webinar for 2 days. Webinar started with the introduction of the resource person Mr. Shrinivas, He's a personal trainer, and a nutrition consultant.

As he discussed the importance of health and fitness in our day to day life, to make ourselves fit by doing yoga, exercise, and eating healthy foods. This session was for 2 days. He explained every part in detail, also we had some QnA rounds that helped the volunteers to know more in detail.The webinar ended with a vote of thanks by our NSS volunteer. There were 62 participants on 3rd March,2022 & 70 participants on 4th March,2022.



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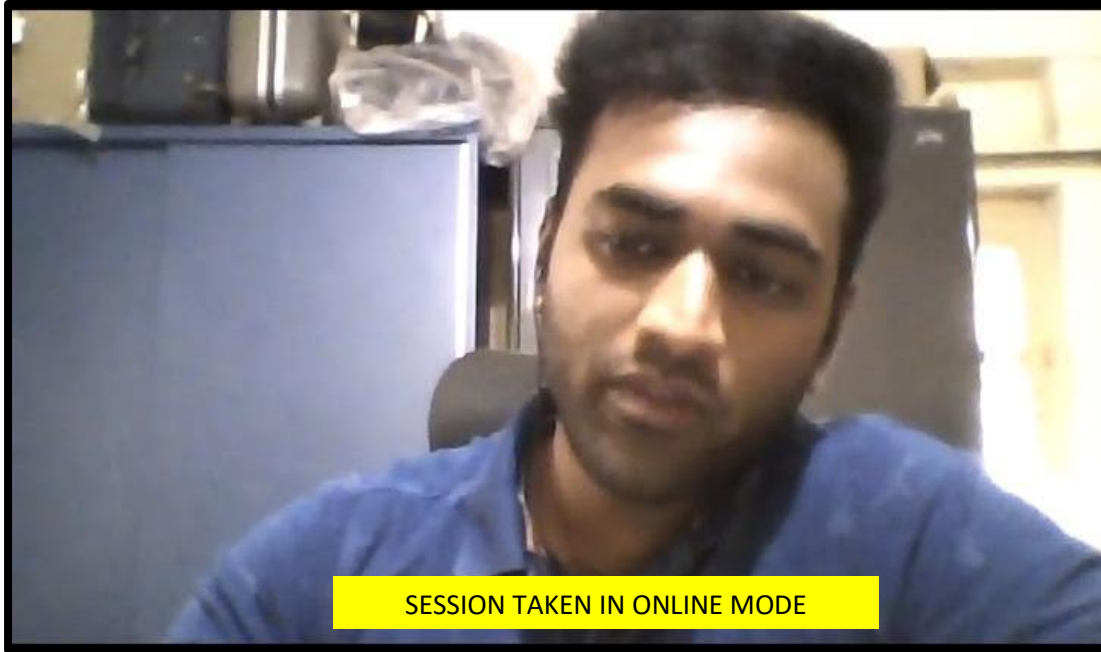
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