

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

# FIT KHAO FIT RAHO COOKING COMPETITION



**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 – Fit Khao Fit Raho Cooking Competition**

**Department:** NSS

**Program:** Fit Khao Fit Raho Cooking Competition

**Objectives:** This is an Inter-collegiate Cooking Competition.

**Need:** It is important to motivate students and help them to develop creative skills.

**Date:** 21<sup>st</sup> September, 2021.

**Cost/Budget:** NA.

**Proposed by:** Ms. Mansi Choubey & Ms. Ayesha Khan

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

**Date of Approval:** 15<sup>th</sup> September, 2021



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**Minutes of the meeting - Fit Khao Fit Raho Cooking Competition**

There was a meeting taken on Zoom Platform on 19<sup>th</sup> September, 2021

**Meeting on 19<sup>th</sup> September, 2021**

- Discussed about the upcoming events.
- Planned about the theme and dates for the event.
- The leaders work on the sample message that would be send to other colleges for participation.
- The social media team work 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 winners and participants.



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**Brochure/Poster - Fit Khao Fit Raho Cooking Competition**



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**NATIONAL SERVICE SCHEME**  
Presents  
**Fit Khao, Fit Raho**  
**Competition**  
(An Inter - Collegiate Cooking Competition)  
To Participate In The Competition

Send Us :-

1. Photo of Your Prepared Healthy Dessert.
2. Photos of Ingredients .
3. Recipe of the Dessert .
4. Benefits of the Dessert to Our Body .

**Event Is Open For All Age Groups**

**LAST DATE OF SENDING ENTRIES**  
**22nd September, 2021 Upto 11 pm**  
**Winners Will Be Declared On**  
**25th September, 2021**

**For Any Queries**  
Ayesha Khan : 8828486740    Mansi Choubey: 8369385057  
Sushant Shetty : 7738813869    Snehal Rai : 90823 62400



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**Rules and Regulations**

- 1. The participants have to cook a Healthy Desserts , which they feel it's nutritious to our body and replace the unhealthy ingredients with healthier one**
- 2. Participants have to show usage of Millets (Bajra) in their Desserts**
- 3. After receiving all the entries we will post all the pictures on instagram , participants need to share the same on their stories tagging our Instagram Handle - @shettynssunit\_b46 also don't forget to follow us and to use the hashtags :- #fitkhaofitraho #fitindiamovement**
- 4. Winners will be finalized on the basis of highest no. of saves on instagram ( Only Healthy Desserts will be considered )**
- 5. E - certificates will be given to all the participants**
- 6. Winners will be declared on 25th September, 2021 On our Instagram Handle**
- 7. Winners will be provided with certificate of appreciation**
- 8. Participants have to send the Picture of the Dessert made by them , Recipe of the Dessert , list of Ingredients and Benefits of it through the given google form (Link in Bio)**



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**Notice (WhatsApp Message):**

Helloooo Fellas!!!!!!!



The NSS UNIT of Bunts Sangha's S. M. Shetty College of Science, Commerce & Management Studies, Powai has organised an intercollegiate event i.e. Fit Khao, Fit Raho under Fit India Movement

◆ Here, the participants have to cook a dessert which they feel is healthy and nutritious to our body, replace the unhealthy ingredient with a healthier one.

◆ send us the picture of the prepared dish and ingredients with recipe and benefits

of it through the given google form below



<https://forms.gle/8USEPGV7Tt4pCn78>

Last date for sending entries: 22nd September, 2021

Note :- Things to be sent:

- 1) Photo of Prepared dessert
- 2) Photo of Ingredients
- 3) Recipe of the dish
- 4) Benefits of the dish to our body
- 5) Participants have to show usage of Millets (Bajra) in their desserts

◆ After receiving all the entries, we will post all the pictures on our instagram, so the participants need to share it on their story tagging our instagram id :- shettynssunit\_b46

And also don't forget to follow us and to use following hashtags while sharing:

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#fitkhaofitraho  
#fitindiamovement

Winners will be finalised on the basis of highest no. of saves on instagram

(Only healthy food will be considered )

E-certificates will be given to all the participants.

Winners will be declared on 25th September,2021 on our Instagram handle.



Winners will be provided with certificate of appreciation .

Do participateeeee!!!!



For any queries :-



Mansi Choubey : 8369385057  
Ayesha Khan : 8828486740  
Snehal Rai : 9082362400  
Sushant Shetty : 7738813869

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Instagram:



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shettyinssunit\_b46



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2/2

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**Report – Fit Khao Fit Raho Cooking Competition**

**Event:** Fit Khao Fit Raho Cooking Competition

**Date:** 20<sup>th</sup> September, 2021.

**Objective:** This event was organized for “Cooking Competition

**Highlights:** This event was organized by the NSS Unit of our College. The Participants were asked to make some dessert from Bajra. There was total 15 participants from different college in Mumbai.

The winners of the events are:

1. Ritika Patil (Valia College)
2. Harshali Kohinoor (B.K Birla College)
3. Vandana Kanojia (S.M Shetty College)



*Dijay. Krishnaswama*

**NSS Programme Officer**

*John Pienzo*

**NSS Programme Officer**

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*[Signature]*  
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*Dijay Krishnaswama*

NSS Programme Officer

*John Pienzo*

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*S. M. Shetty*  
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**Participants List - Fit Khao Fit Raho Cooking Competition**

Juhi Parekh	SVKM's Mithibai College
Shruti Vikram Shah	SVKM's Mithibai College
Anuja gajinkar	Bunts sangha's S.M shetty college of science commerce and management studies
Ritika Ganesh Patil	Valia College
Roshni Maheshwari	SVKM's Mithibai College
SHIVANJALI SANTOSH SINGH	S.M.SHETTY
sapna rajesh saroj	S.M Shetty
Shubhangi Jain	Sm Shetty college
Singh shivanjali santoah	S.m.shetty
KINJAL HARSORA	Mithibai College
Isha Malhotra	Sol
Kanojiya Vandana kadeprasad	Sm Shetty college powai
Harshali Kohinoor	B.K Birla College of arts commerce and science autonomoukalyan
Sahu Sriyakumari Sunil	SM Shetty College
Mansi Choubey	S M Shetty College, Powai



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**Sample Certificate – Fit Khao Fit Raho Cooking Competition**





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