

Bunts 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

D/11/091/22-23

Approval Form – Fit India Campaign

Department: NSS UNIT

Program: Fit India Campaign

Objectives: The mission to make India Fit under Fit India Campaign.

Need: People be aware of the healthy body and importance of their body fitness.

Content: To be a part of fit India movement

Judge: NA

Date: 16th October, 2022

Cost/Budget: NA.

Proposed by: Mr. Shivam Upadhyay

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

Date of approval: 10th October, 2022.



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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Notice(WhatsApp):

Jai Hind 

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

Organizes

✨ FITNESS RELATED ACTIVITY ✨


- 1.Surya namaskar
- 2.Relay Race
- 3.Sack Race

Under Fit India Movement

Note :

- 1.Volunteers should come in comfortable clothes.
- 2.Volunteers should bring necessary materials for the competitions (Example: Jute Sack)

 Date: 16th October, 2022

 Time: 7.30 am onwards.

Venue: S.M Shetty Ground.

Volunteers should register in this given link who is participating in Relay race:

<https://forms.gle/25HHv1FrfbvHGLBbA>

Volunteers should register in this given link who is participating in Sack Race:

<https://docs.google.com/forms/d/e/1FAIpQLScV73coVFfmYBGiMEHY84qHMBsyUQEcdREgcDCmwHH7djILUw/viewform?usp=sharing>

WINNERS WILL BE GIVEN CERTIFICATE



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For any queries Call:
Shivam Upadhyay -9321413771

Minutes of the meeting – Fit India Campaign

There was an online meet on Zoom Platform.

1st Meeting on 14th October, 2022

- Reporting time should be given.
- Guiding the team members by the leader.
- The Social Media Team was allotted with the work.



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Report: FIT INDIA CAMPAIGN

Event: Fit India Campaign

Date: 16th October, 2022.

Objectives: The mission to make India Fit under Fit India Campaign.

Highlight: The NSS Unit Of Bunts Sangha's S.M. Shetty College Of Science, Commerce And Management Studies Powai organizes a Fitness Related Activity under Fit India Movement. In this activity we did the Surya Namaskar, Relay Race and Sack Race. We first did the Surya namaskar to maintain body fitness, stress relief and body warmup exercise then we went for the relay race in which we formed a group of 4 people then the race was done . Then after there was a semi- final race and we got the winners of the Relay Race. After this Sack Race activity in this we have to wear a sack and run. It was a lot of fun. The message of strong and Fit India by this physically and Ground Sports. Then we get the refreshment.

Photos:



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Participate:

1. vinyas shetty
2. Shubham Yadav
3. Kunal Prakash Sawale
4. Tripathi Saurabh
5. Pooja Anil Nikam
6. Pratham mahyavanshi

23. Kunal Prakash Sawale
24. Jainam Jain
25. Sujal More
26. NISHITH SUVARNA
27. Sonal Gupta
28. Aameena Sayyed
29. Nidhi Patel

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- | | |
|--------------------------------------|-----------------------------------|
| 7. Kanchan Lalbahadur
Gupta | 30. Sanjana yadav |
| 8. Vaishnavi Sandeep
Gawde | 31. ayush kumar |
| 9. Jaineeey chhadwa | 32. Akhilesh Pappu Nishad |
| 10. Krishni Shetty | 33. Tushar mohite |
| 11. Upadhyay Saurabh
Gautam | 34. Gupta muskan |
| 12. Dhvani | 35. Harsh Sav |
| 13. Ayush kumar | 36. Chetan valmiki |
| 14. Sanjiv bhappa | 37. Ronak |
| 15. Mayur Shewale | 38. Priti pramod Pandey |
| 16. Sonal gupta | 39. Nandini Sadashivan |
| 17. Sapna Rajesh Saroj | 40. Madur Karkera |
| 18. Rohan singh | 41. Sakshi Suresh Ra |
| 19. Tushar Premshankar
Chaurasiya | 42. Sakshi sarvagod |
| 20. Mahesh kunwar | 43. Prerna giri |
| 21. Shashank Rane | 44. Rupesh Poojari |
| 22. Zoeb khan | 45. Singh Amankumar
Manojkumar |

Action Taken Report On FIT INDIA CAMPAIGN

<u>Date</u>	<u>Feedback Received</u>	<u>Suggestions Provided</u>
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16 th October, 2022.	Feedback received on all the volunteers and audience was highly positive and encouraging. Suggestions were received regarding conducting more such events in the future. Please add some more events such as. Fitness Camp, Sports Competitions for Underprivileged childrens	Please conduct such more activity this was nice and fitness related activity that gives a knowledge.
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