

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/11/093/22-23

Approval Form – BHAG DOST BHAG

Department: NSS UNIT

Program: BHAG DOST BHAG

Objectives: The mission of the Fit India Movement is to bring a more physically active lifestyle.

Need: People need to be aware about their health and importance of their body

Content: Volunteers took part in the Fit India Movement

Judge: NA

Date: 18th October, 2022.

Cost/Budget: NA.

Proposed by: Mr. Shivam Upadhyay

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

Date of approval: 12th 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** 🌟
🏃 **Bhag dost Bhag (Running)**

Under Fit India Freedom Run

Note :

- 1.In this activity, Volunteers should run at least 1 km and take a photo of a Pedometer(phone) or from a smart watch.**
- 2.Volunteers should upload the photo in the below link** 👉
<https://forms.gle/W11NRRsZQdBCQ6Ma7>

📅 **Date: 18th October, 2022.**

🔔 **Time: Submit till 9.00 pm**

E-Certificate will be provided

**For any queries Call:
Shivam Upadhyay -9321413771**



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Minutes of the meeting – BHAG DOST BHAG

There was only 1 online meet taken on Zoom Platform.

1st Meeting on 17th October, 2022

- Activity was explained in the meet.
- Proper Guidelines were given to the volunteers by the leader.
- All the work allotted to the Social Media Team.



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Report: BHAG DOST BHAG

Event: BHAG DOST BHAG (Fit India Movement)

Date: 18th October, 2022

Objectives: The mission of the Fit India Movement is to bring a more physically active lifestyle.

Highlight: The NSS Unit of Bunts Sangha's S.M. Shetty College Of Science, Commerce and Management Studies Powai organized a **BHAG DOST BHAG** under Fit India Movement. In this activity the participants have to run or walk the whole day. In this they have to measure the calorie and the steps they walk or do in the whole day. In this a message of being fit was given to the society by doing this activity. This activity made the volunteer active and may they continue this exercise. Many participants participated in this activity and the record was taken through google form.



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Photos:



Dijay. Crishwarasama

NSS Programme Officer

John Penezes

NSS Programme Officer

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Prakash
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Participants list:

1. Zoeb khan	23.Sonal gupta
2. Sanjiv bhappa	24.Aameena Sayyed
3. Shubham Yadav	25.Debasish behera
4. Muskan mulla	26.Mrugaja Chavan
5. Mohammad Aabid Ali mehboob shaikh	27.Mahesh gowda
6. Akashkumar jha	28.Sujal Anil Sarpate
7. Zaara shaikh	29.Rajyashree jaiswal
8. Sumit Naiya	30.Kanchan gupta
9. Shaikh maqsood mushtaq ali	31.Deepak pawar
10.Chetan	32.Jai Atul Nakashe
11.Singh Amankumar Manojkumar	33.Krishni Shetty
12.Appu ambali	34.Tushar Premshankar Chaurasiya
13.Pinky Sahani	35.Sanjana yadav
14.Saurabh Yadav	36.vinyas shetty
15.Akhilesh Pappu Nishad	37.Komal Thakulla
16.Shahenshah	38.Sohail Shaikh
17.Prashant Vijayprakash Dubey	39.Tripathi
18.Mayur shewale	40.Rohan Ravindra gutam
19.Sanjana pawar	41.Sakshi Suresh Rai
20.Madur Karkera	42.Shaun shaji
21.Manoj Poojary	43..Disha boricha
<u>22.22.</u> Siddharth salvi	44.Vaishnavi Dhuri
	<u>45.</u> Aanchal Jaiswal



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Action Taken Report On BHAG DOST BHAG

<u>Date</u>	<u>Feedback Received</u>	<u>Suggestions Provided</u>
18 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 , Yoga Session, Health Check-Up.	Please conduct such more activity this was nice and fitness related activity that gives a knowledge.



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