

**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/11/092/22-23**

**Approval Form – Rassi Udi**

**Department:** NSS UNIT.

**Program:** Rassi Udi (Skipping).

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

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

**Content:** To be a part of fit India movement the volunteers tried skipping at their home.

**Judge:** NA

**Date:** 17<sup>th</sup> October, 2022

**Cost/Budget:** NA.

**Proposed by:** Mr. Shivam Upadhyay

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

**Date of approval:** 11<sup>th</sup> 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 ✨  
RASSI UDI (Skipping)

Under Fit India Movement

Note :

1. Volunteers should record their 1min video doing skipping activity.
2. Volunteers should upload their video in the link below given link.

<https://docs.google.com/forms/d/1wroa9aTdnCxrFsnpnEkG1fXNTmATAQuQ-qZPVHCGOug/edit?usp=drivesdk>

 Date: 17th October, 2022.

 Time: Before 9 pm

\*E-certificate will be provided\*

For any queries Call:  
Shivam Upadhyay -9321413771



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**Minutes of the meeting –**

There was only one online meet conducted on the Zoom Platform.

**1<sup>st</sup> Meeting on 16<sup>th</sup> October, 2022**

- Instructing the volunteers about the activity.
- The Online activity the work related to it was distributed.
- All the work of social media was given.



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**Report: RASSI UDI**

**Event:** Rassi Udi (Skipping)

**Date:** 17<sup>th</sup> October, 2022

**Objectives:** The mission of the 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 Rassi Udi under Fit India Movement. In this activity the volunteers have to do the skipping for 1 minute. After that they have uploaded their video in the given link. Participants participated in huge numbers. Actually the activity is fun and you can do the activity at home also A Activity under the Fit India Campaign.



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**Photos:**



*Dijay. Crishwappa*

**NSS Programme Officer**

*John Peneze*

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**Participants list:**

1. Jainam jain	14. Debasish behera
2. Sanjiv bhappa	15. Siddharth vasudev salvi
3. Manoj Poojary	16. Sanjana pawar
4. Muskan mulla	17. Aakash Vinod Jagtap
5. Shubham Yadav	18. jagan
6. Saartha	19. Deepak pawar
7. Rishi Tebak	20. SHUBH BORICHA
8. Sumit Naiya	21. Sakshi Poojary
9. Zaara shaikh	22. Madur Karkera
10. Prashant	23. Pooja patil
11. Pinky Sahani	24. Priti pramod Pandey
12. Zueb khan	25. Shaun Shaji
13. Tushar Premshankar	26. Sayyed jalal
Chaurasiya	27. Tanisha upale



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**Action Taken Report On RASSI UDI**

<b><u>Date</u></b>	<b><u>Feedback Received</u></b>	<b><u>Suggestions Provided</u></b>
17 <sup>th</sup> 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 running competitions and many more.	Please conduct such more activity this was nice and fitness related activity that gives a knowledge.



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