

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/11/0102/22-23

Approval Form – Fit Khao Fit Raho

Department: NSS UNIT

Program: Fit Khao Fit Raho

Objectives: To spread Awareness about eating healthy and staying healthy.

Need: To aware the people about the importance of health.

Content: To be a part to Fit India Campaign

Judge: NA

Date: 3rd November, 2022 to 5th November, 2022.

Cost/Budget: NA.

Proposed by: Mr. Shivam Upadhyay.

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

Date of Approval: 28th 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):

Helloooo Fellas !!!



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

◆ Here, the participants have to cook such food which they feel is healthy and nutritious to our body, and replace the unhealthy ingredient with a healthier one. But yes you can't use gas stove or any flame

(Only healthy food will be considered you can refer Google or YouTube for your help)

◆ send us the picture of the prepared dish and the dish name in the below given link.
<https://forms.gle/1h316Z8i6HjCZh7r9>

◆ After receiving all the entries, we will post all the pictures on our instagram stories.

▫ Date to submit your entries : 03 -11-2022 to 05-11-2022

Participants will be provided with E-certificate

For any queries :-📞

Ayesha Khan: 8828486740

Abhijeet Patil: 8355822256

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Minutes of the meeting – Fit Khao Fit Raho

There was only one meeting taken on Zoom Platform

1st Meeting on 27th November, 2022

- Instructing the volunteers about the activity
- Carry the basic necessity.
- Allot the work to the social media team.
- Discussing the pre and post work with the team .



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Report: Fit Khao Fit Raho

Event: Fit Khao Fit Raho

Date: 3rd November, 2022 to 5th November, 2022

Objectives: To spread Awareness about eating healthy and staying healthy.

Highlight: The NSS Unit of Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai Conducted a Event Fit Khao Fit Raho under Fit India Campaign in which we have to make a dish which is made without using gas stove and any such resources. To spread awareness on eating healthy in the unfit world and keeping our body in a healthy state. All the volunteers participated in an active manner. This was a healthy message given through this activity.



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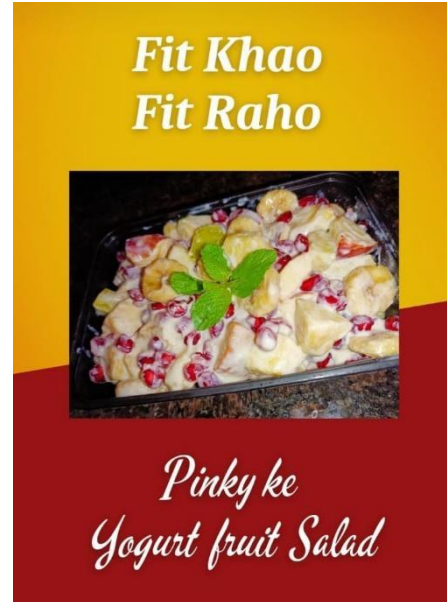
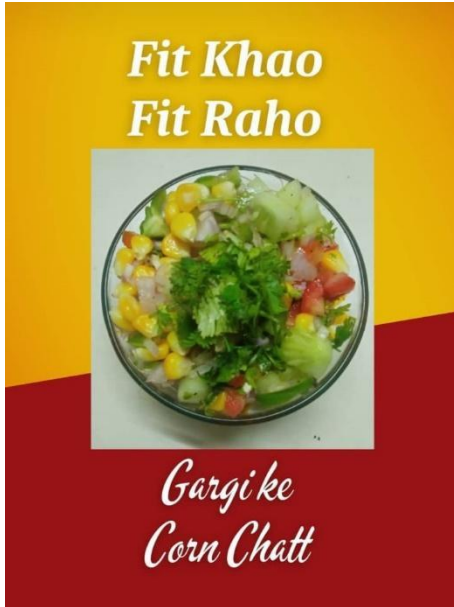


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Photos:



Dijay. Krishnarajama

NSS Programme Officer

John Penezo

NSS Programme Officer

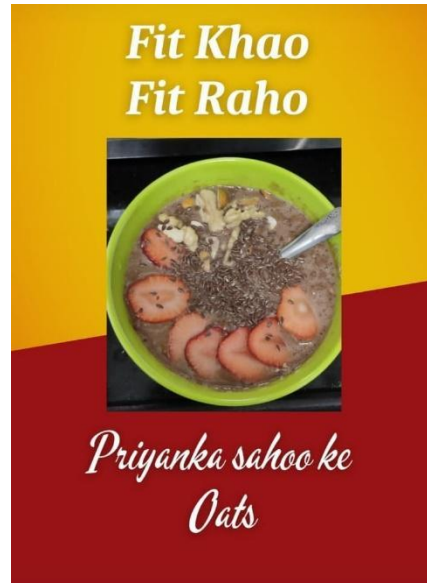
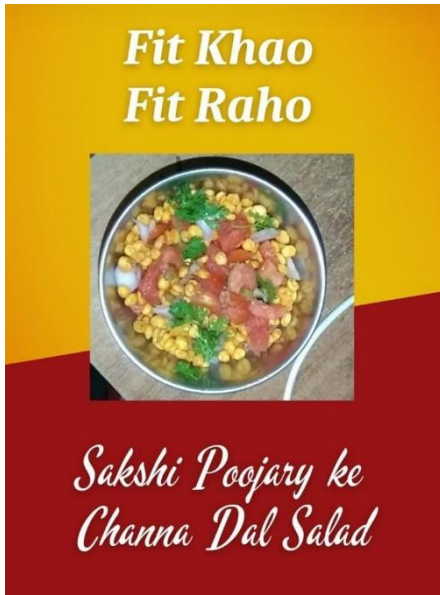
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Shetty
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Participants list:

Dijay. Krishnarajama

NSS Programme Officer

John Peneze

NSS Programme Officer

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Sakshi
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<ol style="list-style-type: none">1. Jainam Jain2. Singh Aman kumar Manoj kumar3. Snehal bandle4. Pooja Patil5. Zueb khan6. Deepak Pawar7. Priti Pandey8. Gargi Worlikar9. Mahesh Gowda10. Shruti Dubey11. Yadav Anshika12. Shubham Yadav13. Sapna Saroj14. Pinky Sahani	<ol style="list-style-type: none">15. Priyanka manoranjan sahoo16. Prashant Vijay Prakash Dubey17. Sakshi poojary18. Sonal gupta19. Nidhi Patel20. Disha Boricha21. Ritu Prajapati22. Ratnavali Surendra Chaurasia23. Sumit Naiya24. Amisha shetty25. Aameena Sayyed26. Roshna Minu27. Roshni anchan28. Muskan mulla29. Manoj Poojary
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ACTION TAKEN REPORT OF FIT KHAV FIT RAHO

<u>Date</u>	<u>Feedback Received</u>	<u>Suggestions Provided</u>
3 rd November, 2022 to 5 th November, 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 Health Check-up camp Etc.	Conduct such more activity to make a revolution between the society about Fitness.



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