

Bunts Sangha's
S.M.Shetty College of Science ,Commerce & Management Studies,powai.
NAAC ACCREDITED 'A' GRADE
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Activity Approval Format

Date: 21-10-2020

Program: Intercollegiate Webinar on- Diet Fitness Which Leads to a Healthy Lifestyle

Need: Mental & Physical Wellness during Lockdown

Objective: To create physical, mental & spiritual practice among the citizens.

Content: Eating habits, benefits of exercise, how to deal with stress,etc .

Resource Person: Dr. Sharayu Rajwade (Founder at Dr. Sharayu's, B.H.M.S (Pune), P.G.
Diploma in Wellness and Cosmetology, Certified COVID warrior.)

Date: 24-10-2020 **Time:** 5:30 to 6:30 p.m **Venue:** Zoom Webinar

Cost/Budget: NA

Proposed By: Health Club & NSS



Verified By:




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Minutes of the meeting

Date: 20/10/2020

Time: 4:00 p.m

Mode: Whatspp Call

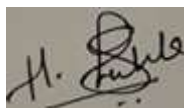
Following things were discussed in the meeting:-

The agenda of the meeting was to discuss the need to conduct an intercollegiate webinar on national food day 24th Oct, 2020 in collaboration with NSS unit. The purpose of the event was to make awareness among the citizens about good food habits, importance of exercise, etc.

The webinar will be conducted on 24th Oct, 2020 at 5:30 pm over Zoom.

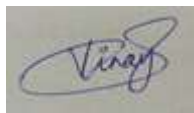
Health Club In-charge:

Asst. Prof. Himani Shukla



Health Club Members:

Asst. Prof. Vinay Vilas Shahapurkar



Asst. Prof. Prachi Agarwal




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Notice

Date: 23/10/2020

One cannot think well, love well, sleep well, if one has not dined well

Jai Hind

Hello Fellas.....

The NSS Unit of Bunts Sangha's SM Shetty College of Science, Commerce and Management Studies 🏢 In collaboration with the Health Club has organized

HEALTHY 2020 MISSION

An Intercollegiate Webinar on- **Diet Fitness Which Leads to a Healthy Lifestyle**

On the occasion of NATIONAL FOOD DAY. 🍷🏠🍷🍰📺

Guest of Honour :- Dr. Sharayu Rajwade

Founder at Dr. Sharayu's

B.H.M.S (Pune)

P.G. Diploma in Wellness and Cosmetology, Certified COVID warrior.

E-Certificates 📄 will be provided to the participants.

Registration link 🖱️ - [nhttps://forms.gle/cdmb4iyfsVFNdjF6](https://forms.gle/cdmb4iyfsVFNdjF6)

▪ To be noted

📅 Date 📅 - 24/10/2020

🕒 Time 🕒 - 5:25pm

📍 Venue- Zoom

▪ Our Instagram page :-




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https://instagram.com/shettyunit_b46?igshid=oahwycsldum

- Also follow our other social media handles

Facebook page :-

<https://www.facebook.com/smshettyss/>

- YouTube Channel :-

https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q

□For any further queries WhatsApp :-

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Regards,

NSS UNIT & Health Club




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JOINING LINK

Bunts Sangha's S M Shetty Educational Institutions is inviting you to a scheduled Zoom meeting.

Topic: NSS & HEALTH CLUB - National Webinar by Dr. Sharayu

Time: Oct 24, 2020 05:00 PM India

Join Zoom Meeting

<https://us02web.zoom.us/j/87210017234?pwd=Y2Q3blhIVmVuUCtDUmgvR25hblg5UT09>

Meeting ID: 872 1001 7234

Passcode: 6kQeUi

+1 301 715 8592 US (Germantown)

+1 312 626 6799 US (Chicago)

+1 346 248 7799 US (Houston)

Meeting ID: 872 1001 7234

Passcode: 453022

Find your local number: <https://us02web.zoom.us/j/k8asK5MxH>



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Report

Organized by: Health Club and NSS Unit.

Event: One Day Intercollegiate National Webinar

Topic: Diet Fitness Which Leads to a Healthy Lifestyle

Date: Saturday – 24th October, 2020

Timing: 5:30-6:30 pm

Venue: Zoom Webinar

Scope: Teaching, Non-Teaching Staff, Students, Parents & others.

Resource Person: Dr. Sharayu Rajwade (Founder at Dr. Sharayu's, B.H.M.S (Pune), P.G. Diploma in Wellness and Cosmetology, Certified COVID warrior.)

Objective: To promote better mental and physical health of the community.

Highlights:

Total 130 participant attend the webinar where 38 participant were male & 92 female. The session covered various issues related to health. The resource person covered issues like eating habits, importance of exercise, importance of proper water intake. Issues related to PCOD, hairfall, etc. The session covered the healing of physical and mental health.

Health Club In-charge:

Asst.Prof.Himani Shukla

Health Club members:

Asst.Prof.Prachi Agarwal

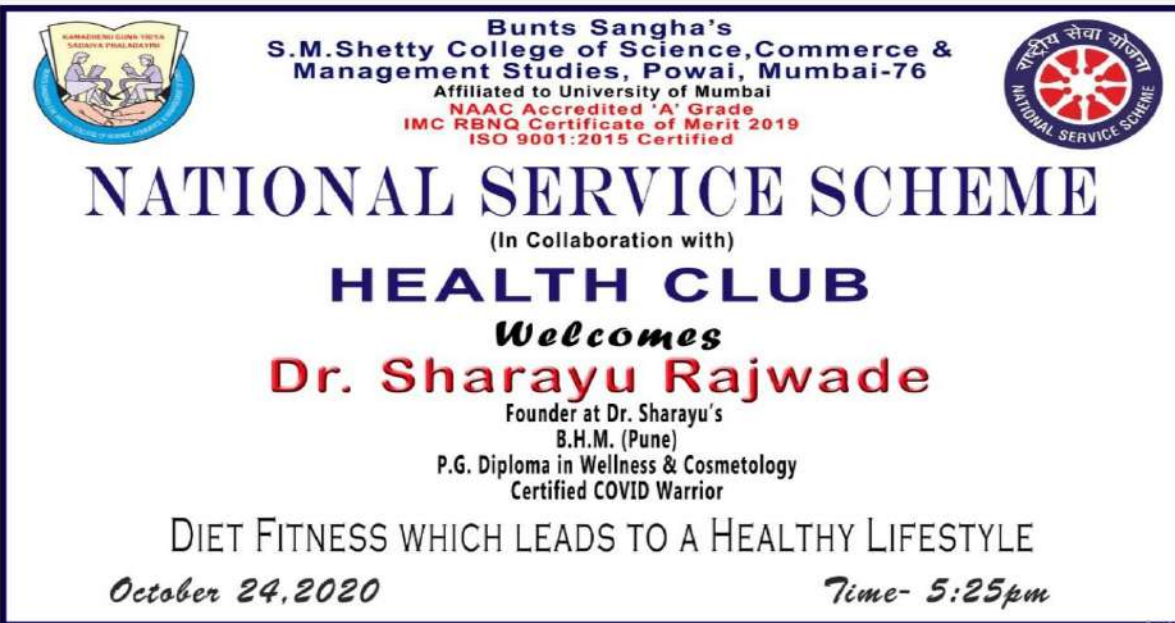
Asst.prof.Vinayak Shahapurkar




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Backdrop



Bunts Sangha's
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Affiliated to University of Mumbai
NAAC Accredited 'A' Grade
IMC RBNQ Certificate of Merit 2019
ISO 9001:2015 Certified

NATIONAL SERVICE SCHEME
(In Collaboration with)
HEALTH CLUB
Welcomes
Dr. Sharayu Rajwade
Founder at Dr. Sharayu's
B.H.M. (Pune)
P.G. Diploma in Wellness & Cosmetology
Certified COVID Warrior

DIET FITNESS WHICH LEADS TO A HEALTHY LIFESTYLE
October 24, 2020 Time- 5:25pm

Certificate



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(Affiliated to University of Mumbai)
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Certificate of Participation

This is to certify that
Mr./Ms./Dr. <<Name>> from <<Other Identifier>> has participated in One Day
Intercollegiate Webinar on **"Diet Fitness Which Leads to a Healthy Lifestyle"** on
the occasion of National Food Day organized by NSS Unit & Health Club.

Asst.Prof.Himani Shukla
Health Club In-charge

Asst.Prof. John Menezes
NSS Programme Officer

Dr.Sharayu Rajwade
Resource Person

Dr.Sridhara Shetty
Principal

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Participant List

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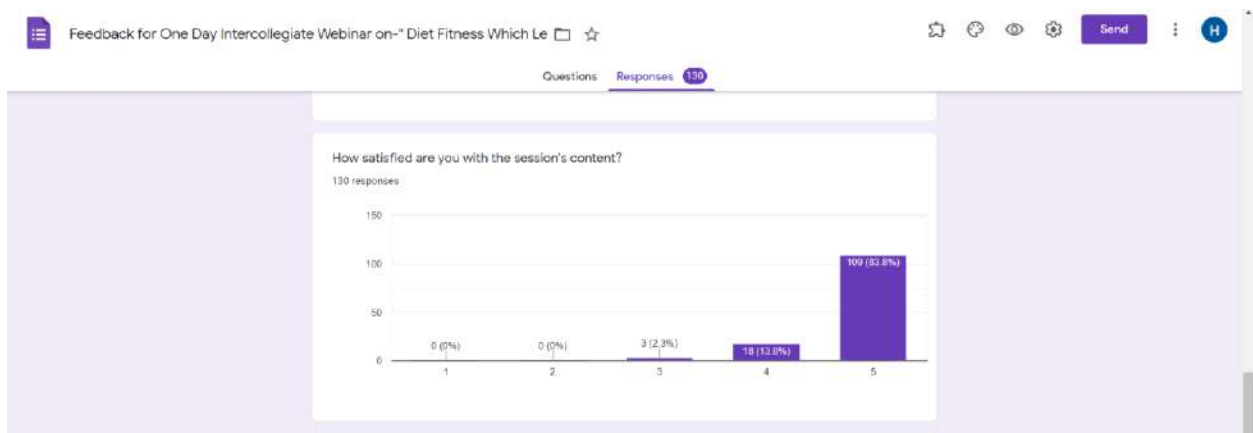
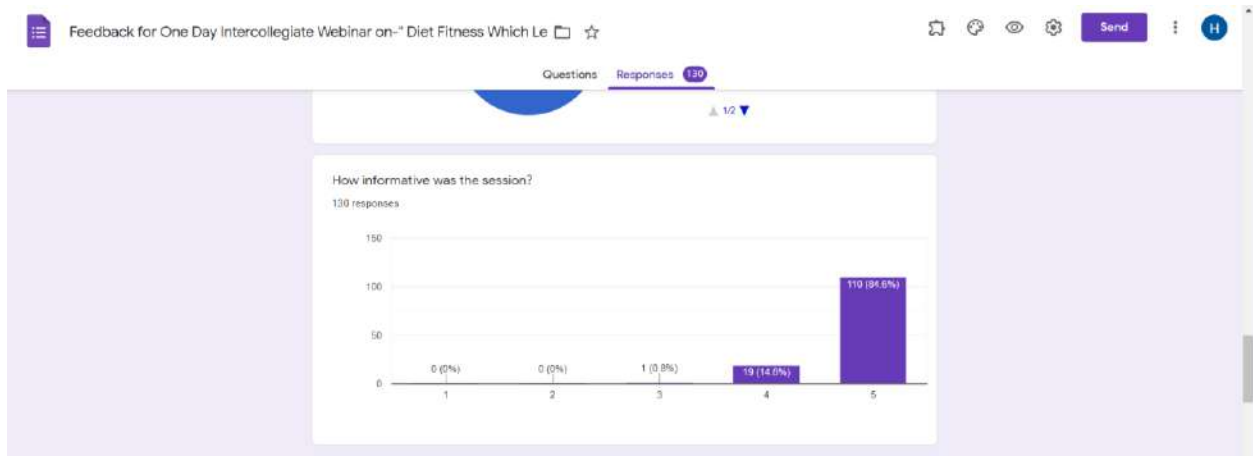
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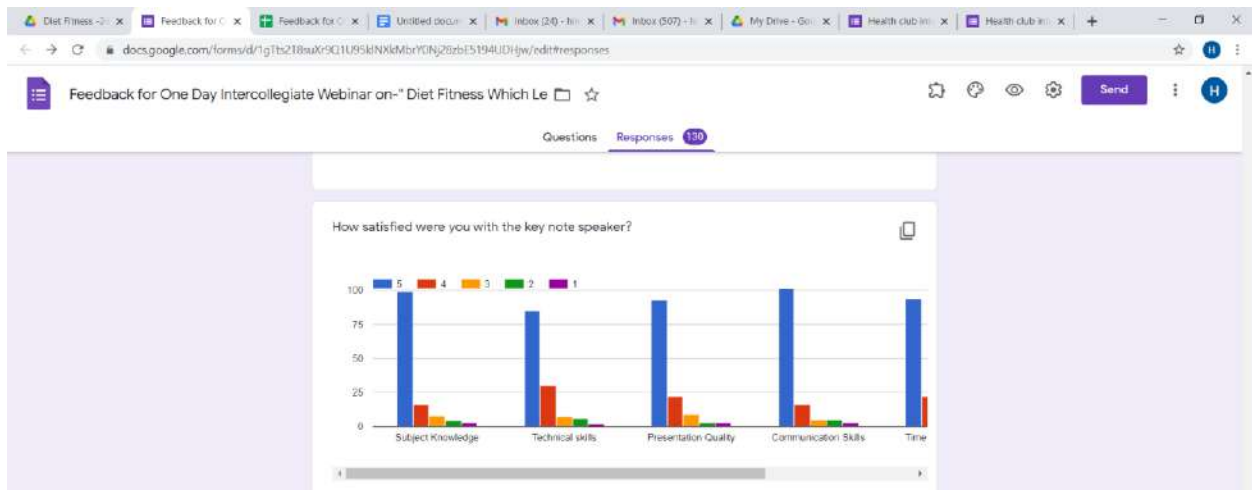
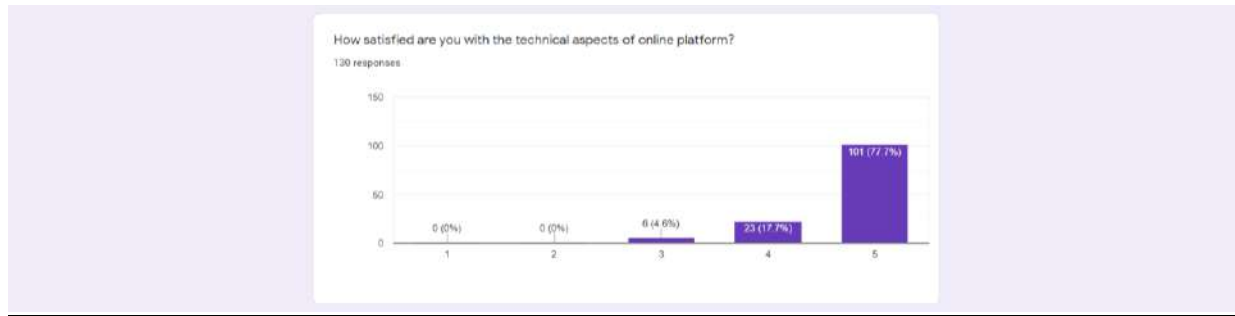
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Feedback



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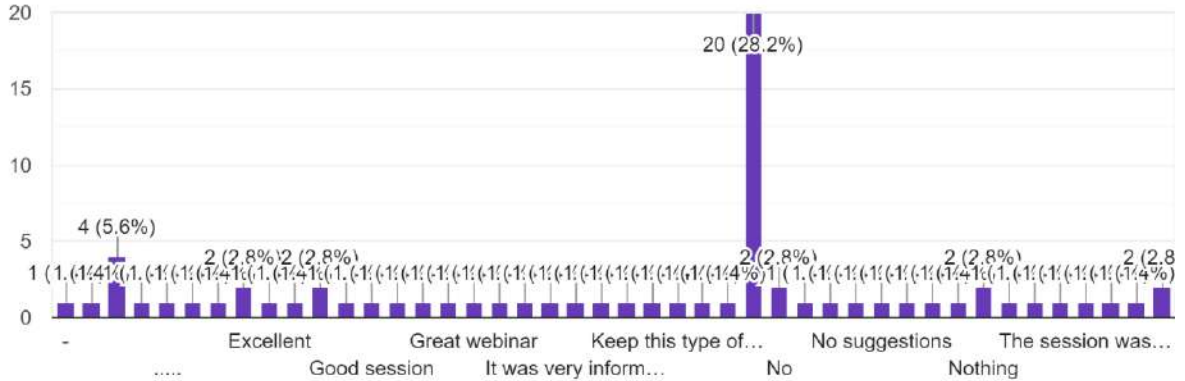
What were your key take aways from this event?
130 responses

- It was very informative
- Disease and it's symptoms with its precautions and solution
- Learned a lot thank you so much
- Exercise every day, have a proper diet,live happily
- I like that your way of speaking with others. Your positivity and guidance inspired me. I will consciously include your some activities in my daily routine. And I am glad to be a part of this session.
- Maintaining the stress be happy in life
- Be healthy
- To not skip meals at all cost.
- Amazing

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Any other feedback and suggestions for the event?

71 responses



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Action Taken Report

Date	Feedback Received	Action Taken
24th October,2020	<ul style="list-style-type: none"> ● Diet Fitness Which Leads to a Healthy Lifestyle ● Very informative and very well informed about the fitness ● Such an awesome event... It was very helpful 	<ul style="list-style-type: none"> ● Health club decided to conduct more sessions on diet & fitness.

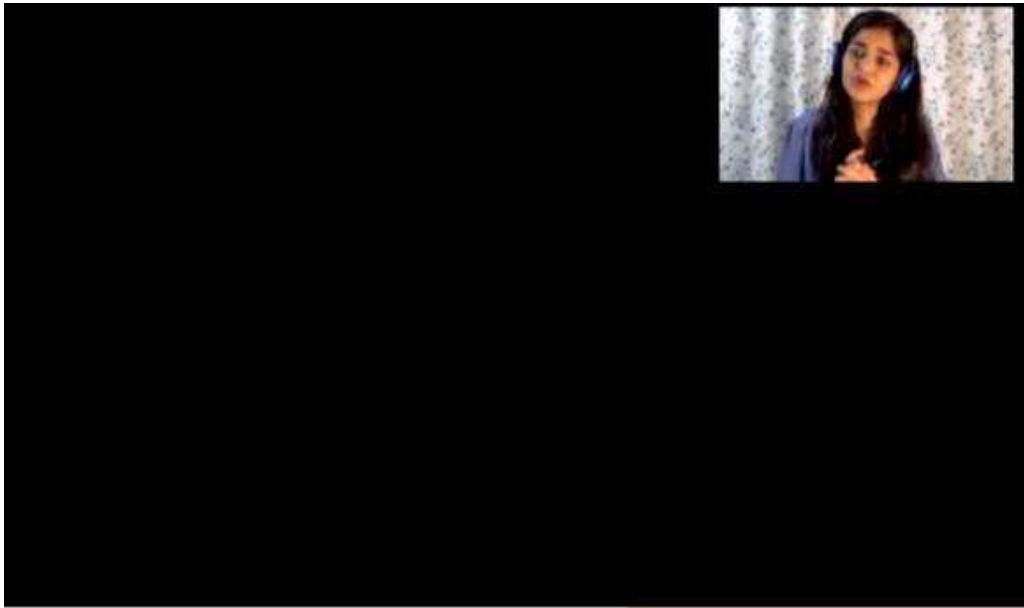
Work Distribution

Teacher	Work Assigned
Asst.Prof.Himani Shukla (In-Charge)	<ul style="list-style-type: none"> ● Documentation ● Schedule ● Feedback ● Certificate
Asst.Prof. Prachi Agarwal (Member)	<ul style="list-style-type: none"> ● registration
Asst.Prof.Vinay Vilas Shahapurkar (Member)	<ul style="list-style-type: none"> ● Certificate Handling




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Pictures



Post covid analysis

- Stress
- Demotivation
- Depression
- Weight gain
- Hunger disorders
- Skin diseases
- Hair fall
- Bowel issues
- Disturbed sleep
- Lethargy



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