

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

**Health Club**

**Activity Approval Format**

**Date:** 25-6-2017

**Program:** Health Check up for teaching & non-teaching staff.

**Need:** To make awareness among members for regular health check ups.

**Objective:** To create physical, mental & spiritual practice among members.

**Content:** Medical check up like BP, Heart Rate, BMI, WHR, etc.

**Resource Person:** Health Spring

**Date:** 29-7-2017

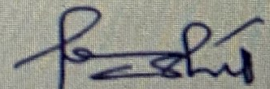
**Time:** 8:00 am to 3:00 pm.

**Venue:** AV Room

**Cost/Budget:** NA

**Proposed By:** Health Club

**Verified By:**



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

## Health Club

### Minutes

Date: 25/7/2017

Time: 01:00 p.m.

Following things were discussed in the meeting:-

It was decided that 'Health club' in association with Health Spring will organise a health check up for teaching & non-teaching staff on 29th July, 2017.

I

Ms. Rohini Shetty (**In-charge**)

Asst.Prof.Himani Shukla (**Member**)

Bunts Sangha's  
S.M.Shetty College of Science, Commerce And Management Studies, Powai.

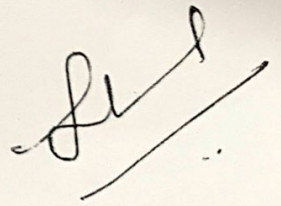
DATE: 28/07/2017

## HEALTH CLUB

### NOTICE

Health club of S. M. Shetty College is organizing a Health check-up for teaching & non-teaching staff of all sections on 29<sup>th</sup> July 2017, Saturday in AV room (6<sup>th</sup> floor) between 8.00 am to 2.00 pm. This check-up will be conducted in association with "**Health Spring**".

Teaching and Non-teaching can undergo check-up at their convenience during the specified time.



Vice Principal

Bunts Sangha's  
S.M.Shetty College of Science, Commere and Management Studies.  
Powai.

## Health Checkup Report

Health club organized Health checkup for teaching and non-teaching staff of all sections in the college in association with "Health Spring".

Venue: AV room

Time: 8am-3pm

Date: 29<sup>th</sup> July 2017

**Highlights:** The response was over whelming where more than 100 staff members participated to determine their physical fitness. Some of whom were suggested further diagnosis at a **50%** discounted rate by visiting team of health experts.

### Doctors Present:

Mr Swaminath

Mr Sailesh

Mr Susheel

### Teachers in-charge:

Ms. Rohini Shetty

Prof Himani Shukla

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# Health Check-up

29/7/2017

Bunts Sangha's

S.M.Shetty College of Science, Commerce & Management Studies, Powai, Mumbai  
Teaching List 2017-2018

SR.NO.	NAME OF THE STAFF MEMBER	SIGN
1	Dr. Sridhara Shetty	
2	Dr. Liji Santosh	
3	Ms.Sahana Raviprasad	
4	Mr. Virendra Singh	
5	Ms. Pooja Pandey	
6	Mr. John Menezes	
7	Ms. Neha Bhatia	
8	Ms. Atisha Khinvsara	
9	Ms. Darpana Manjrekar	
10	Ms. Rupal Jain	
11	Mr. Jimit Maradia	
12	Ms. Sandesha Shetty	
13	Ms. Niveditha Shetty	
14	Ms. Komal Tiwari	
15	Ms. Nidhi Chandorkar	
16	Ms. Zainab Rangwala	
17	Ms. Steffi Salve	
18	Mr. Amritesh Mishra	
19	Ms. Pooja Shetty	
20	Ms. Kalpana Rai Menon	
21	Ms. Neena Sharma	
22	Mr. Nitin Singh	
23	Ms. Sheetal Khanore	
24	Mr. Mithilesh Chauhan	

25	Ms. Nabila Kazi	Nabila Kazi
26	Mr. Vinay Shahapurkar	29/07/17 Suman
27	Ms. Suman Upadhyay	
28	Ms. Sujata Rizal	S Shetty
29	Ms. Raveena Shetty	Bambur
30	Mr. Tushar Sambare	
31	Ms. Rohini Shetty	Shukla
32	Ms. Himani Shukla	H. Shukla
33	Ms. Avneet Kaur	Avneet
34	Mr. Duvannadhan Nadar	

35	Subhash M. Parant	Sub
36	Ravindra S. Shetty	R. Shetty
37	Pratibha Gadagalli	Pratibha
38	Shlesha N. Dhurat	Shlesha
39	Ujwal P. Kumar	Ujwal
40	Padmaksh S. J.	Padmaksh
41	Ranjana Singh	Ranjana
42	Rajendra Grikwad	Rajendra
43	Sanjay Nagarkar	Sanjay
44	Hemant Mane	Hemant
45	Naine Panigrahi	Naine
46	Sheetal Bilje	Sheetal
47	Daffodil Fernandes	Daffodil Fernandes



HEALTH CLUB

VENUE : A-V Room (6<sup>th</sup> floor)



**PARAMETERS INCLUDED**

- Blood Pressure
- Oxygen Saturation
- Heart Rate
- Random Blood Sugar
- Height
- Weight
- Body Mass Index
- Body Fat%
- Muscle Mass
- Bone Mass
- Visceral Fat
- Daily Calorie Intake
- Metabolic Age
- Body Water%

**Date: 29th July 2017**

**Time: 8am-2pm**

**(Complimentary Diet / Physio Consult)**