

BUNTS SANGHA'S
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT
STUDIES, POWAI
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

Approval Form: World Health Day Quiz

Department: NSS UNIT

Program: World Health Day Quiz.

Objectives: To make society aware about health issues through quizzes.

Need: It is important for the people to know about this day and the quiz helps to spread awareness.

Content: The activity was an attempt to make people aware about the importance of a nutrition and encourage them to look beyond their textual knowledge and know various information and try to implement them in their daily lifestyle.

Date: 7th April, 2021

Cost/Budget: Nil / Not Applicable

Proposed by: Mr. Sushant Shetty & Ms. Snehal Rai

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



NSS Programme officer



NSS Programme Officer

Criterion 3 - Research, Innovations and Extension




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Minutes of the meeting: World Health Day Quiz

Minutes of the meeting:

- To discuss about the upcoming events.
- To discuss about to prepare Notice (WhatsApp Message) that will be send to others Colleges for participation.
- To allot work to social media team and leaders.
- To discuss about the documentation work.
- To allot Social media team start to work on the poster and brochure for the event and update the social media platform.



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Notice (WhatsApp Message): World Health Day Quiz

A fit body, a calm mind, a house full of love. These things cannot be bought ' they must be earned

..Jai Hind..

Hello Fellas!!!

The NSS UNIT of Bunts Sangha's S. M. Shetty College of Science Commerce and Management Studies, Powai ■ organizes a Quiz Competition on the occasion of World Health Day 2021 under FIT INDIA MOVEMENT

Theme: Building a fairer, healthier world for everyone

TOTAL 20 QUESTIONS WILL BE ASKED related to Healthy Diet, Mental Illness & Fitness

Date: 7th April, 2021

Timing: 9:00am to 9:00pm

Quiz Link:-

https://docs.google.com/forms/d/e/1FAIpQLSdQaZkc5rFK950WdvSMvTe9gKTluQPtWOTf4OQc8ZA_WkogMg/viewform?usp=sf_link

Participants scoring 15 and above will be awarded with an E-Certificate 🏆, 😊)

Also follow our Social Media Pages for upcoming events -

Instagram - https://instagram.com/shettyunit_b46?igshid=m7t6o9tszuj3

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Facebook - <https://www.facebook.com/smshettyinss/>

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

For further queries Contact s

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Snehal Rai:- 9082362400

Regards

SM Shetty NSS Unit

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Report: World Health Day Quiz

Event: World Health Day Quiz.

Date: 7th April, 2021

Highlight: The NSS unit of Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies, Powai organized a Quiz Competition on World Health Day 2021- with the following theme Building a fairer, healthier world for everyone on the occasion of World Health Day on 07th April, 2021. Total 600+ Volunteers from different Colleges across Mumbai had participated in the competition. Participants Scoring 60% and above were provided with the E-Certificates.

<p>Which of the following is a non-dairy source of protein? * 1 point</p> <p><input type="radio"/> Beans</p> <p><input type="radio"/> Cheese</p> <p><input type="radio"/> Yoghurt</p> <p><input type="radio"/> Option 4</p>	<p>How can you get enough Vitamins & Minerals? * 1 point</p> <p><input type="radio"/> At least five portions of fruit and vegetables</p> <p><input type="radio"/> Meat, fish or alternatives such as beans and pulses</p> <p><input type="radio"/> Option A & Option B</p> <p><input type="radio"/> Pizza, Burger & other junkies</p>	<p>Mental illness is caused by * 1 point</p> <p><input type="radio"/> Personal Weakness</p> <p><input type="radio"/> Lack of willpower</p> <p><input type="radio"/> A number of factors including biological factors, stressful or traumatic life events, and long-lasting health conditions such as heart disease or cancer</p>
<p>Mental illnesses are * 1 point</p> <p><input type="radio"/> Very Common</p> <p><input type="radio"/> Not Common</p> <p><input type="radio"/> Fairly Common</p>	<p>You should warm up before exercising. * 1 point</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p>	<p>Weight loss should be the most important goal of fitness and exercise. * 1 point</p> <p><input type="radio"/> True</p> <p><input type="radio"/> False</p>
<p>Poor mental health increases the risk for long-lasting (chronic) physical conditions like * 1 point</p> <p><input type="radio"/> Heart Disease</p> <p><input type="radio"/> Cancer</p> <p><input type="radio"/> Stroke</p> <p><input type="radio"/> All the above</p>	<p>What is the definition of muscular strength? * 1 point</p> <p><input type="radio"/> The ability of muscles to exert maximum force in one contraction</p> <p><input type="radio"/> The ability of muscles to exert minimum force in one contraction</p> <p><input type="radio"/> The ability of muscles to repeatedly exert maximum force</p> <p><input type="radio"/> The ability of muscles to repeatedly exert minimum force</p>	<p>For an individual who is obese which of the following would be a positive change in their diet? * 1 point</p> <p><input type="radio"/> Decrease intake of saturated fat</p> <p><input type="radio"/> Decrease intake of fruit and vegetables</p> <p><input type="radio"/> Increase salt intake</p>

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Mental health is: * 1 point

- More than the absence of Mental Disorders
- Only important for some people
- An important part of overall health and well-being

A healthy, well-balanced diet means * 1 point

- Eating food with all the nutrients in it
- Eating Junk Foods
- Eating only proteins
- None of the above

Why is Healthy Eating important? * 1 point

- To maintain a healthy weight
- To keep your energy levels up
- To look after mental wellbeing
- All of the above

Which of these symptoms can happen if you're depressed? * 1 point

- Don't feel hungry
- Hungry all the time
- Always tired
- Lack of sleep
- All of the above

People with mental illnesses lack intelligence. * 1 point

- True
- False

Good sources of Fiber comes from? * 1 point

- Wholegrain breakfast cereals, whole-wheat pasta, wholegrain bread and oats
- Yoghurt & cheese (especially cottage cheese)
- Fish and Seafood
- Egg & Milk

How can one eat healthily? * 1 point

- Eat five portions of fruit and veg a day
- Include healthy, wholegrain starchy foods in every meal
- Include some calcium-rich dairy foods
- Keep hydrated
- All of the above

Which of the following is a genetic factor influencing an individual's training potential? * 1 point

- Diet
- Alcohol
- Body type
- Smoking

Recovery from a mental health problem is possible for: * 1 point

- No one
- Everyone
- A lucky few
- Some people

A desirable level of fitness can be achieved through at least _____ workouts per week. * 1 point

- 3
- 4
- 1
- 6



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Certificate: World Health Day Quiz





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