



NIRMALA NIKETAN INSTITUTE'S  
**COLLEGE OF HOME SCIENCE**  
**NIRMALA NIKETAN**

AFFILIATED TO THE UNIVERSITY OF MUMBAI  
NAAC Accredited 'A+' Grade

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11<sup>th</sup> December 2024

**For the attention of students of S.Y.B.Sc. Home Science**

A session on fitness has been planned for students of S.Y.B.Sc. Home science as per the details given below:

Day/ Date	Time	Venue	Resource Person	Session content
Thursday 12-12-2024	12:00 noon to 01:30 pm	Lecture room 2 <sup>nd</sup> Floor	Ms. Ranjana Hadal Gym Instructor	<ul style="list-style-type: none"><li>• Talk on importance of Physical fitness</li><li>• Guided session on fitness</li></ul>

Attendance is compulsory

**Dr. Minelly Rodrigues**  
S.Y.B.Sc. Coordinator



**Dr. Asha Mathew**  
Principal