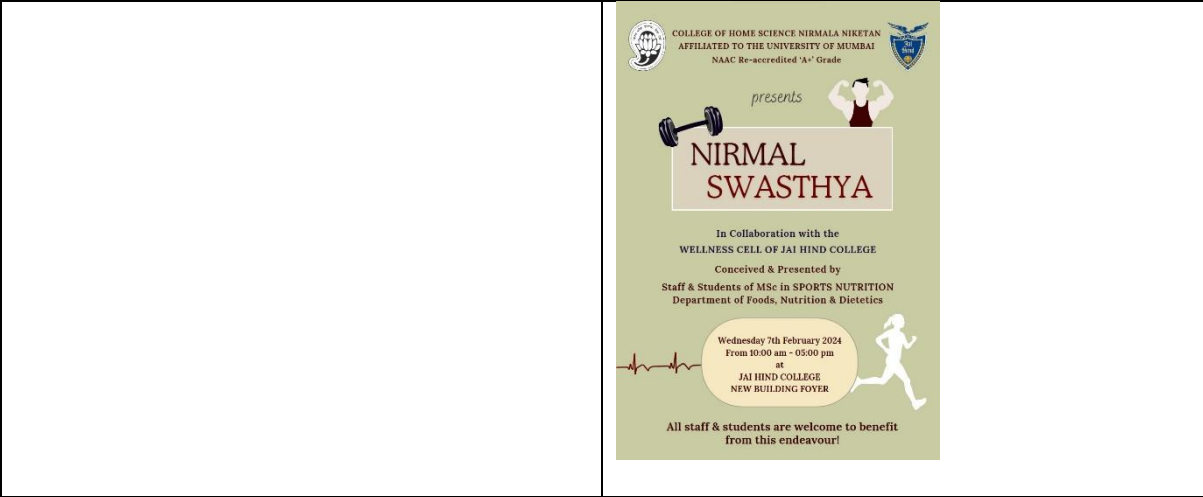


NAME OF THE ACTIVITY/ EVENT: NIRMAL SWASTHYA “FITNESS MELA”

SOP FOR REPORTS OF EVENTS- ACTIVITIES

Name of the College:	College of Home Science, Nirmala Niketan
Affiliation:	University of Mumbai
Name of the Event:	NIRMAL SWASTHYA “FITNESS MELA”
Title of the Program/s:	Fitness Camp
Name of the Department Organized:	M.Sc. II Sports Nutrition
Level (Local/ State/ Intercollegiate/ National/ International):	Local
Invited by/ Requested by:	College of Home Science, Nirmala Niketan
Name of the Collaborators (if any):	Wellness Cell of Jai Hind College
Resource person/s and their designation and organization employed:	-
Day and Date:	07 February 2024, Wednesday
Time:	10.00 am - 4.00 pm
Platform used (if online):	-
Venue (Meeting Link, if online):	Jai Hind College
Beneficiaries/ Participants and number:	
• Guests/ Dignitaries:	
• Management Representative/s:	Ms.Ruchi Jain and Dr. Yasmina Avari
• Staff (In-house/ Out-house):	2
• Students (Inhouse/Outhouse):	10
• Any other:	
About the Event (Event flow, if available):	<p>The event encompassed a range of activities that included physical fitness tests to diet counselling, providing participants to holistic approach to wellness. The event was meticulously organised to provide participants with a comprehensive understanding of their physical fitness levels and to equip them with the necessary tools to embark on a journey towards improved health and vitality.</p> <p>The fitness mela comprised of a diverse range of activities tailored to cater the holistic wellness of participants. The following activities were featured:</p> <ol style="list-style-type: none"> <li>1. BIA</li> <li>2. Height</li> <li>3. Waist to hip ratio</li> <li>4. Hand grip test</li> <li>5. Few fitness tests (pushups, squats, flexibility and balance)</li> <li>6. Diet counselling</li> </ol>
Accounts, if any:	
Flyer of the Event:	

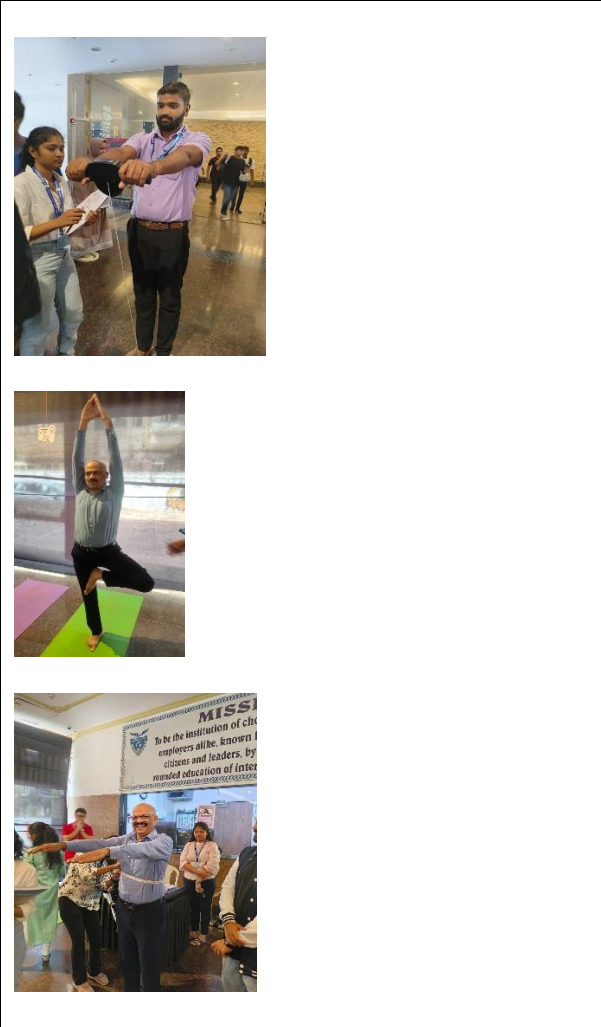


Funds generated if any:

-

Feedback or suggestions for future link:

Photographs of the event (at least 4-6)



	  
Sample of the certificate if any:	-



*Kand*  
**INCHARGE PRINCIPAL**  
**COLLEGE OF HOME SCIENCE**  
 Nirmale Niketan,  
 4B, New Marine Lines,  
 Mumbai - 400 020.