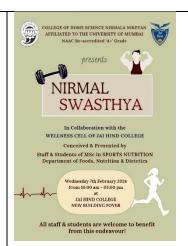
NAME OF THE ACTIVITY/ EVENT: NIRMAL SWASTHYA "FITNESS MELA" SOP FOR REPORTS OF EVENTS- ACTIVITIES

Affiliation: Name of the Event: Title of the Program/s: Fitness Camp Name of the Department Organized: Level (Local/ State/ Intercollegiate/ National/ International): Invited by Requested by: College of Home Science, Nirmala Niketan Name of the Collaborators (if any): Resource person/s and their designation and organization employed: Day and Date: O7 February 2024, Wednesday Time: 10.00 am - 4.00 pm Platform used (if online): Venue (Meeting Link, if online): Beneficiaries/ Participants and number: Guests/ Dignitaries: Staff (In-house/ Out-house): Staff (In-house/ Out-house): Any other: About the Event (Event flow, if available): 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. The fitness mela comprised of a diverse range of activities tailored to cater the holistic wellness of participants. The following activities twere featured: 1. BIA 2. Height 3. Waist to hip ratio 4. Hand grip test 5. Few fitness tests (pushups, squats, flexibility and balance) 6. Diet counselling Flyer of the Event:	Name of the College:	College of Home Science, Nirmala Niketan
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Name of the Department Organized: Level (Local/ State/ Intercollegiate/ National/ International): Invited by/ Requested by: College of Home Science, Nirmala Niketan Name of the Collaborators (if any): Wellness Cell of Jai Hind College	Name of the Event:	NIRMAL SWASTHYA "FITNESS MELA"
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Flyer of the Event:		
	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:

