

NAME OF THE ACTIVITY/ EVENT: Nirmal Swasthya: One Step Towards Wellness

SOP FOR REPORTS OF EVENTS- ACTIVITIES

Name of the College:	Nirmala Niketan College of Home Science
Affiliation:	Affiliated with the University of Mumbai
Name of the Event:	Nirmal Swasthya: One Step Towards Wellness
Title of the Program/s:	Promoting Holistic Well-Being through Fitness, Nutrition, and Sustainability
Name of the Department Organized:	MSc 1 Sports Nutrition MSc 2 Foods, Nutrition and Dietetics Assisted by students of PG Diploma in Dietetics and Applied Nutrition.
Level (Local/ State/ Intercollegiate/ National/ International):	Local
Invited by/ Requested by:	Nirmala Niketan College of Home Science
Name of the Collaborators (if any):	NA
Resource person/s and their designation and organization employed:	NA
Day and Date:	Wednesday, 11th October 2023
Time:	10:00 AM - 3:00 PM
Platform used (if online):	NA(In-Person)
Venue (Meeting Link, if online):	Marie Adelaide De Cice Hall Nirmala Niketan College of Home Science, Mumbai
Beneficiaries/ Participants and number:	Over 200 participants, including students, faculty, and parents from the college community.
• Guests/ Dignitaries:	NA
• Management Representative/s:	NA
• Staff (In-house/ Out-house):	Dr. Yasmina Dordi Avari Ma'am Ms. Vibha Hasija Ma'am Ms. Protity Shurva Dey Ma'am Ms. Ruchi Jakhmola Ma'am
• Students (Inhouse/Outhouse):	Manasi Chavan, Anjali Chirmule, Tooba Haindade, Sumayya Kadge, Sanika Kamble, Diksha Kapoor, Anamta Kazi, Rahila Khatri, Ayesha Parwani, Apeksha Pawar, Urooj Qureshi, Deeba Sheikh, Khushi Vedant, Vrushali Tari and students of MSc 2 Foods, Nutrition and Dietetics along with PG Diploma in Dietetics and Applied Nutrition.
• Any other:	NA

About the Event (Event flow, if available):	The "Nirmal Swasthya" Fitness Drive, organized by the first-year Master's students in Sports Nutrition at Nirmala Niketan College of Home Science, aimed to promote overall well-being through a series of fitness assessments, personalized diet counselling, and educational displays on sustainable practices.
Event Flow	<ol style="list-style-type: none"> <li>1. Anthropometry Measurements: Height, weight, and body composition analysis were conducted to assess the participants' physical health.</li> <li>2. Fitness Tests: Multiple fitness tests (hand grip, push-up, balance, plank, squat, and sit-and-reach tests) were organized to engage participants and help them evaluate their fitness levels.</li> <li>3. Body Composition Analysis (BIA): Body fat, muscle mass, and hydration levels were assessed using BIA machines, providing detailed insights into participants' health.</li> <li>4. Personalized Diet Counselling: Participants received dietary guidance from nutrition experts based on their health assessments, covering topics like macronutrients, hydration, and snacking.</li> <li>5. Kitchen Garden Display: Emphasis on the importance of fresh, homegrown produce, with practical tips on incorporating vegetables and herbs into daily meals.</li> <li>6. Seed Ball Making Demonstration: A live demonstration aimed at educating participants on environmental sustainability through seed ball making.</li> </ol>
Accounts, if any:	NA

Flyer of the Event:

**College of Home Science Nirmala Niketan**  
**NAAC Accredited A+ Grade**  
**Affiliated to University of Mumbai**  
**"Nirmal Swasthya: One Step Towards Wellness"**  
 Organized by students of M.Sc.1 Sports Nutrition and M.Sc.2 Foods Nutrition and Dietetics  
 Assisted by students of PG Diploma in Dietetics and Applied Nutrition  
 For celebration of National Nutrition Month 2023.  
 "Suposhit Bharat, Sakshar Bharat, Sashakt Bharat"

**GET TO KNOW YOUR BODY-**

- Body Composition Assessment
- Fun Fitness Tests (Balance, Squat, Pushup, Grip test, etc) circumference measurements, and much more.

Understand your Skin and Hair Health-  
 Receive a personalized dietary evaluation to enhance the well-being of your skin and hair.

**Diet Counselling-**  
 Obtain a dietary counselling session based on the comprehensive information gathered from the above mentioned tests, aimed at optimizing your Holistic Health

**WHEN AND WHERE?**  
 11th October 2023  
 from: 10:00 am to 4:00 pm  
 at Marie Adelaide De Cice Hall

**KITCHEN GARDEN-**  
 Students will demonstrate their work of Kitchen Garden.  
 You will learn:  
 a. How to start from your kitchen  
 b. Which plants can be grown  
 c. The process of growing a kitchen garden

**Link for Registration:**  
<https://forms.gle/Z9kEyL8ZuNYPpwFw9>

Connect with us:  
<https://instagram.com/mahcan23.267>  
 igshid=MrRIODbINWfIZA==

Funds generated if any:

NA

Feedback or suggestions for future link:

NA

Photographs of the event (at least 4-6)



Sample of the certificate if any:

NA



*Kand*  
INCHARGE PRINCIPAL  
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