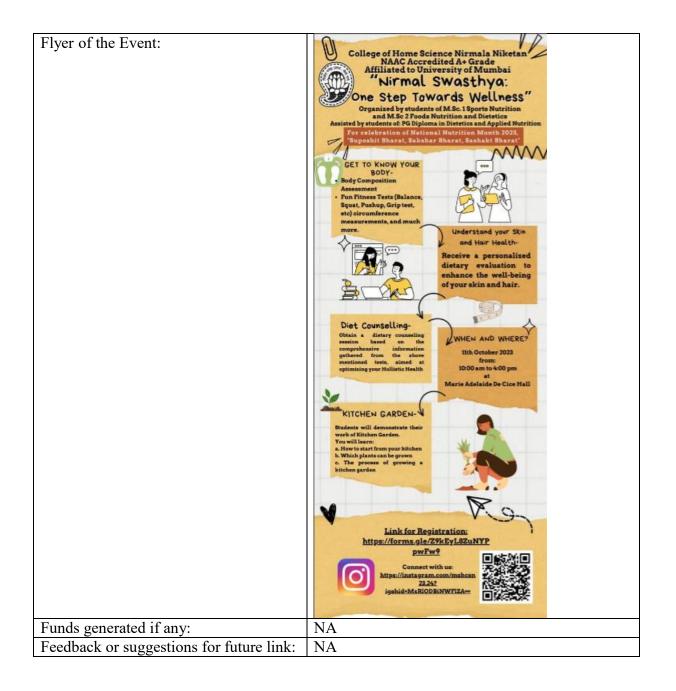
## NAME OF THE ACTIVITY/ EVENT: Nirmal Swasthya: One Step Towards Wellness SOP FOR REPORTS OF EVENTS- ACTIVITIES

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	The "Nirmal Swasthya" Fitness Drive, organized
available):	by the first-year Master's students in Sports
available).	Nutrition at Nirmala Niketan College of Home
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	Science, aimed to promote overall well-being
	through a series of fitness assessments,
	personalized diet counselling, and educational
	displays on sustainable practices.
Event Flow	1. Anthropometry Measurements:
	Height, weight, and body composition analysis
	were conducted to assess the participants'
	physical health.
	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.
	3. Body Composition Analysis (BIA):
	Body fat, muscle mass, and hydration levels were
	assessed using BIA machines, providing detailed
	insights into participants' health.
	4. Personalized Diet Counselling:
	Participants received dietary guidance from
	nutrition experts based on their health
	assessments, covering topics like macronutrients,
	hydration, and snacking.
	5. Kitchen Garden Display:
	Emphasis on the importance of fresh,
	homegrown produce, with practical tips on
	incorporating vegetables and herbs into daily
	medis.
	6. Seed Ball Making Demonstration:
	A live demonstration aimed at educating
	participants on environmental sustainability
	through seed ball making.
A accurate if any	
Accounts, if any:	NA



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Sample of the certificate if any: N	JA

