



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

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

49, New Marine Lines, Churchgate, Mumbai – 400 020. Phone: 2207 6503 / 2200 7544

**E-mail:** principal@nnchsc.edu.in / research@nnchsc.edu.in **Web:** www.nirmalaniketan.com

कर्मचारी:

1. डॉ. विशाखा कर्नाड ( I/c प्रिन्सिपल कॉलेज ऑफ होम सायन्स निर्मला निकेतन)
2. डॉ. रत्नराजे थार (संचालक आणि प्रकल्प समन्वयक संशोधन युनिट)
3. मिस नोएला डायस (व्यवस्थापक, कॉलेज ऑफ होम सायन्स निर्मला निकेतन)
4. श्रीमती ममता के भिंगार्डे (लिपिक)
5. श्री.तेजस दाभणे (क्षेत्र अधिकारी)

प्रकल्पाचे नाव- कॉलेज ऑफ होम सायन्स निर्मला निकेतन ह्यांचे माफत किचन गार्डन माध्यमातून भाज्यांची लागवड करुन आदिवासी मुलामुलीचं पोषण पातळी वाढवणे

**FITNESS AND NUTRITION WORKSHOP**  
**BY**  
**RANJANA HADAL**

SCHOOLS COVERED IN KARJAT:

**1.School name : Chafewadi**

Timing:

Session 1) 11.50 to 12.30

Session 2) 1.30 to 2.20

Stds:

7<sup>th</sup> and 8<sup>th</sup>

No.of students:

102

**2. School name : Pathrej**

Timing:

Session 1) 09.20 to 10.30

Stds:

5<sup>th</sup> to 8<sup>th</sup>



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No.of students:

150

**3.School name :Savarsai**

Timing:

Session 1) 2.30 to 3.30

Stds:

7<sup>th</sup> to 9<sup>th</sup>

No.of students:

110

**SESSION COVERED THE FOLLOWING TOPICS:**

1. Importance of physical fitness
2. Importance of healthy food (nutrition guide)
3. Importance of flexibility and stretching
4. Aerobic exercises
5. Stretching workouts

**PICTURES:**





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