



JNAN VIKAS MANDAL'S
Mohanlal Raichand Mehta College of Commerce
Diwali Maa Degree College of Science
Amritlal Raichand Mehta Degree College of Arts
Padmashree (Dr.) R.T. Doshi Degree College of Computer Science
Plot no.9, Sector -19, Airoli Navi Mumbai

Name of the activity- **"Basics of Fitness & Nutrition"**

Members involved: -

Dr. Leena Sarkar

Principal
JVM's Degree College

Organizing Committee

Convenor:

Asst. Prof. Sagar Shinde

Members involved:

Asst. Prof. Janhavi Kshirsagar (Member)

Asst. Prof. Manojkumar Gupta (Member)

Mrs. Lakshmi Thanekar (Member)





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Plot no.9, Sector -19, Airoli, Navi Mumbai

Notice of the Meeting

Date: 25th August 2022

All the Sports Committee members are hereby informed that the meeting will be conducted on 26th August 2022 at 1 p.m.

All are requested to be present for the same.

Agenda of the Meeting

Agenda of the meeting

1. To discuss the planning of activity regarding National Sports Day 2022.
2. Any other points with permission of the chair.



Leena
Dr. (Mrs) Leena Sarkar
Principal
PRINCIPAL
JNAN VIKAS MANDAL'S
M.R. MEHTA COLLEGE OF COMMERCE
D.M. COLLEGE OF SCIENCE
A.R. MEHTA COLLEGE OF ARTS
Dr. R.T. DOSHI COLLEGE OF COMPUTER SCIENCE
Plot No.9, SEC.- 19, AIROLI,
NAVI MUMBAI-400 708



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Plot no.9, Sector -19, Airoli, Navi Mumbai

Date : 26th August 2022

Minutes of Meeting

The meeting was arranged on 26th August 2022 to finalize the activity to be conducted on National Sports Day from the Sports Committee in the year 2022-23.

The following members were present in the meeting.

Dr. Leena Sarkar (Principal & Chairperson)

Mr. Sagar Shinde

Mrs. Janhavi Kshirsagar

Mr. Manojkumar Gupta

Ms. Laxmi Thanekar

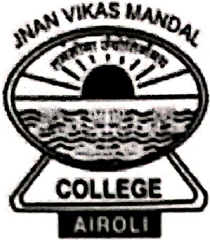
In the meeting following points were discussed and decisions were taken.

- As National Sports Day is celebrated on 29th of August every year, Dr. Leena Sarkar madam guided us to conduct a seminar to educate students about fitness and nutrition for a healthy life.
- We distributed the work accordingly which includes flyer making, stage preparation and feedback etc.
- It was decided to keep the title of the seminar as - "Basics of Fitness & Nutrition".
- Mrs. Laxmi Thanekar mam confirmed the availability from resource person Dr. Dhananjay More, (MBBS, LLB, ACSM (2009-2012), ACE (2005-2011), ISSA (2009-2011), IDEA) and accordingly we decided the time for the seminar.



Leena
Dr. (Mrs) Leena Sarkar
Principal
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Plot no.9, Sector -19, Airoli, Navi-Mumbai.

Date - 26th August, 2022

Notice

All the Degree college students are hereby informed that the Sports Committee is organizing a seminar on "Basics of Fitness & Nutrition" on National Sports Day i.e., 29th August 2022 at 11.00 am in college auditorium. All the students of are requested to take part in the above seminar.




Leena
Dr. (Mrs.) Leena Sarkar
Principal

PRINCIPAL

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D.M. COLLEGE OF SCIENCE
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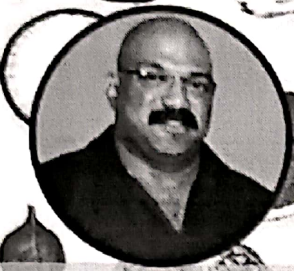




JNAN VIKAS MANDAL'S DEGREE COLLEGE

Plot No-9, Sector-19, Airoli Node, Navi Mumbai-400708
Affiliated to University of Mumbai

CELEBRATES NATIONAL SPORTS DAY



Resource Person
Dr. Dhananjay More
MBBS, LLB, ACSM(2009-2012),
ACE(2005-2011), ISSA(2009-2011), IDEA

***Basics of
Fitness
&
Nutrition***

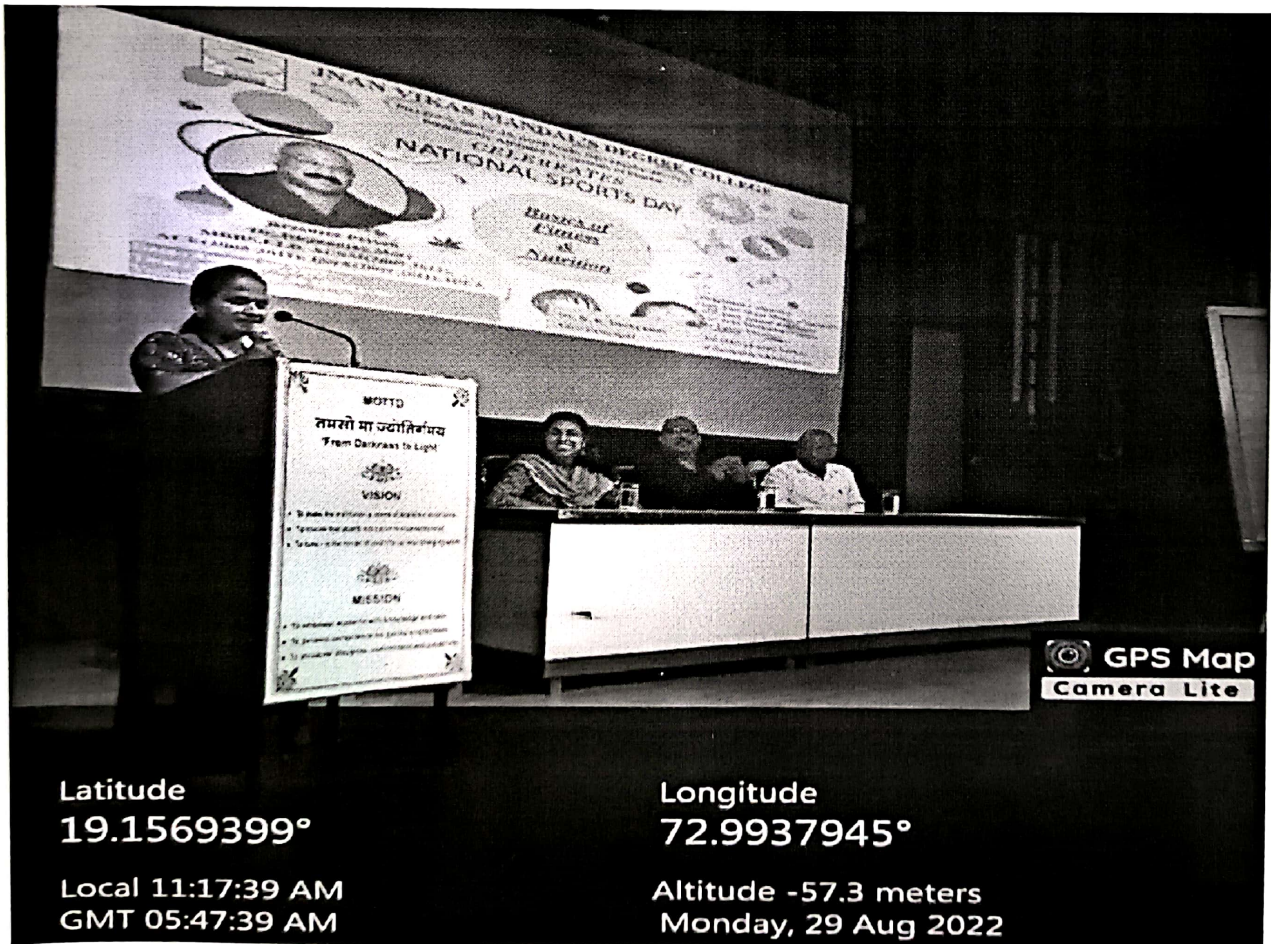
Organizing Committee:
Asst. Prof. Sagar Shinde (Convenor)
Asst. Prof. Janhavi Kehiragar
Asst. Prof. Manojkumar Gupta
Ms. Laxmi Thanekar

Date : August 29, 2022
Time : 11:00 a.m. to 12:30 p.m.
Venue : JVM Auditorium

Dr. B. R. Deshpande
Vice Principal

Dr. (Mrs.) Leena Sarkar
Principal & Chairperson

Seminar photos



GPS Map
Camera Lite

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Longitude
72.9937945°

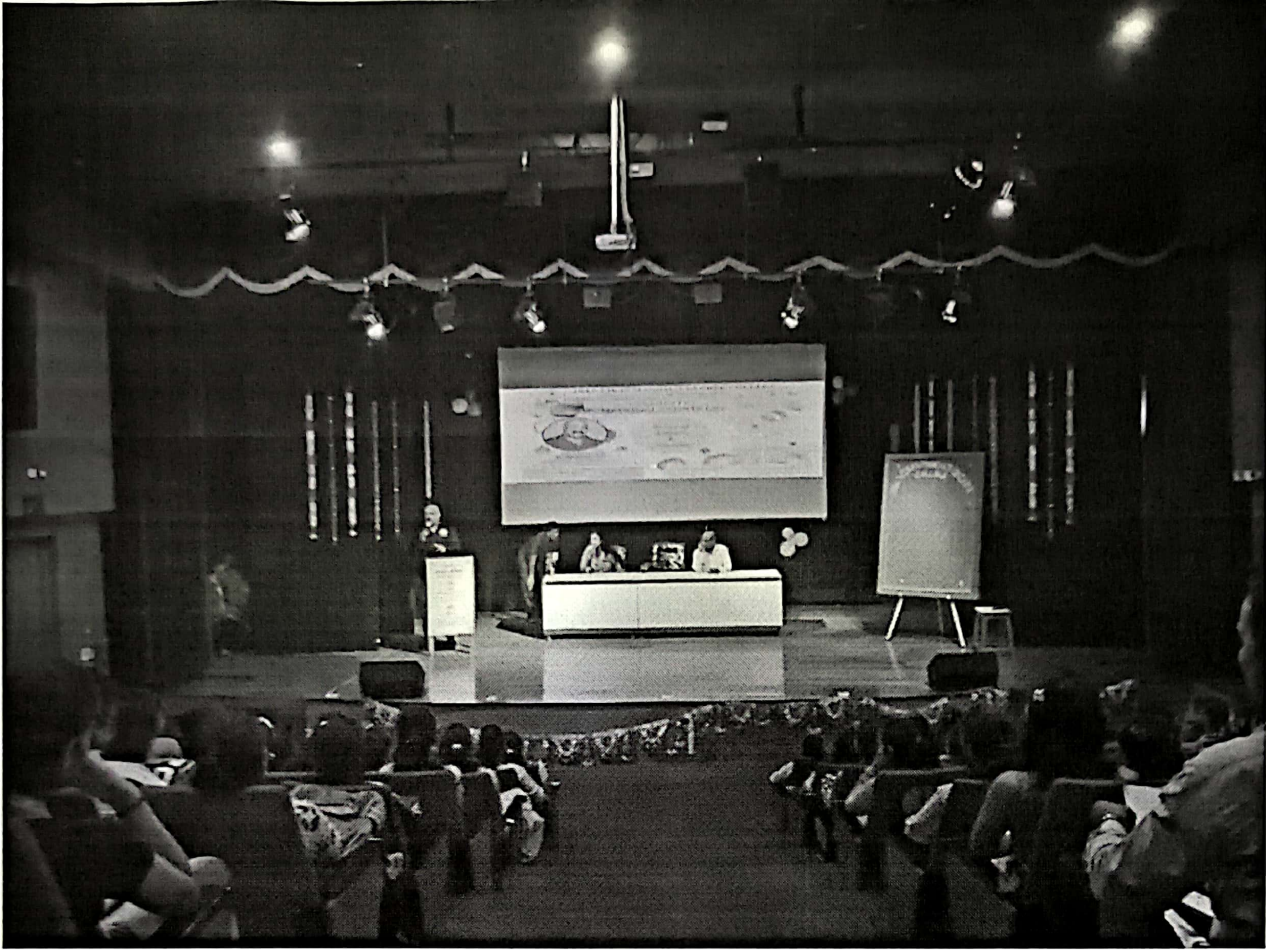
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Altitude -57.3 meters
Monday, 29 Aug 2022

Introduction of Speaker



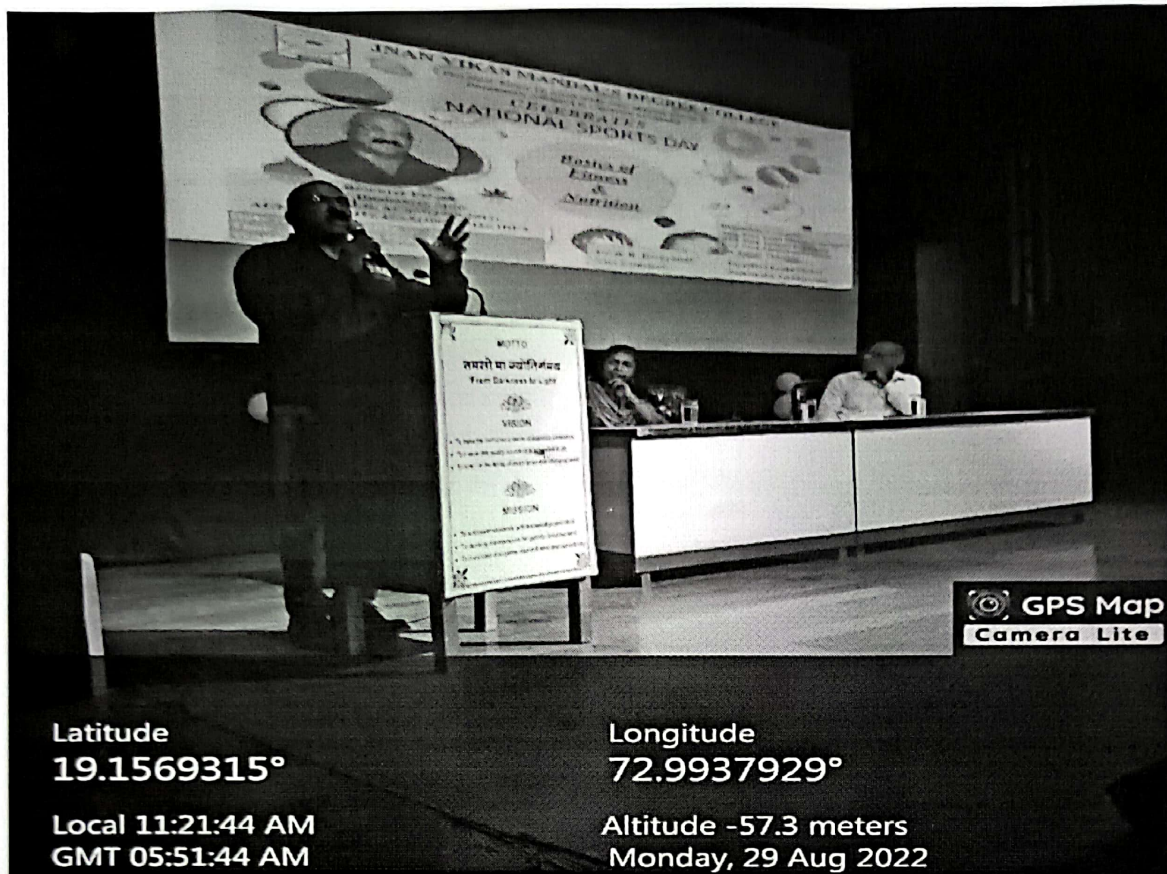
Leena
PRINCIPAL
JNAN VIKAS MANDAL'S
M.R. MEHTA'S DEGREE COLLEGE OF COMMERCE
(U.M. UNIVERSITY OF MUMBAI)
W.K. CHITambari College of Arts
Dr. R.T. DOSHI College of Computer Science
(PUNE UNIVERSITY, AIROLI)



Students participation in Seminar



Neeraj
PRINCIPAL
Jyoti V. Patil, Ph.D. D. Sc.
M.R. MEYVA'S COLLEGE OF ENGINEERING
AND TECHNOLOGY
W. N. DINKAR MARG, KANDIVALI WEST, MUMBAI - 400 060



Latitude
19.1569315°

Longitude
72.9937929°

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GMT 05:51:44 AM

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Monday, 29 Aug 2022

Speaker addressing students about Health Tips



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Longitude
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GMT 05:46:29 AM

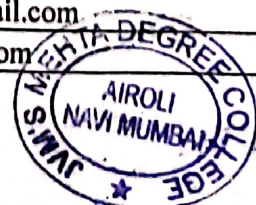
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Monday, 29 Aug 2022

Vote of thanks



Students /Participants Details

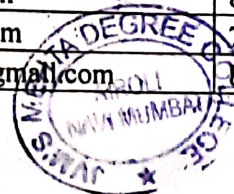
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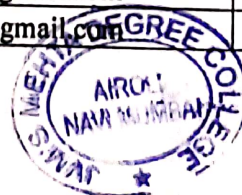
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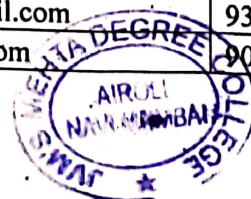
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Total – 244 participants



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Feedback Form QR Code on Seminar on National Sports Day

29-08-2022



Neena

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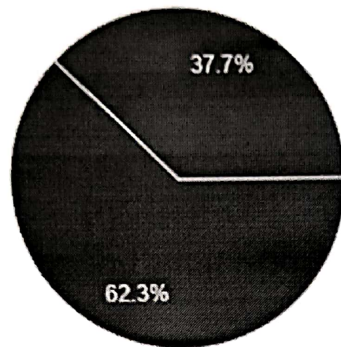
FEEDBACK ANALYSIS

“National Sports Day 2022”

“Basics of Fitness & Nutrition”

Gender

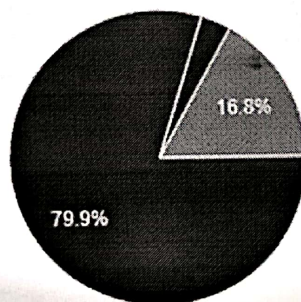
244 responses



- Female
- Male

Did this Seminar on Sports meet your expectations?

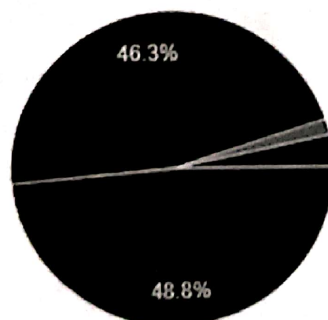
244 responses



- Yes
- No
- Maybe

Please rate the speaker's knowledge of the topic

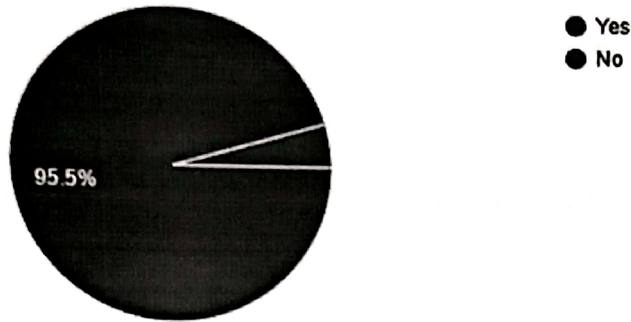
244 responses



- Excellent
- Good
- Fair
- Poor

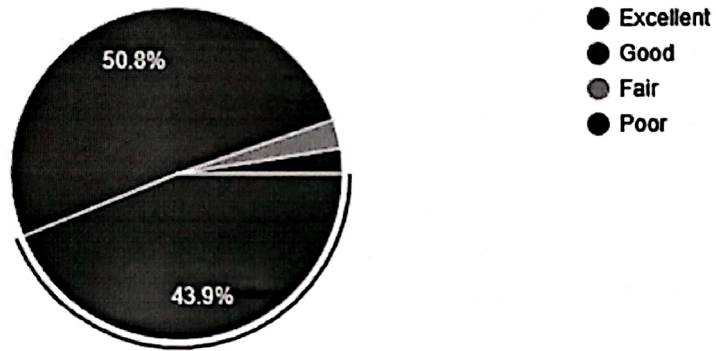
Did the event help you with new learnings or knowledge?

244 responses



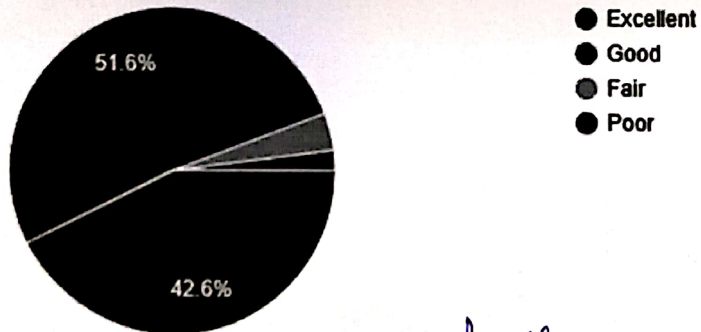
How do you rate this Seminar ?

244 responses



Overall Session Evaluation.

244 responses



Keena
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NATIONAL SPORTS DAY REPORT 2022-23

"No matter how dark the times get, the sun will rise again."

If there is one field of life which teaches us the most valuable lessons about perseverance, patience in fact what constitutes a perfect character, it is sports. Where else can a young impressionable youth learn values like discipline, responsibility, self-confidence, sacrifice and accountability and to remain fit?

National Sports Day is celebrated on 29th of August every year. It marks the birth anniversary of Hockey Legend, Major Dhyan Chand, who is regarded as the greatest Hockey player of all times. In the words of our honorable Prime Minister, Shri Narendra Modi, 'Aazadi ka Amrit Mahotsav' is a festival of awakening of the nation. As a rich tribute to 75 years of independence and to mark the significance of National Sports Day, JVM's Degree College organized a seminar "**Basics of Fitness & Nutrition**" to inculcate the need of Fitness among the students and to enhance their physical and social skills. Students of degree college participated in the seminar with great enthusiasm in the seminar at college auditorium on 29th Aug, 2022.

Our resource person **Dr. Dhananjay More**, (MBBS, LLB, ACSM(2009-2012), ACE(2005-2011), ISSA(2009-2011), IDEA) delivered a speech focusing on the benefits of fitness and nutrition and how the aspiring youth's energy can be utilized in re-constructing a nation and its glory on the international front.

Fitness and Exercise are an integral part of our life and have become a way of life for a healthy and fit India. It plays a pivotal role in the makeup of a young athlete.

Total – 244 participants were present for the event from degree college.

Mr. Sagar Shinde
Incharge,
Sports Committee (Degree)



Dr. (Mrs) Leena Sarkar
Principal & Chairperson
PRINCIPAL

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