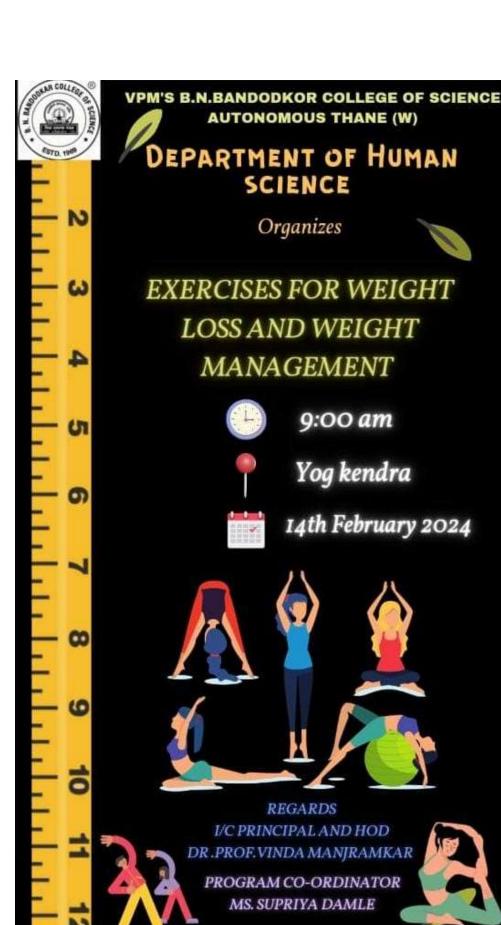




Name of activity	Exercises for weight loss and weight management		
Objectives of the activity (Maximum 40 words)	 To create awareness among students to maintain weight loss, prevent weight regain and improve body composition. To enhance overall health, strength and flexibility. To improve mental health. 		
Organizing department/s	Department of Human Sciences		
Collaborative institute			
Date (DD / MM / YYYY)	14/02/2024		
Venue	VPM's B.N. Bandodkar College of Science, (Autonomous) Thane. Yog Kendra		
Mode	Offline		
Details of Resource person (Name, designation, institution)	1. Ms. Supriya Damle		
Key Participants	Degree students of B.N. Bandodkar college of science		
Remarkable outcomes/ key take- away messages (max. three)	 Students gained knowledge about caloric deficit and fat loss. Students got idea about increased metabolism and insulin sensitivity. 		
Details of participan	nts		
Total Number	19		
Outsiders	-		
In-house	19		
Additional information	Students later reported the positive feedback about the overall event.		

Name of Coordinator/ teacher in-charge: Ms. Supriya Damle



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