



**SINHGAD TECHNICAL EDUCATION SOCIETY'S
NBN SINHGAD TECHNICAL INSTITUTES CAMPUS,
AMBEGAON, PUNE-41
NATIONAL SERVICE SCHEME (NSS)**



NOTICE

Date: 22/03/2021

This is to inform all the students of NBN Sinhgad School of Engineering that NSS-NBNSTIC has organized a webinar on “**The Importance Of Exercise and Balanced Diet**”. The webinar is scheduled on **Wednesday, 24th March, 2021**

Venue: Microsoft Teams

**Prof. Sumit U. Mali
NSS Programme Officer**

**Dr. Shivprasad P. Patil
Director, NBNSTIC**

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Sinhgad Institutes

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EVENT REPORT

Date: 24/03/2021

NAME OF EVENT:- Importance of Exercise and Balanced Diet

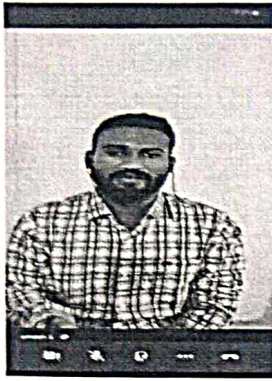
STAFF COORDINATOR :- Prof. S. U. Mali, Prof. R. V. Patil

STUDENT COORDINATOR :-Mr. Sushant Nagare, MissApurva Chaturvedi

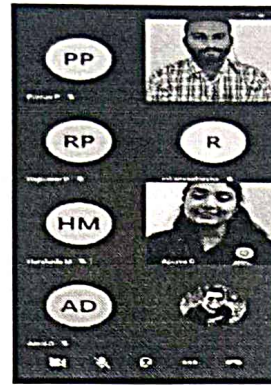
The webinar “Importance of Exercise and Balanced Diet” scheduled on Wednesday, 24th March, 2021 was celebrated under “Poshan Pandharwada” by team NSS – NBNSTIC. The event started with the welcoming of all the dignitaries, guest speaker, faculty members and the students followed by the NSS Song performed by our NSS Volunteers. Later, the audience was addressed by our respected Principal Sir Dr. S. P. Patil and HOD of Computer Department Dr. A. V. Dhumane Sir. Then the webinar on “Importance of Exercise and Balanced Diet” was started by our guest speaker Mr. Omesh Satbhai, the founder of Vibrant Yoga Studio, a counsellor, a medical yoga therapist and also an alumni of NBNSTIC. The webinar was quite informative and interactive for all the students and faculty members, where we came to know about the importance of all the nutrients and exercises in our daily life. Also, a doubt clearing session was held at the end of the webinar for the audience. At last the webinar was concluded with a vote of thanks by our NSS Volunteer.

The event was conducted online on Microsoft Teams Platform under the strict guidelines of covid-19.

Importance of Exercise and Balanced Diet



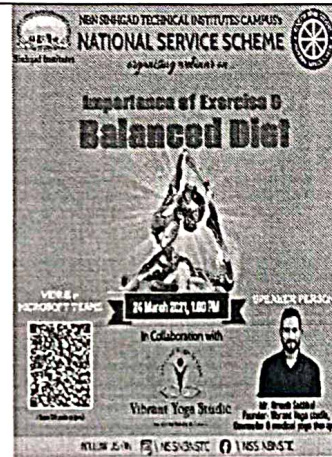
Guest Speaker



Welcome Speech by our NSS Volunteer



Event Highlights



Poster for Event

Prof. S. U. Mali
NSS Programme Officer

Dr. S. P. Patil
Director, NBNSTIC