

Bunts Sangha's  
S.M.Shetty College of Science, Commerce & Management Studies, Powai.  
NAAC ACCREDITED 'A' GRADE  
ISO 21001:2018 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019  
**Activity Approval**

Date: 10-10-2021

**Program:** Nutritious phonics - roadmap for a disease free life.

**Need:** To ensure you get all the nutrients you need from the food you eat, try to aim for a diet rich in fruits, vegetables, quality protein, etc.

**Objective:** Nutrition information sessions to keep employees healthier and happier increasing morale and effectiveness.

**Content:** Healthy Lifestyle tips- through eating habits, physical & mental exercise, etc.

**Resource Person:** Ms. Monica Chadha (Practicing Nutritionist, Lucknow).

**Date:** 14-10-2021      **Time:** 12:30 pm onwards      **Venue:** Zoom

**Cost/Budget:** 1500/-

**Proposed By:** IQAC

**Verified By:**



  
**PRINCIPAL**  
Bunts Sangha's S.M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai-400 076  
Tel: 022 - 6132 7352  
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**Minutes of the meeting**

Date:

Time:

Venue: Vice Principals Cabin

Following things were discussed in the meeting:-

The agenda of the meeting was to discuss the need to conduct an

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**Notice**

Internal Quality Assurance Cell (IQAC) \* of  Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies, Powai.Mumbai  is organising a webinar on 

Topic: \_Nutritious Phonics: A Roadmap for Disease free life" \_

Resource Person : Dr.Monica Chadha (Dietitian -Lucknow)

 : 14th October, 2021

 : 4.30 pm onwards

Joining Link:

<https://us02web.zoom.us/j/82883107942?pwd=bUITNHM1V1JMaXdTZIMvWFn2RENvQT09>

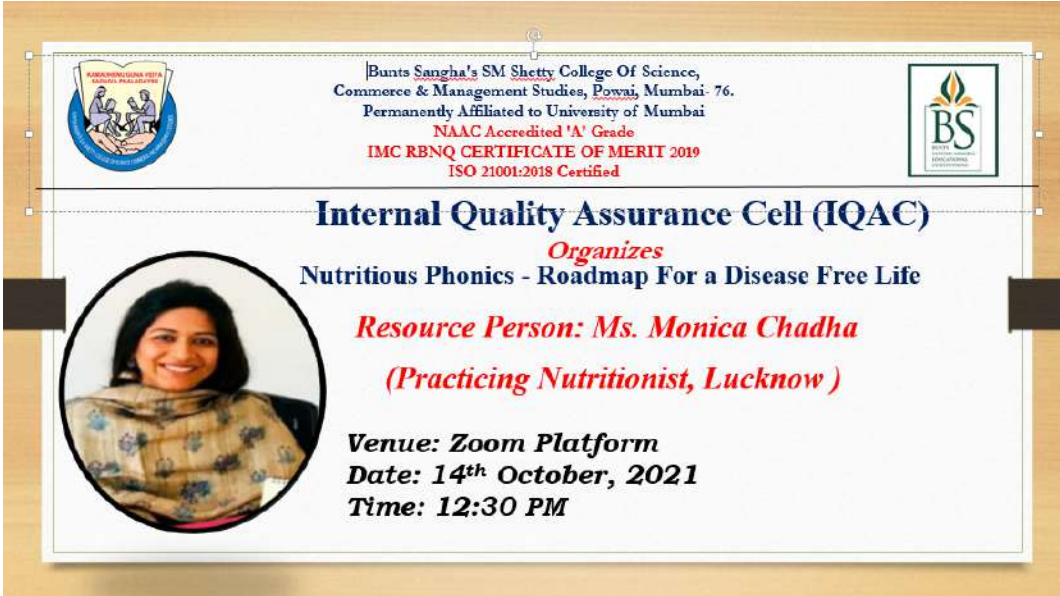
Meeting ID: 828 8310 7942

Passcode: VYEL6a

For any query kindly contact  at: \*iqac@smshettycollege.edu.in

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**Brochure**



The brochure is for a webinar titled "Nutritious Phonics - Roadmap For a Disease Free Life". It is organized by the Internal Quality Assurance Cell (IQAC) of Bunts Sangha's S.M. Shetty College of Science, Commerce & Management Studies, Powai, Mumbai - 76. The resource person is Ms. Monica Chadha, a practicing nutritionist from Lucknow. The webinar is held on the Zoom Platform on 14th October, 2021, at 12:30 PM. The brochure features the college's logo, the BS logo, and a portrait of Ms. Monica Chadha.

Bunts Sangha's S.M. Shetty College Of Science,  
Commerce & Management Studies, Powai, Mumbai- 76.  
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**Internal Quality Assurance Cell (IQAC)**  
*Organizes*  
**Nutritious Phonics - Roadmap For a Disease Free Life**

**Resource Person: Ms. Monica Chadha**  
**(Practicing Nutritionist, Lucknow )**

**Venue: Zoom Platform**  
**Date: 14<sup>th</sup> October, 2021**  
**Time: 12:30 PM**

**Certificate**



The certificate is for participation in a webinar titled "Nutrition Phonics : A Roadmap for Disease Free Life". It is organized by the Internal Quality Assurance Cell (I.Q.A.C.) of Bunts Sangha's S.M. Shetty Degree College, Powai, Mumbai - 400076. The resource person is Dr. Monica Chadha, a dietician from Lucknow. The certificate is signed by Prof. Sandesha Shetty, Vice Principal; Dr. Liji Santosh, Vice Principal & IQAC Coordinator; and Dr. Sridhara Shetty, Principal. The certificate is made for free with Certify'em.

BUNTS SANGHA'S  
S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES,  
POWAI, MUMBAI - 400076  
(Permanently Affiliated to the University of Mumbai)  
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IMC RBNQ Certificate of Merit 2019  
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**CERTIFICATE OF PARTICIPATION**

This is to certify that **Himani Shukla** from **Bunts Sangha's S.M. Shetty Degree College** has attended the webinar on "Nutrition Phonics : A Roadmap for Disease Free Life", organised by Internal Quality Assurance Cell (I.Q.A.C.), on 14<sup>th</sup> October, 2021.

**Resource Person: Dr. Monica Chadha, Dietician, Lucknow**

  
Prof. Sandesha Shetty  
Vice Principal

  
Dr. Liji Santosh  
Vice Principal & IQAC Coordinator

  
Dr. Sridhara Shetty  
Principal

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Pictures

A screenshot of a Zoom presentation slide. The slide has a yellow and white background. At the top left is the IQAC logo. The text on the slide reads: "Bunts Sangha's SM Shetty College Of Science, Commerce & Management Studies, Powai, Mumbai- 76. Permanently Affiliated to University of Mumbai. NAAC Accredited 'A' Grade. IMC RBNQ CERTIFICATE OF MERIT 2019. ISO 21001:2018 Certified." Below this, it says "Internal Quality Assurance Cell (IQAC) Organizes Nutritious Phonics - Roadmap For a Disease Free Life". A circular photo of a woman is on the left. To the right of the photo, it says "Resource Person: Ms. Monica Chadha (Practicing Nutritionist, Lucknow)". At the bottom, it says "Venue: Zoom Platform", "Date: 14<sup>th</sup> October, 2021", and "Time: 04:30 PM". The Zoom interface shows the name 'LIJI SANTOSH' in the top right, a timer at 3:31 / 1:19:46, and a 'Scroll for details' link at the bottom.

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**Report**

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**Participants List (25 F+ 9 M= 34)**

<b>Sr.NO</b>	<b>Email Address</b>	<b>Full Name</b>	<b>Category</b>	<b>Gender</b>
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25	dishad@smshettyinstitute.org	Disha Bhakta	Teaching	Female



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34	paichitra919@gmail.com	Shreelaxmi Balkrishna Pai	Teaching	Female

### Feedback

Please give your feedback about the Webinar. [Choice of Topic]	Please give your feedback about the Webinar. [Choice of Resource Person]	Please give your feedback about the Webinar. [Content Delivery by Resource Person]	Please give your feedback about the Webinar. [Topics Covered in the Webinar]	Please give your feedback about the Webinar. [Time Management of the Webinar]	Do you think the concepts discussed in the webinar is helpful in your daily life?	Do you think you will follow the nutrition tips discussed in the webinar?	Give us your suggestion of topics for organizing such webinars in future.
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	sample
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	sample
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	sample
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	sample
Very Good	Very Good	Very Good	Very Good	Very Good	Yes	Yes	No
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	.
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	No comments
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	None as of now
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	Keep it uo
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Will try to	Na
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	



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Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	Great Session
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	
Very Good	Very Good	Very Good	Very Good	Very Good	Yes	Yes	More
Very Good	Very Good	Very Good	Very Good	Very Good	Yes	Yes	No suggestion
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	.
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	Such interactive sessions
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	On social media handlings
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	Mental health
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	Need such sessions in future
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	none
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	Nil
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	Excellent session keep it up.
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	More on diet and nutrition
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	Great
Excellent	Excellent	Excellent	Very Good	Excellent	Yes	Yes	Nice session
Excellent	Excellent	Excellent	Very Good	Good	Yes	Yes	How to live healthy life
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	-
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	nil
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	Superb Session , need more session on this.
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Yes	keep such sessions
Good	Very Good	Good	Very Good	Good	Yes	Yes	Cyber crime awareness
Excellent	Excellent	Excellent	Excellent	Excellent	Yes	Some	None
Very Good	Very Good	Very Good	Very Good	Very Good	Yes	Yes	Topics on Investment and Savings



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**Action Taken Report**

Date	Feedback Received	Action Taken
14th october, 2021	Excellent session to keep it up. Superb Session , need more session on this. Great Session.	