



Akbar Peerbhoy College of Commerce and Economics (NAAC Accredited College)

MS Ali Road, Two Tank Grant(E), Mumbai - 08

Activity Report

Awareness About the Name of the Activity Impact of Diet. Exercise & Date: 31/10/2022

Name Of The Dept./Committeeallege Internal Compaint Committee

Covenor of the Activity

Resource Person: Apollo Spectra Hospital

Target Audience: Degree Professional & Junior Cly No's of Students Participated 22

Name Of The student Co-coordinator- Moha Sago

Brief Summary of the Activity conducted:

To promote Awareness About the Impact of Diet, Exercise and Stress On Health Among Non Teaching Staff, the talk show was Organized on 31st October with the help of Apollo Spectra Hospital. Mr. Jinal Patel, chief dietiction who gave good insight on above topic. She made them understand that how daily food should be to be remain healthy and how exercise of half hour can keep oneself active and healthy. Come lifestyle stress ox workplace stress, healthy communication and fun activities must be these in one's li

Name & Signature of the Convenor

Anjuman-i-Islam's Akbar Peerbhoy College of Com. & Eco. M S. Road, Mumbai - 400 008

ANJUMAN-I-ISLAM'S AKBAR PEERBHOY COLLEGE OF COMMERCE & ECONOMICS Academic Year - 2022 - 2023

Attendance Sheet

Name of the Event-Aucroeness about the Impact of Diet, Exexcise & Stress on healthcamong Program In charge.

Date: 35tock

21

Shaikh faiz

Shaikh farhan

Venue- A.P. College

Student coordinator: Mohol Sagal

Sr.No	Name Of student	Class/Div/Rollno	Sign
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2	Shaikh jahid	TUBM8/85	Calial
3	Whan anam	SyB.com/32	Loan
4	shaikh zoya	SyB, com/117	2040
5	sayyed Altah	FyB. Com/357	atat 0
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Cove	venor of the Activity on Health among non Teaching Resour	ree Person: Apollo (o	manittee
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2	2. Class : TY-B Com	****	
3	3. Roll no : 241		
4	4. Gender : Male:	Female Oth	er [
.5	5. How did you find the program:		
	Poor Good Very Good	Excellent	<u></u>
6	6. Did you find content relevant and useful: Yes No: Not sure		
7	7. Did your all questions were attend by the resource page 1. No: Not sure	person?*	
8	8. How would you rate the presentation skills of the res Poor Good Very Good	source person?* Excellent	1
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Anjummi-i-Islam's

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Activity Feedback Form Name of the Activity Inspect of Died, exercise by Date: 31/10/2022
Stress on Health anasymon techning
Resource Person: Apollo 5/palary Name of the student 1. (Optional) 2 Class Roll no 3. Gender 4. Male: Female Other How did you find the program: 5. Very Good Poor Good Excellent Did you find content relevant and useful: 6. Yes No: Not sure Did your all questions were attend by the resource person? Yes Not sure No: How would you rate the presentation skills of the resource person?* 8. Poor Good Very Good Excellent Any Suggestion-





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	Activity Feedback Form
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	or of the Activity Resource Person: Apollo 5+ea
1.	Name of the student : Mohol Inligaz (Optional)
2.	Class: T.Y.B.Com
3.	Roll no : 301
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7.	Did your all questions were attend by the resource person?* Yes Not sure
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	3.	Roll no		72
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3.	Roll no	1	391		
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