



Anjuman-i-Islam's

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

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

7

Activity Report

Name of the Activity: Awareness About the Impact of Diet, Exercise & Stress On Health among Non Teaching Date: 31/10/2022
Name Of The Dept./Committee: College Internal Complaint Committee

Covenor of the Activity

Resource Person: Apollo Spectra Hospital

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

Name Of The student Co-coordinator-- Mohd Saad

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. Ms. Jinal Patel, chief dietitian 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 an hour can keep oneself active and healthy. To overcome lifestyle stress or workplace stress, healthy communication and fun activities must be there in one's life.

Name & Signature of the Convenor


Principal

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



ANJUMAN-I-ISLAM'S
AKBAR PEERBHAIY COLLEGE OF COMMERCE & ECONOMICS

Academic Year - 2022-2023

Name of The Event- Awareness about the Impact of Diet, Exercise & stress on health among Non teaching staff.

Program In charge - _____

Date: 31st Oct

Venue- A.P College

Student coordinator: Mohd Saad

Attendance Sheet

Sr.No	Name Of student	Class/Div/Rollno	Sign
1	Khan Arman	TyB.com/241	Arman
2	Shaikh Jahid	TyBms/35	Jahid
3	Khan anam	SyB.com/32	Anam
4	Shaikh Zoya	SyB.com/117	Zoya
5	Sayed Altat	FyB.com/357	Altat
6	Mansuri Ishaq	M.com/52	Ishaq
7	Shah Kaif	FyB.com/295	Kaif
8	Khatari Altamash	FyB.com/391	Altamash
9	Faizan	TyBscit/19	Faizat
10	Ansari Ayesha	TyBmm/03	Ayesha
11	Shaikh Bilal	TyBcom/232	Bilal
12	Mohd Intiyaz	TyB.com/301	Intiyaz
13	Saad	FyBscit/120	Saad
14	Khan Aafrin	SyB.com/138	Aafrin
15	Shaikh Abeda	SyB.com/172	Abeda
16	Khan Zubair	FyBmm/06	Zubair
17	Shaikh Zohab	FyB.com/305	Zohab
18	Ansari Alfisha	FyB.com/5	Alfisha
19	Shaikh Mahboob	FyBscit/71	Mahboob
20	Maaz	Mscit/16	Maaz
21	Shaikh Fai'z	FyB.com/249	Fai'z
22	Shaikh Farhan	FyBmm/26	Farhan





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Activity Feedback Form

Name of the Activity Awareness About the Impact of Diet & exercise on health among non-teaching staffs Date: 31/10/2022
Covonor of the Activity _____ Resource Person: Apollo committee

1. Name of the student : Khan Arman (Optional)
2. Class : T.Y.B Com
3. Roll no : 241
4. Gender : Male: ☒ Female: ☐ Other: ☐
5. How did you find the program:
Poor ☐ Good ☐ Very Good ☐ Excellent ☒
6. Did you find content relevant and useful:
Yes ☒ No: ☐ Not sure ☐
7. Did your all questions were attend by the resource person?+
Yes ☒ No: ☐ Not sure ☐
8. How would you rate the presentation skills of the resource person?+
Poor ☐ Good ☐ Very Good ☐ Excellent ☒

Any Suggestion-





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Name of the Activity Awareness About the Impact of Diet Exercise for Stress on Health among non teaching Date: 31/10/2022
Covenor of the Activity _____ Resource Person: Apollo Spine Hospital

1. Name of the student : Ansari Ayesha (Optional)
2. Class : T.Y.B Com
3. Roll no : 03
4. Gender : Male: ☐ Female: ☒ Other: ☐
5. How did you find the program:
Poor ☐ Good ☐ Very Good ☒ Excellent ☐
6. Did you find content relevant and useful:
Yes ☒ No: ☐ Not sure ☐
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Activity Feedback Form

Awareness About the

Name of the Activity Impact of Diet Exercise & Stress on health among nonteaching Date: 31/10/2022

Covenor of the Activity _____ Resource Person: Apulla Spectra

1. Name of the student : Shaikh Kaif (Optional)
2. Class : F.Y.B Com
3. Roll no : 295
4. Gender : Male: ☒ Female: ☐ Other: ☐
5. How did you find the program:
Poor ☐ Good ☐ Very Good ☐ Excellent ☒
6. Did you find content relevant and useful:
Yes ☒ No: ☐ Not sure ☐
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Activity Feedback Form

Name of the Activity: Awareness About the Impact of Diabetes on health among non Date: 31/10/2022
Covenor of the Activity: _____ Resource Person: Apollo sterides

1. Name of the student : Mohd Imtiyaz (Optional)
2. Class : T.Y.B.Com
3. Roll no : 301
4. Gender : Male: ☒ Female: ☐ Other: ☐
5. How did you find the program:
Poor ☐ Good ☐ Very Good ☐ Excellent ☒
6. Did you find content relevant and useful:
Yes ☒ No: ☐ Not sure ☐
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Covenor of the Activity _____ Resource Person: *Apollo sted*

1. Name of the student : *Rheem Abade* (Optional)
2. Class : *S.Y.B Com*
3. Roll no : *06*
4. Gender : Male: ☒ Female: ☐ Other: ☐
5. How did you find the program:
Poor ☐ Good ☐ Very Good ☐ Excellent ☒
6. Did you find content relevant and useful:
Yes ☒ No: ☐ Not sure ☐
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Awareness About the

Name of the Activity Impact of Diet, Exercise Date: 31/10/2022

Stress on Health among non teaching

Covenor of the Activity _____ Resource Person: Apollu speaker

1. Name of the student : Shaikh Aheeda (Optional)
2. Class : S.Y.B Com
3. Roll no : 72
4. Gender : Male: ☐ Female: ☒ Other: ☐
5. How did you find the program:
Poor ☐ Good ☐ Very Good ☒ Excellent ☐
6. Did you find content relevant and useful:
Yes ☒ No: ☐ Not sure ☐
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stress on the health among non-teaching
Covenor of the Activity _____ Resource Person: *Apollo spectra*

1. Name of the student : *Sheikh Mahboob* (Optional)
2. Class : *F.Y.B Com*
3. Roll no : *71*
4. Gender : Male: ☒ Female: ☐ Other: ☐
5. How did you find the program:
Poor ☐ Good ☐ Very Good ☐ Excellent ☒
6. Did you find content relevant and useful:
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Stress on Health among non-teaching

Covenor of the Activity _____ Resource Person: Aplo Spectra
hospital

1. Name of the student : Shaukha Zaya (Optional)
2. Class : S-4 B Com
3. Roll no : 32
4. Gender : Male: ☐ Female: ☒ Other: ☐
5. How did you find the program:
Poor ☐ Good ☐ Very Good ☐ Excellent ☒
6. Did you find content relevant and useful:
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Covenor of the Activity

Resource Person: Apollo spect hospital
(Optional)

1. Name of the student : Khan Afsan
2. Class : S.Y.B Com
3. Roll no : 138
4. Gender : Male: ☐ Female: ☒ Other: ☐
5. How did you find the program:
Poor ☐ Good ☐ Very Good ☐ Excellent ☒
6. Did you find content relevant and useful:
Yes ☒ No: ☐ Not sure ☐
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Covenor of the Activity _____ Resource Person: Apulla Sapeal hospital.

1. Name of the student : Khatol Altamash (Optional)
2. Class : F.Y.B.Com
3. Roll no : 391
4. Gender : Male: ☒ Female: ☐ Other: ☐
5. How did you find the program:
Poor ☐ Good ☐ Very Good ☒ Excellent ☐
6. Did you find content relevant and useful:
Yes ☒ No: ☐ Not sure ☐
7. Did your all questions were attend by the resource person?+
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Covenor of the Activity _____ Resource Person: *Apallo special hospital.*

1. Name of the student : *Shaikh farhan* (Optional)
2. Class : *F.Y.B Com*
3. Roll no : *26*
4. Gender : Male: ☒ Female: ☐ Other: ☐
5. How did you find the program:
Poor ☐ Good ☐ Very Good ☐ Excellent ☒
6. Did you find content relevant and useful:
Yes ☒ No: ☐ Not sure ☐
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