

CAREER ORIENTED PROGRAM

COURSE: PHYSICAL FITNESS AND WEIGHT MANAGEMENT

Year of Establishment:	2005
Program Co-ordinator:	Mrs. Alka Pant
Course In-Charge:	Ms. Paulomi Desai Nair
Email ID:	desaipaulomi70@gmail.com
Faculty members:	Ms. Paulomi Desai Nair (Post Graduate Diploma in Dietetics-1992, B.Sc. Food Science & Nutrition)

Unique Features:

- Gym facilities
- Workshops on fitness activities- Zumba, Yoga, Aerobic exercises, etc.
- Workshops on methods to measure body composition
- Guest lectures
- Visits – gyms & fitness centres
- Seminar presentations.
- Recipe preparations
- Diet Counseling Skills
- Planning diets for weight management
- Event Management skills- conducting group fitness tests

Internship placements:

- Talwalkar's better value for Fitness
- Visits – gyms & fitness centres
- Planet health
- Benefit for ladies Only
- Mickey mehta's 360° Fitness Temple
- Om Gym
- Pranali's Fitness Hub
- K-3 Oxygen
- Body Fitness for You