CAREER ORIENTED PROGRAM
COURSE: PHYSICAL FITNESS AND WEIGHT MANAGEMENT

<table>
<thead>
<tr>
<th>Year of Establishment:</th>
<th>2005</th>
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<tbody>
<tr>
<td>Program Co-ordinator:</td>
<td>Mrs. Alka Pant</td>
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<td>Course In-Charge:</td>
<td>Ms. Paulomi Desai Nair</td>
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<td>Email ID:</td>
<td><a href="mailto:desaipaulomi70@gmail.com">desaipaulomi70@gmail.com</a></td>
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<td>Faculty members:</td>
<td>Ms. Paulomi Desai Nair (Post Graduate Diploma in Dietetics-1992, B.Sc. Food Science &amp; Nutrition)</td>
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**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
- Befit for ladies Only
- Mickey mehta’s 360° Fitness Temple
- Om Gym
- Pranali’s Fitness Hub
- K-3 Oxygen
- Body Fitness for You