

**Department - Nutrition and Dietetics**

**Activity - Expert talk**

**Date - 06/03/2021**

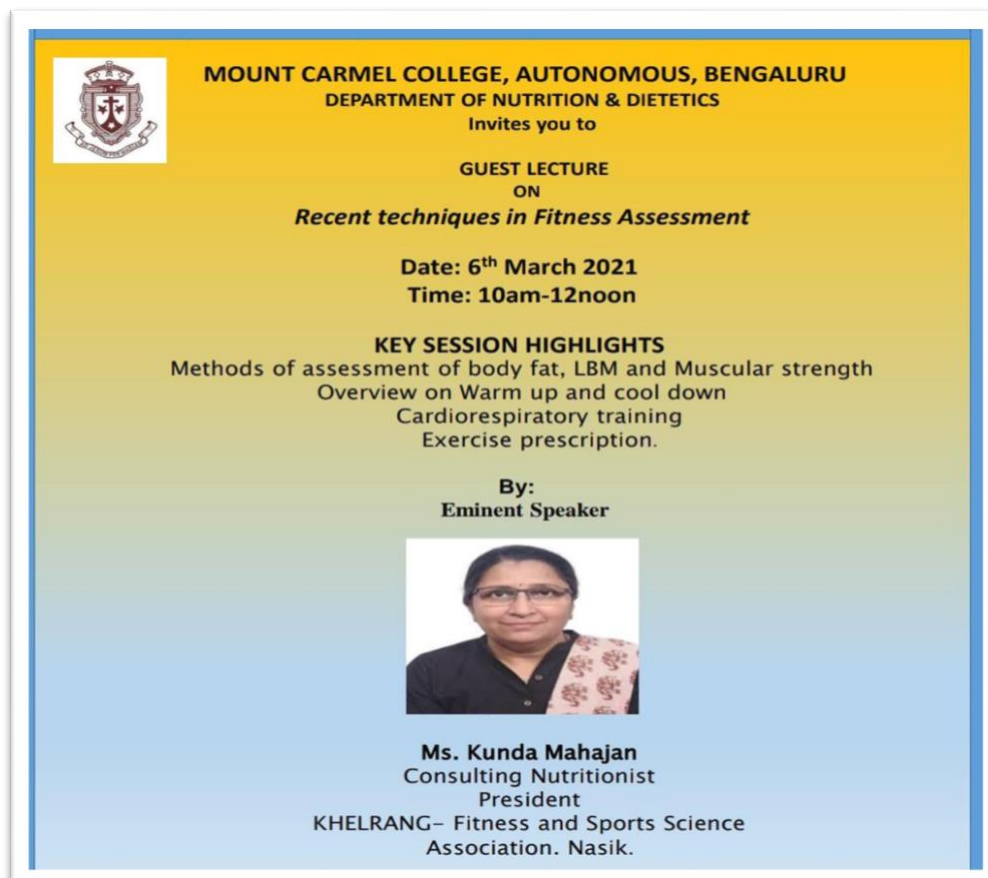
**Title of the activity - Recent Techniques in Fitness Assessment**

**Industry / Resource Person - Smt. Kunda Mahajan**

**Brief Report -**

The Department of Nutrition and Dietetics, Mount Carmel College, Autonomous, Bengaluru, organized an expert talk on a virtual platform of MST. The speaker for the session was Smt. Kunda Mahajan, Consultant Nutritionist, fitness expert, and President of Khelrang - Fitness and Sports Science Association (FSSA), Nasik. The target audience were Under-Graduate students of Nutrition and Dietetics. The objective was to familiarize students with the recent techniques in fitness assessment. The key topics covered included fitness assessment techniques, an overview of warm-up and cool-down sessions, cardio-respiratory training and exercise design. The audience got an overview of the skill-related fitness assessment techniques, importance of cardio-respiratory fitness and exercise design. The response was indeed overwhelming.

**Number of Participants - 60**




**MOUNT CARMEL COLLEGE, AUTONOMOUS, BENGALURU**  
DEPARTMENT OF NUTRITION & DIETETICS  
Invites you to

**GUEST LECTURE**  
ON  
***Recent techniques in Fitness Assessment***

**Date: 6<sup>th</sup> March 2021**  
**Time: 10am-12noon**

**KEY SESSION HIGHLIGHTS**  
Methods of assessment of body fat, LBM and Muscular strength  
Overview on Warm up and cool down  
Cardiorespiratory training  
Exercise prescription.

**By:**  
**Eminent Speaker**



**Ms. Kunda Mahajan**  
Consulting Nutritionist  
President  
KHEL-RANG- Fitness and Sports Science  
Association. Nasik.

# RECENT ADVANCES IN PHYSICAL FITNESS ASSESSMENT



## Kunda Mahajan

Msc (FSN), PG Diploma Sports  
Science And Nutrition  
Consultant Sports Nutritionist  
President, KhelRang FSSA



## SKIN FOLD CALIPER



[https://drive.google.com/file/d/1BZ44\\_aVyndIYVXtGRxZZSoN199WMu0rr/view?usp=sharing](https://drive.google.com/file/d/1BZ44_aVyndIYVXtGRxZZSoN199WMu0rr/view?usp=sharing)

