

MKSSS's Smt. Hiraben Nanavati Institute of Management & Research for Women, Pune.

Report on the Negative Impact of Excessive Gymming and its Societal Influence on Youngsters in India.

A group of 6 students from HNIMR conducted a survey on the Negative Impact of Excessive Gymming and its Societal Influence on Youngsters in India in collaboration with BKWSRC. The survey aimed to identify and address the stress level of people due to excess gym and find out the side effects of gym supplement. The students visited nearby areas to gather data on issue.

They interviewed the people who go to gym for fitness, weight gain, weight loss and stress relief to gain a comprehensive understanding of the challenges. The survey findings were compiled into a detailed report that highlighted the key issues and proposed solutions.

The report was shared with BKWSRC and college authorities to facilitate the implementation of necessary interventions. HNIMR's involvement in this social awareness initiative demonstrates its commitment to social responsibility and its efforts to bridge the gap between academia and community development.