



**Bunts Sangha's**  
**S.M.Shetty College of Science, Commerce and**  
**Management Studies, Powai, Mumbai – 400076**  
NAAC Accredited 'A' Grade  
IMC RBNQ Certificate of Merit 2019  
ISO 21001:2018 Certified



**Department:** The Students' Council

**Program:** Fundamentals of Functional Training

**Objectives:** An event organised to educate students about the importance of Functional Training.

**Need:** To spread awareness about Functional Training and some tips on starting with it.

**Content:** A video was shared with instructions on the fundamentals of basic bodyweight training.

**Date:** 31<sup>st</sup> August, 2022

**Cost/Budget:** NIL

**Proposed by:** The Students' Council

**Verified by:**

Prof. Sandesha Shetty  
(Vice principal & Students' council Incharge)

Dr. Sridhara Shetty  
(Principal)



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## MINUTES OF MEETING

A meeting was held, led by the students' council in charge Prof. Sandesha Shetty to discuss the

execution of the videos to be sent to promote the goodness of bodyweight training.

Points covered in the meeting:

- Format of the video
- Methods to spread it out
- Date was fixed as 31<sup>th</sup> August

Attendance:

Prof. Sandesha Shetty

Prof. Raveena Shetty

Prof. Avneet Kaur

Prof. Rohini Shetty

All the student council members

Prof. Sandesha Shetty

(Vice principal & Students' council Incharge)

Dr. Sridhara Shetty

( Principal)



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## **Notice: YOGA**

The Students' Council\* of

Bunts Sangha's S.M Shetty College of Science, Commerce and Management Studies, Powai

presents

Yoga For A Healthy Being

To celebrate the exercise of Yoga, we want to reach out to each and everyone out there, and teach everyone the different poses of yoga

An Indian art form that has numerous physical and mental benefits, yoga can be practiced by all alike. 😊

So here we present Adhya Makesar First Year student of BAMMC at SM Shetty College.

She started doing yoga during the Pandemic time where she understood the importance of healthy and fit body. Eventually she realised that she has a flexible body and it helps freshen her minds n soul too.

We'd love to hear what you thought about this initiative, so do fill out this form and let us know!

<https://forms.gle/bNryioHDK1SLMHS96>

Here's to a healthy mind and a healthy body!

Prof. Sandesha Shetty

(Vice principal & Students' council Incharge)

Dr. Sridhara Shetty

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### Duty Allocation List

Sr. No.	Name	Position	Duty
1	Ishika Shetty	General Secretary	Making the video/ Form
2	Shrinav Shyam	Joint General Secretary	Gathering tangible resources
3	Rathin Sawant	Joint General Secretary	Formulating rules
4	Beulah S.	Cultural Leader	Solving student queries and making events
5	Nitish Jha	Assistant Cultural Leader	Solving student queries and making events
6	Sneha RK	Public Relations Officer	Encouraging participation
7	Siddhi Rasam	Assistant Public Relations Officer	Encouraging participation

8	Karthik Shetty	Sports Representative	Coordinating resources
9	Aarya Kaur	Assistant Sports Representative	Coordinating resources
10	Mallika Poojari	Women's Representative	Spreading the video
11	Prajakta Chavan	Women's Representative	Spreading the video
12	Snehal Rai	NSS Representative	Coordinating students
13	Mansi Choubey	NSS Representative	Documentation
14	Saloni Maliwal	DLLE Representative	Documentation



Prof. Sandesha Shetty  
(Vice principal & Students' council Incharge)



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**Students' Council**  
**Presents**

**YOGA FOR A HEALTHY BEING**

An instructive video on the fundamentals of Yoga  
by **Adhya Makesar**

Date: 31st August, 2022

Prof. Sandesha Shetty  
(Vice principal & Students' council Incharge)

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## REPORT

Date: 31<sup>ST</sup> August, 2022

The session was met with a heart-warming response from one and all. The students who viewed the video had a session of enlightenment and fun. The poses demonstrated by Ms Adhya Makesar were easily followed by all. The students also came up with interesting questions for the instructor. The viewers showed a positive response towards the event, suggesting they would like more of such content, and the videos helped them gain a positive view towards yoga.

Prof. Sandesha Shetty  
(Vice principal & Students' council Incharge)

Dr. Sridhara Shetty  
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### EVENT PHOTOS







Prof. Sandesha Shetty  
(Vice principal & Students' council Incharge)

Dr. Sridhara Shetty  
(Principal)



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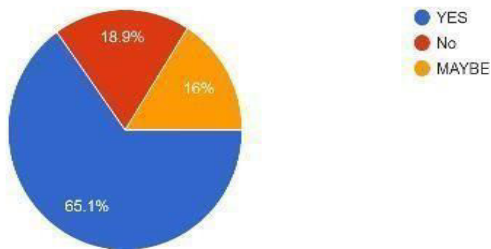
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## FEEDBACK AND ATTENDANCE

DID YOU FIND THIS VIDEO HELPFUL?

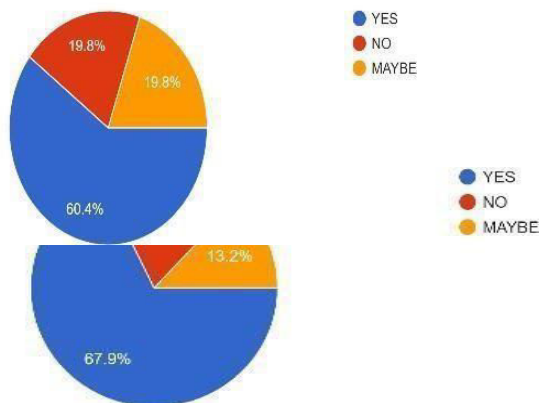
106 responses



WOULD YOU SHARE THIS VIDEO WITH YOUR PEERS?

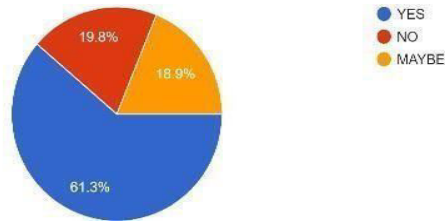
106 responses

W  
11



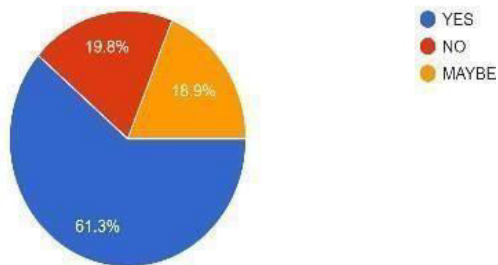
DID THIS VIDEO HELP YOU GAIN INTEREST IN YOGA?

106 responses



WOULD YOU LIKE MORE OF SUCH CONTENT

106 responses



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## **Action Taken Report: YOGA FOR A HEALTHY BEING**

The video circulated by the Students' Council was met with positive feedback, and as suggested by the respondents, the Students' Council decided to circulate a video on a monthly basis so the students keep getting new types of Yoga poses and they can practice yoga more often.

Prof. Sandesha Shetty

(Vice principal & Students' council Incharge)

Dr. Sridhara Shetty

( Principal)