



Bunts Sangha's
S.M.Shetty College of Science, Commerce and
Management Studies, Powai, Mumbai – 400076

IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified



YOGA FOR A HEALTHY BEING: ACTIVITY APPROVAL FORM

Department: The Students' Council

Program: Yoga For A Healthy Being

Objectives: An event organised to educate students about the importance of Yoga.

Need: To spread awareness about Yoga and some tips on starting with it.

Content: A video was shared with instructions on the fundamentals of Yoga.

Date: 30th September, 2022

Cost/Budget: NIL

Proposed by: The Students' Council

Verified by:

Prof. Sandesha Shetty
(Vice Principal & Students' Council In Charge)

Dr. Sridhara Shetty
(Principal)



Bunts Sangha's
S.M.Shetty College of Science, Commerce and
Management Studies, Powai, Mumbai – 400076

IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified



YOGA FOR A HEALTHY BEING : MINUTES OF MEETING

A meeting was held, led by the students' council in charge Prof. Sandesha Shetty to discuss the execution of the video, which will help the students in a practical way. Points covered in the meeting:

- Content of the video
- Methods of promotion
- Invitation of the resource person

Committee Members:

Prof. Sandesha Shetty
Prof. Raveena Shetty
Prof. Avneet Kaur
Prof. Utkarsh Kapadia
Prof. Rohini Shetty

Prof. Sandesha Shetty
(Vice Principal & Students' Council In Charge)

Dr. Sridhara Shetty
(Principal)



Bunts Sangha's
S.M.Shetty College of Science, Commerce and
Management Studies, Powai, Mumbai – 400076

IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified



Duty Allocation List: Yoga For A Healthy Being

SR.NO	NAME	POSITION	DUTY
1	Atharva shetty	General Secretary	Making the video/ Form
2	Akashkumar jha	Joint General Secretary	Gathering tangible resources
3	Ishika Shetty	Joint General Secretary	Formulating rules
4	Ayesha khan	NSS Representative	Solving student queries and making events
5	Vansh suresh	Assistant Cultural Leader	Solving student queries and making events
6		Student Representative	Encouraging participation
7	Sarthak kotian	Assistant Public Relations Officer	Encouraging participation
8	Pavitra raulo	Public Relations Officer	Coordinating resources
9	Janvi Bhanushali	DLLE Representative	Coordinating resources
10	Konika bhandari	Lady Representative	Spreading the video
11	Natasha poojari	Lady Representative	Spreading the video
12	Amisha Pardeshi	DLLE Representative	Coordinating students
13	Kartik Shetty	Sports Representavive	Documentation

14	Disha Shetty	Assistant Sports Representative	Documentation
----	--------------	---------------------------------	---------------



Prof. Sandesha Shetty
(Vice Principal & Students 'Council In Charge)



Dr. Shridhara Shetty
(Principal)



Bunts Sangha's
S.M.Shetty College of Science, Commerce and
Management Studies, Powai, Mumbai – 400076

IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified



YOGA FOR A HEALTHY BEING: NOTICE

Google Forms: Sign-in

Access Google Forms with a personal Google account or Google Workspace account (for bu...
docs.google.com

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 **MUSKAAN GUPTA** First
Year student of **B.sc IT** at SM Shetty College.
She started doing yoga a very young age and
when she was very young she understood
the importance of healthy and fit body.
Eventually she realised that she has a
flexible body and it helps freshen her mind
and soul too.

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

https://docs.google.com/forms/d/e/1FAIpQLScEtBIfakNYOM_ymJp_CD4cenUBKRh1lfpD_EJO_WyM_mivbQ/viewform?usp=sf_link

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

20:53 ✓

Prof. Sandesha Shetty
(Vice Principal & Students 'Council In Charge)

Dr. Shridhara Shetty
(Principal)



Bunts Sangha's
S.M.Shetty College of Science, Commerce and
Management Studies, Powai, Mumbai – 400076

IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified



Brochure

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

IMC RBNQ Certificate of Merit 2019
ISO 21001 : 2018 Certified

Students' Council
Presents

YOGA FOR A HEALTHY BEING

An instructive video on the fundamentals of Yoga
by Muskaan gupta
International yoga day.

Date: 30th December, 2022.

Prof. Sandesha Shetty
(Vice Principal & Students 'Council In Charge)

Dr. Shridhara Shetty
(Principal)



Bunts Sangha's
S.M.Shetty College of Science, Commerce and
Management Studies, Powai, Mumbai – 400076

IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified



YOGA FOR A HEALTHY BEING: REPORT

Date: 30th December, 2022

The session was met with a heartwarming response from one and all. The students who viewed the meeting had a session of enlightenment and fun. The poses demonstrated by Mrs. Muskaan Gupta 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 In Charge)

Dr. Shridhara Shetty
(Principal)





Bunts Sangha's
S.M.Shetty College of Science, Commerce and
Management Studies, Powai, Mumbai – 400076

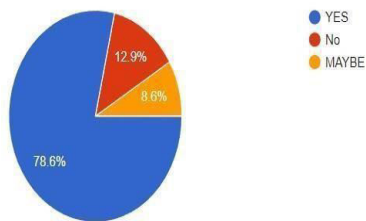
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified



YOGA FOR A HEALTHY BEING: FEEDBACK ANALYSIS

DID YOU FIND THIS VIDEO HELPFUL?

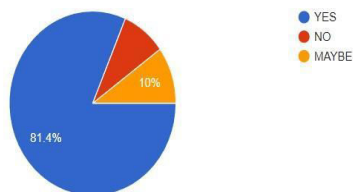
70 responses



Most of the people found the video to be very resourceful, which shows the video was ideally informative and people were able to learn from it.

WAS THE VIDEO EASY TO UNDERSTAND?

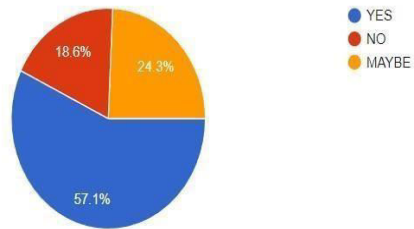
70 responses



About 85% of the people found the video to be relatively easy to follow, which is a good sign since the entire program was meant to be for beginners, and teaching them the fundamentals of Yoga.

DID THIS VIDEO HELP YOU GAIN INTEREST IN YOGA?

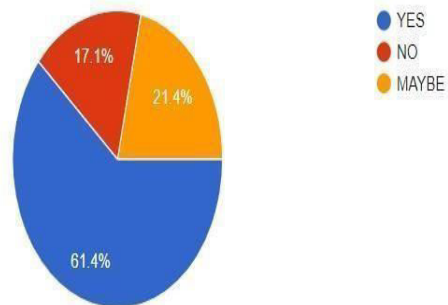
70 responses



Around 70% of the viewers found the videos to be interesting and affirm they gained an interest in Yoga, which is a positive take away since these are the viewers that will come back for more videos.

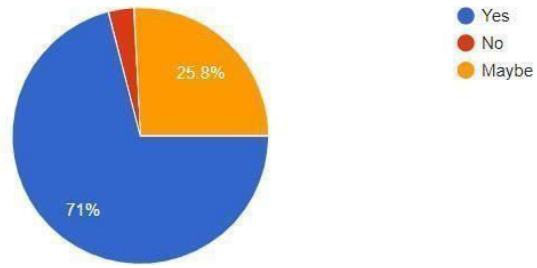
WOULD YOU SHARE THIS VIDEO WITH YOUR PEERS?

70 responses



Would you like to view more of such content?

62 responses



Prof. Sandesha Shetty
(Vice Principal & Students 'Council In Charge)

Dr. Shridhara Shetty
(Principal)



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



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 In Charge)

Dr. Shridhara Shetty
(Principal)

