



BUNTS SANGHA'S  
S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES,  
POWAI, MUMBAI-76  
PERMANENTLY AFFILIATED TO UNIVERSITY OF MUMBAI  
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 October, 2022

**Cost/Budget:** NIL

**Proposed by:** The Students' Council

**Verified by:**

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

Dr. Sridhara Shetty  
(Principal)



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## **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

Attendance:

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)



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### 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

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## YOGA FOR A HEALTHY BEING : NOTICE

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 **Anchal Singh** Second Year student of B.Com 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/1FAIpQLScEtBlfakNYOM\\_ymJp\\_CD4cenUBKRh1IfpD\\_EJO\\_WyM\\_mivbQ/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScEtBlfakNYOM_ymJp_CD4cenUBKRh1IfpD_EJO_WyM_mivbQ/viewform?usp=sf_link)

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

08:58

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

Dr. Sridhara Shetty  
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## Brochure

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

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Students' Council  
Presents

**YOGA FOR A HEALTHY BEING**

An instructive video on the fundamentals of Yoga  
by Anchal Singh  
International yoga day.

Date: 30th October 2022

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

Dr. Sridhara Shetty  
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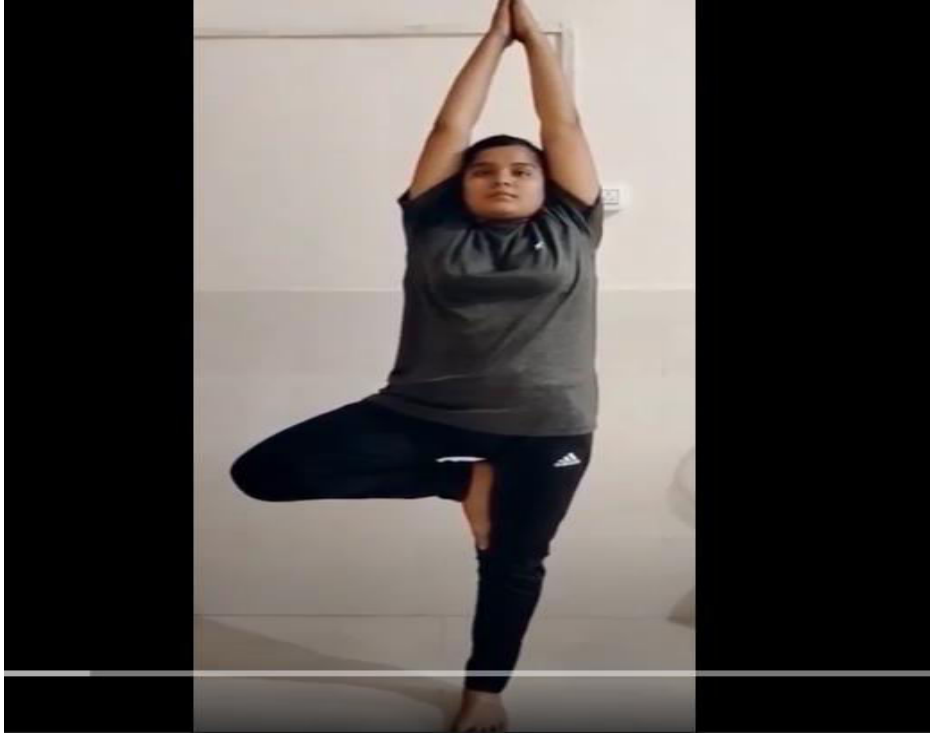
## YOGA FOR A HEALTHY BEING: REPORT

Date: 30th October, 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 Miss. Anchal Singh 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. Sridhara Shetty  
(Principal)





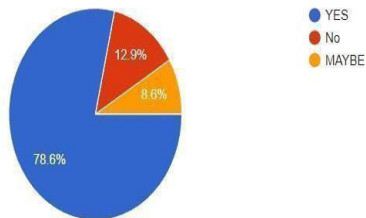
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## YOGA FOR A HEALTHY BEING: FEEDBACK ANALYSIS

DID YOU FIND THIS VIDEO HELPFUL?

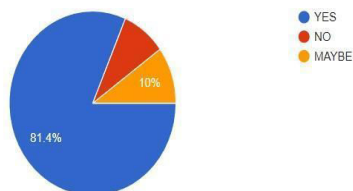
70 responses



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.

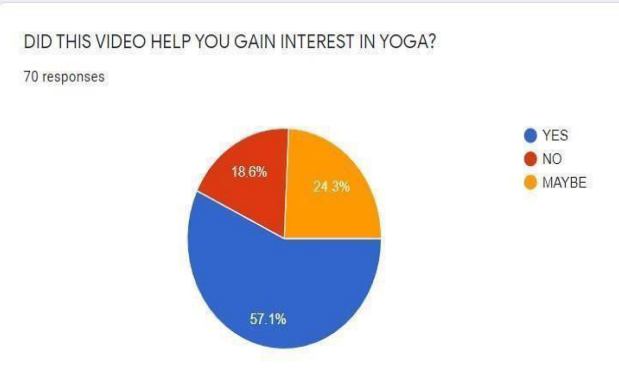
WAS THE VIDEO EASY TO UNDERSTAND?

70 responses

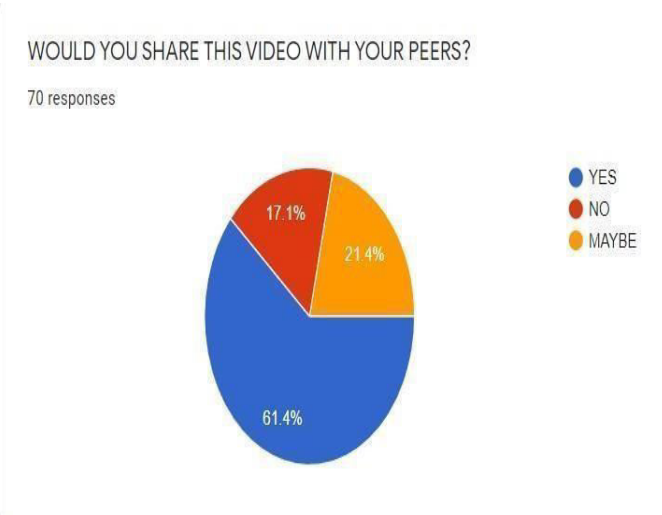




About 85% of the people found the video to be relatively easy to follow, which is a good sign since the entire program was meant to be for beginners, and teaching them the fundamentals of Yoga.

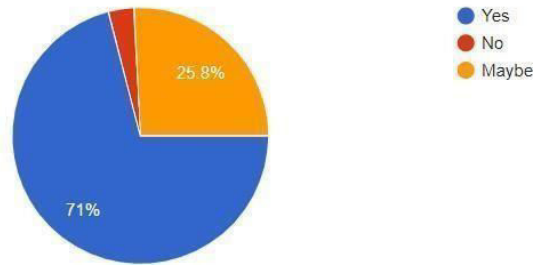


Around 70% of the viewers found the videos to be interesting and affirm they gained an interest in Yoga, which is a positive take away since these are the viewers that will come back for more videos.



Would you like to view more of such content?

62 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 In Charge

Dr. Sridhara Shetty  
(Principal)