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**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

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## ACTIVITY APPROVAL FORM

**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:** 30<sup>TH</sup> April, 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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## 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 30<sup>th</sup>
- April

Attendance:

- Prof. Sandesha Shetty
- Prof. Raveena Shetty
- Prof. Avneet Kaur
- Prof. Utkarsh Kapadia
- Prof. Rohini Shetty
- All the student council members

Prof. Sandesha Shetty  
(Vice Principal & Students'  
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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 kalpana Das First Year student of BCOM at SM Shetty College.

She says ~

I have been doing yoga since 2 years.

Yoga is very important in our life. It has many benefits such as yoga improves strength, balance, flexibility and many more. I am doing yoga for a while now and it keeps me fresh and calm. Due to yoga, you burn more energy than ever before. I can concentrate more on studies. I get sick a lot less than before.

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!



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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'  
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## REPORT

Date: 30<sup>th</sup> April, 2022

The session was met with a heartwarming response from one and all. The students who viewed the video had a session of enlightenment and fun. The poses demonstrated by Ms. Kalpana Das 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'  
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### EVENT PHOTOS





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

Dr. Sridhara Shetty  
(Principal)





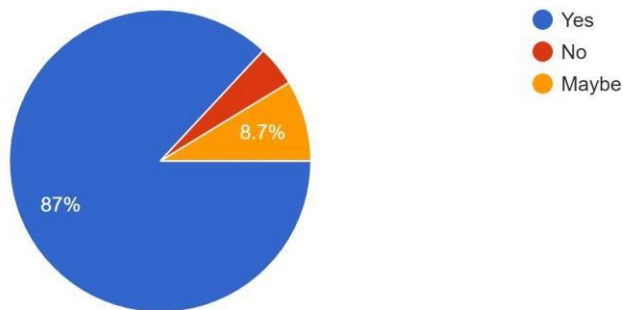
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## Feedback Analysis

Was the video instructive enough?

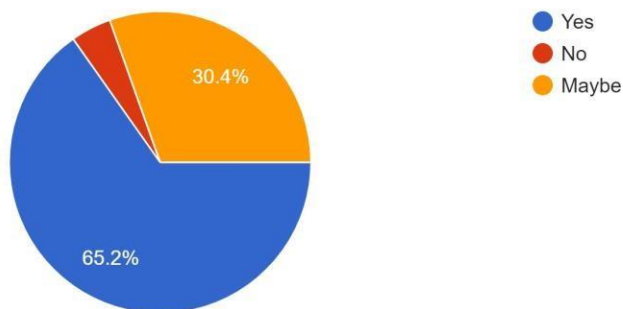
46 responses



Most of the viewers (87%) found the video adequately instructive and they could learn something from it

Were you able to follow whatever was shown?

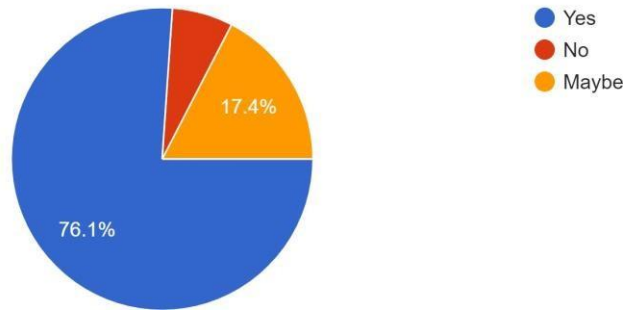
46 responses



Since the exercises given required bodyweight strength, the amount of people who could perfectly mimic them are less, but still a positive figure.

Did this video help you gain interest in functional training?

46 responses



Since we're introducing a new concept, people will take time to get used to it, but 76% of people saying they liked it is a good start.

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## Action Taken Report

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 Bodyweight exercises and they can practice working out more often.

Prof. Sandesha Shetty  
(Vice Principal & Students')

Dr. Sridhara Shetty  
(Principal)