



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



YOGA FOR A HEALTHY BEING: ACTIVITY APPROVAL FORM

Department: The Students' Council

Program: Yoga For A Healthy Being

Objectives: An event organised to unite all students and nurture them with the benefits of yoga

Need: To spread awareness about the physical and mental benefits of yoga through the guidance of a trained expert.

Content: A concise session featuring Ms. Mayuri Salian to be shared with detailed instructions on basic yoga.

Topic: Yoga and Its Benefits

Date: 31st August, 2021

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 videos to be sent to promote the goodness of Yoga.

Points covered in the meeting:

- Format of the video
- Methods to spread it out
- Date was fixed as 31st August

Attendance:

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

Prof. Sandesha Shetty

Dr. Sridhara Shetty

(Vice Principal & Students'
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Duty Allocation List: Yoga For a Healthy Being

SR.NO	NAME	POSITION	DUTY
1	Rathin Sawant	General Secretary	Making the video/ Form
2	Omkar More	Joint General Secretary	Gathering tangible resources
3	Ishika Shetty	Student Representative	Formulating rules
4	Saloni Maliwal	Student Representative	Solving student queries and making events
5	Shrinav Shyam	Assistant Cultural Leader	Solving student queries and making events
6	Beulah Sundarman	Student Representative	Encouraging participation
7	Swathi Shetty	Assistant Public Relations Officer	Encouraging participation
8	Sneha Nair	Student Representative	Coordinating resources
9	Mallika Poojary	Student Representative	Coordinating resources
10	Siddhi Shetty	Women's Representative	Spreading the video
11	Snehal Rai	Women's Representative	Spreading the video
12	Siddhi Rasam	Student Representative	Coordinating students
13	Prajakta Chauhan	Student Representative	Documentation
14	Nitish Jha	Student Representative	Documentation



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BROCHURE: YOGA FOR A HEALTHY BEING

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Students' Council
presents

On account of International Yoga day
YOGA FOR A HEALTHY BEING
An instructive video on the fundamentals of Yoga
by Ms. Mayuri Salian

Date: 31st August, 2021

(Vice Principal & Students'
Council In Charge)

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NOTICE: YOGA FOR A HEALTHY BEING

Yoga For A Healthy Being!
The Students' Council of Bunts Sangha's S.M Shetty College of Science, Commerce and Management Studies, Powai, has taken an initiative to forms.gle

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 send out a statement regarding the fundamentals of Yoga.

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

So here we present **Ms. Mayuri Salian**, a fitness and Yoga expert, who is here with a compilation of some fundamental Yoga routines. 🙏

We'd love to hear what you thought about this initiative, so do fill out this form and let us know!
<https://forms.gle/wrgCp1YzyEDMMHVg8>
Here's to a healthy mind and a healthy body!

7:02 pm ✓

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

Dr. Sridhara Shetty
(Principal)



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YOGA FOR A HEALTHY BEING: REPORT

Date: 31st August, 2021

The video 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 Ms. Mayuri Salian were easily followed by all. The video was about some fundamental asanas demonstrated by the resource person, where basic stretching and flexibility poses were shown, aimed for people just looking to get into basic yoga, which improves physical and mental health. 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)

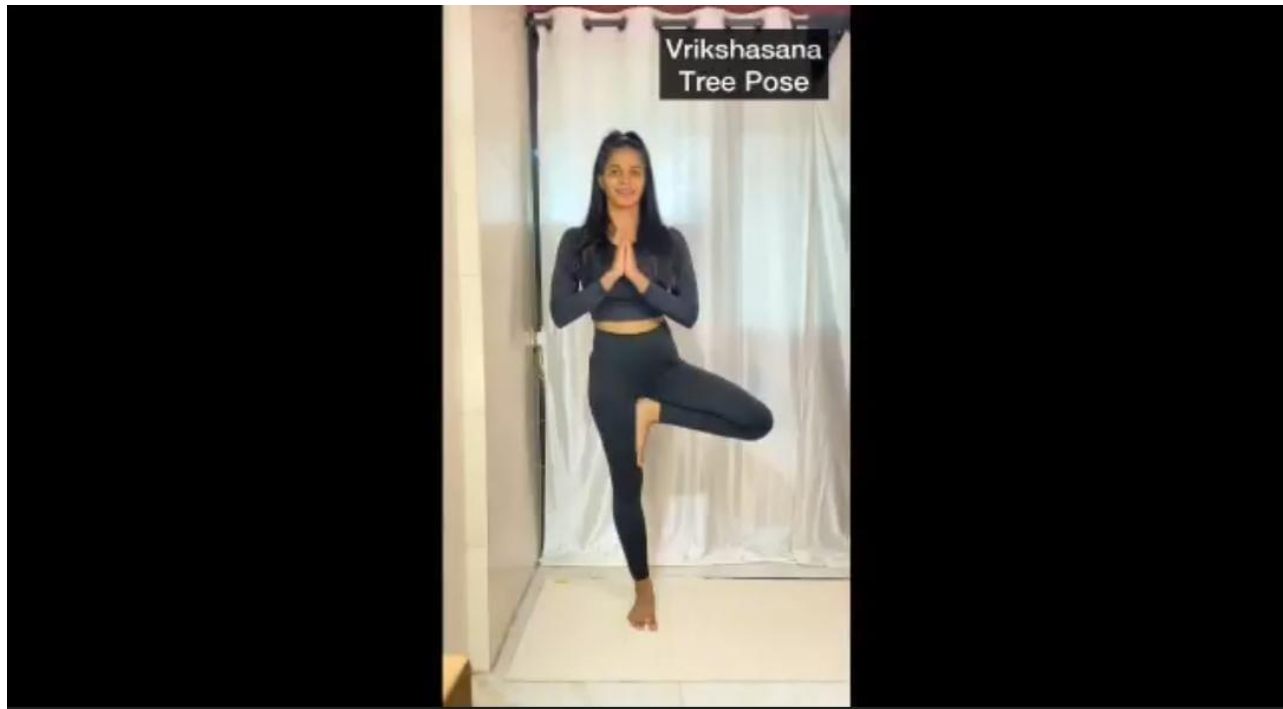


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EVENT PICTURES: YOGA FOR A HEALTHY BEING





A handwritten signature in black ink, appearing to read "Sandesha Shetty".

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

A handwritten signature in black ink, appearing to read "Sridhara Shetty".

Dr. Sridhara Shetty
(Principal)



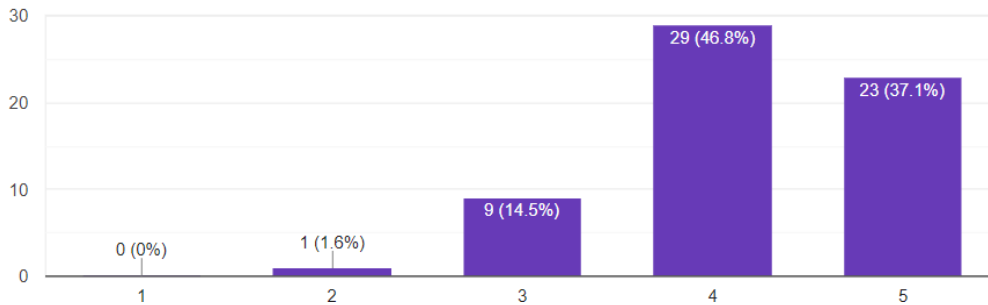
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YOGA FOR A HEALTHY BEING: FEEDBACK ANALYSIS

How resourceful did you find the video?

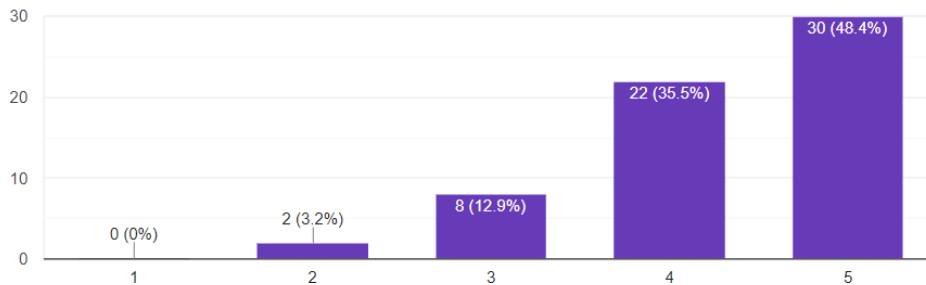
62 responses



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.

How easy did you find the videos to understand and follow?

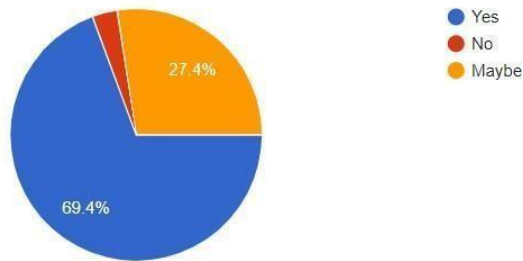
62 responses



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 the videos help you gain more interest in Yoga?

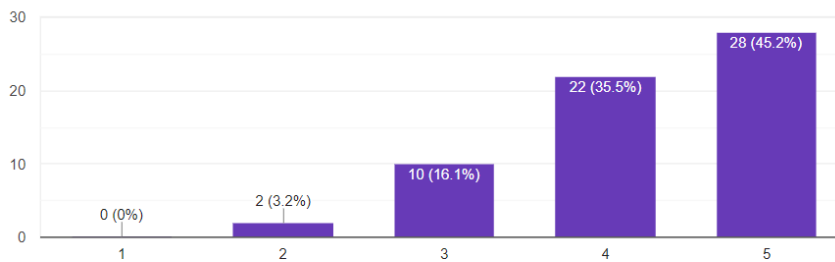
62 responses



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.

How likely are you to share these videos with your friends and get them to do Yoga with you?

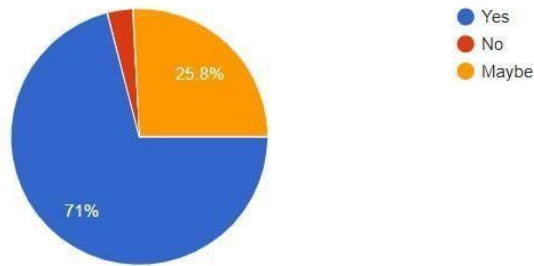
62 responses



80% of the viewers said that they will share the videos with their peers which suggests they found the session to be informative and essential and they thought other people could benefit from it too.

Would you like to view more of such content?

62 responses



A solid 71% of people affirmed they want to view more such videos which caps off a successful event and suggests that most of the people want more of these videos.

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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)