



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

Permanently Affiliated to University of Mumbai
NAAC Accredited 'A' Grade
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified



Activity Approval Form: YOGA FOR A HEALTHY BEING

Department: The Students' Council

Program: YOGA FOR A HEALTHY BEING

Objectives: To celebrate the exercise of Yoga

Need: To make students realize the importance of Yoga.

Content: Yoga video forwarded by The Students' Council and performed by our college student.

Resource Person: Second year BBI student Vandana Kanojia

Date: 28th February 2022

Estimated 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 28th February 2022

Attendance:

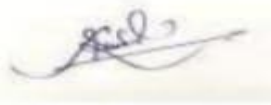
Prof. Sandesha Shetty
Prof. Raveena Shetty
Prof. Avneet Kaur
Prof. Utkarsh Kapadia
Prof. Rohini Shetty
All the student council members

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

Dr. Sridhara Shetty
(Principal)

Duty Allocation List: Yoga For a Healthy Being

SR.NO	NAME	POSITION	DUTY
1	ISHIKA SHETTY	GENERAL SECRETARY	Making the form and documentation
2	SHRINAV SHYAM	Joint General Secretary	Gathering tangible resources
3	RATHIN SAWANT	Joint General Secretary	Formulating rules
4	BEULAH SUNDARAJAN	Cultural Leader	Solving student queries and making events
5	NITHISH JAH	Assistant Cultural Leader	Solving student queries and making events
6	SNEHA NAIR	Public Relations Officer	Encouraging participation
7	SIDDHI RASAM	Assistant Public Relations Officer	Encouraging participation
8	AARYA KAUR	Sports Representative	Coordinating resources
9	KARTHIK SHETTY	Assistant Sports Representative	Coordinating resources
10	PRAJAKTA CHAUHAN	Women's Representative	Spreading the video
11	MALLIKA POOJARY	Women's Representative	Spreading the video
12	SNEHAL RAI	NSS Representative	documentation
13	MANSI CHOUBEY	NSS Representative	Coordinating students
14	SALONI MALIWAL	DLLE Representative	Coordinating students



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



Dr. Sridhara Shetty
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Brochure / Poster of YOGA

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Students' Council
Presents

YOGA FOR A HEALTHY BEING

An instructive video on the fundamentals of Yoga
by Malvi Maker.

Date: 28th February, 2022.

Prof. Sandesha Shetty
(Vice Principal & Students'
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Dr. Sridhara Shetty
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NOTICE: YOGA FOR A HEALTHY BEING.

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 Malvi Maker Third Year student of BMS at SM Shetty College.
She says ~

"Doing yoga and meditation has helped me a lot by improving on my body and mental strength, balance and flexibility. While dancing and playing sports on a daily basis, I experience tiredness and body aches but yoga asanas help me with pain relief. It has a positive impact on my studies 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 In Charge)

Dr. Sridhara Shetty
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REPORT: YOGA FOR A HEALTHY BEING

Date: 28th February , 2022

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. Malvi Maker were easily followed by all. 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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Dr. Sridhara Shetty
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PHOTOS OF YOGA.





A handwritten signature in blue ink, appearing to read 'Sandesha Shetty', is written on a light-colored background.

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

A handwritten signature in black ink, appearing to read 'Sridhara Shetty', is written on a light-colored background.

Dr. Sridhara Shetty
(Principal)



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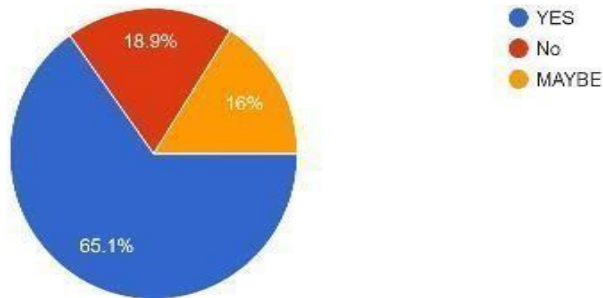
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FEEDBACK AND ATTENDANCE

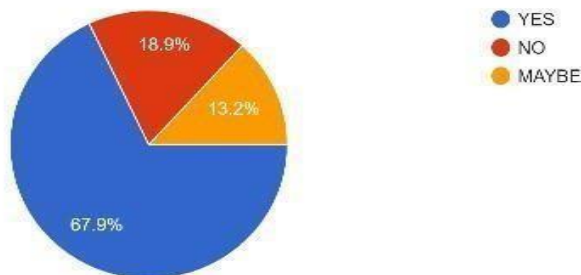
DID YOU FIND THIS VIDEO HELPFUL?

106 responses



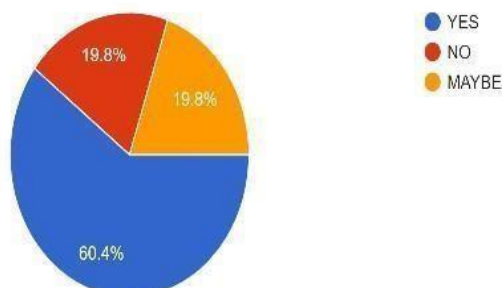
WAS THE VIDEO EASY TO UNDERSTAND?

106 responses



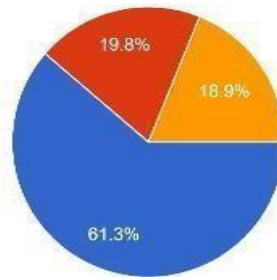
WOULD YOU SHARE THIS VIDEO WITH YOUR PEERS?

106 responses



DID THIS VIDEO HELP YOU GAIN INTEREST IN YOGA?

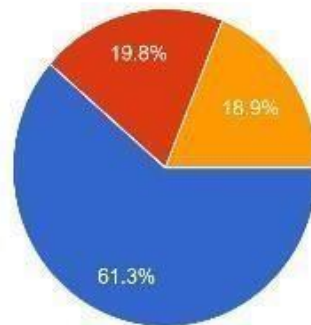
106 responses



- YES
- NO
- MAYBE

WOULD YOU LIKE MORE OF SUCH CONTENT

106 responses



- YES
- NO
- MAYBE

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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)