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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  
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## **YOGA FOR A HEALTHY BEING: ACTIVITY APPROVAL FORM**

**Department:** The Students' Council

**Program:** Yoga For A Healthy Being

**Objectives:** An event organized 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:** 21<sup>st</sup> July, 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 July

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  
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### **Duty Allocation List: Yoga For a Healthy Being**

| <b>SR.NO</b> | <b>NAME</b>      | <b>POSITION</b>                    | <b>DUTY</b>                                     |
|--------------|------------------|------------------------------------|---|
| 1            | Rathin Sawant    | General Secretary                  | Making the video/<br>Form                       |
| 2            | Omkar More       | Joint General Secretary            | Gathering tangible<br>resources                 |
| 3            | Ishika Shetty    | Student Representative             | Formulating rules                               |
| 4            | Saloni Maliwal   | Student Representative             | Solving student<br>queries and making<br>events |
| 5            | Shrinav Shyam    | Assistant Cultural Leader          | Solving student<br>queries and making<br>events |
| 6            | Beulah Sundarman | Student Representative             | Encouraging<br>participation                    |
| 7            | Swathi Shetty    | Assistant Public Relations Officer | Encouraging<br>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         |



Prof. Sandesha Shetty  
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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 July, 2021**

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

Dr. Sridhara Shetty  
(Principal)



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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: 31<sup>st</sup> July , 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)

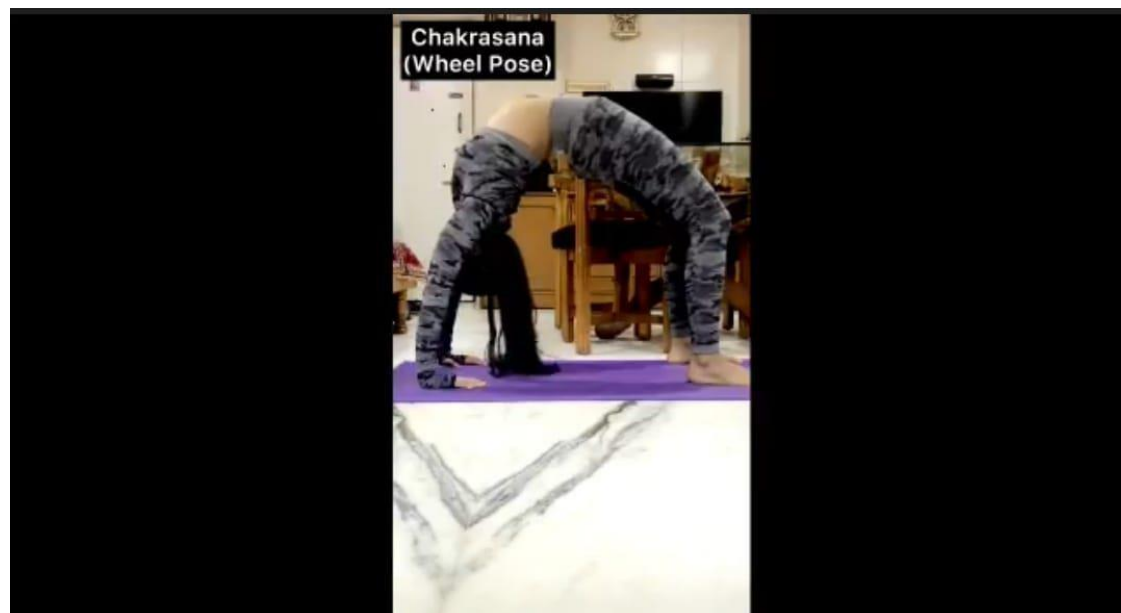


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**EVENT PICTURES: YOGA FOR A HEALTHY BEING**







Handwritten signature of Prof. Sandesha Shetty in blue ink.

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

Handwritten signature of Dr. Sridhara Shetty in black ink.

Dr. Sridhara Shetty  
(Principal)



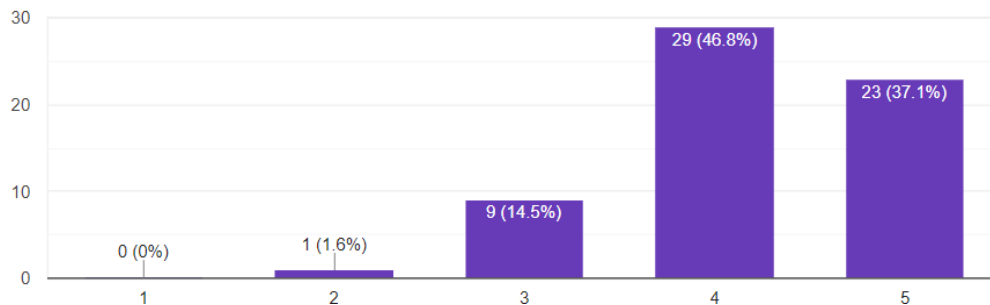
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## YOGA FOR A HEALTHY BEING: FEEDBACK ANALYSIS

How resourceful did you find the video?

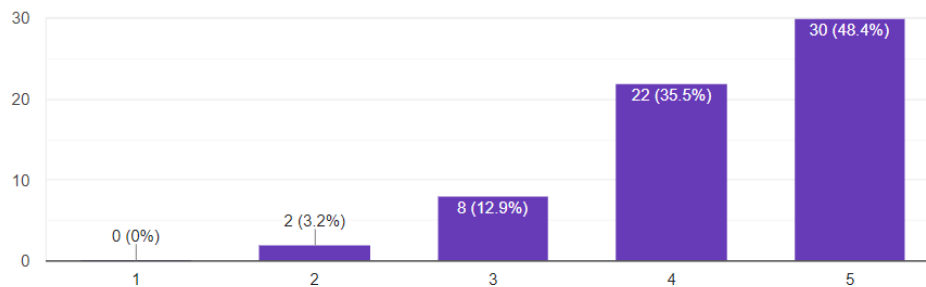
62 responses



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?

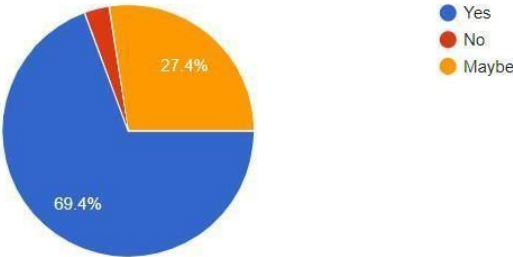
62 responses



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?

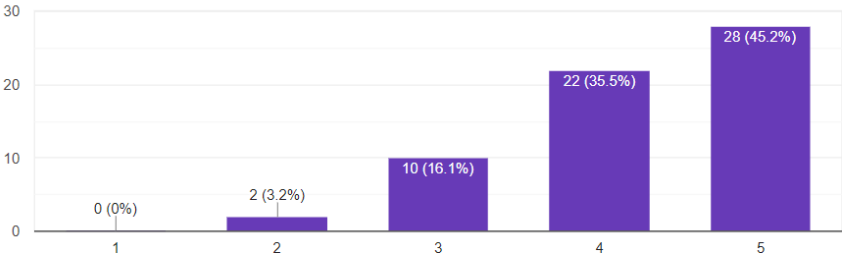
62 responses



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?

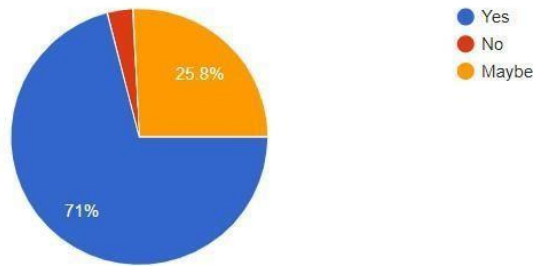
62 responses



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.

Prof. Sandesha Shetty  
(Vice Principal & Students'  
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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)