



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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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. Malvi Maker to be shared with detailed instructions on basic yoga.

Topic: Yoga and Its Benefits

Date: 31st March , 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 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 March

Attendance:

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

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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
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BROCHURE: YOGA FOR A HEALTHY BEING

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Students' Council
Presents

YOGA FOR A HEALTHY BEING

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

Date: 31st March, 2022.

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NOTICE: YOGA FOR A HEALTHY BEING

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 helps 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
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YOGA FOR A HEALTHY BEING: REPORT

Date: 31st March , 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 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.

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EVENT PICTURES: YOGA FOR A HEALTHY BEING





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

Dr. Sridhara Shetty
(Principal)



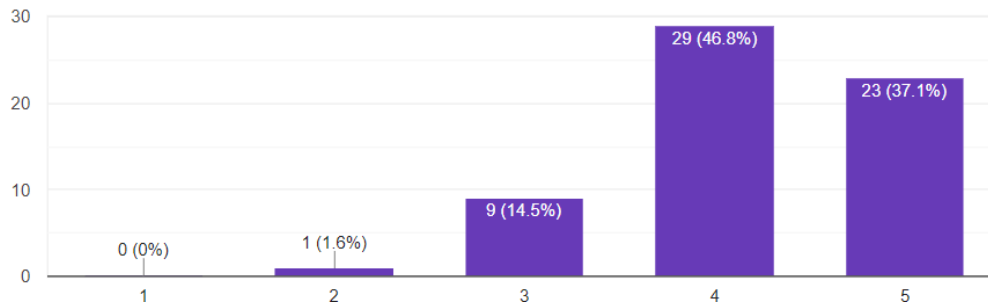
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YOGA FOR A HEALTHY BEING: FEEDBACK ANALYSIS

How resourceful did you find the video?

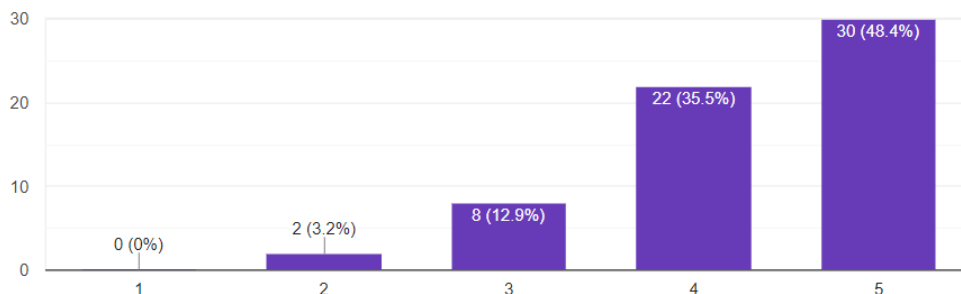
62 responses



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?

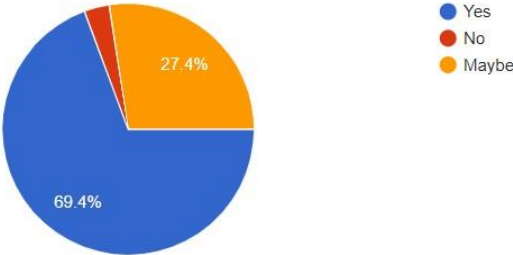
62 responses



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?

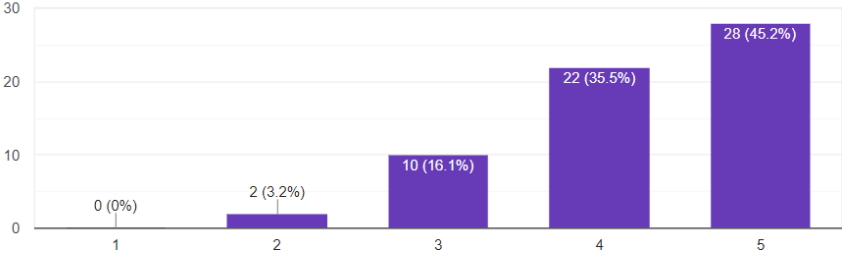
62 responses



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?

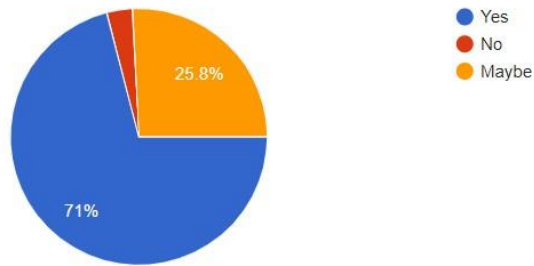
62 responses



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.

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