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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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## **FUNDAMENTALS OF FUNCTIONAL TRAINING: 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> November , 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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## **FUNDAMENTALS OF FUNCTIONAL TRAINING: 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 30th November

Attendance:

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

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

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## Notice

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 \* Sai Saran. He is a professional Hatha Yoga Coach and Architectural Designer. He is the co founder and product designer of a budding Sustainable Home Decor brand named Bla Designs. He keeps hustling and finds his heart in working towards spreading awareness of health and wellness through Yoga and a sustainable approach towards home decor.

We'd love to hear what you thought about this initiative, so do fill out this form and let us know!

<https://forms.gle/DP32YsbLyCyjbXqb7>

Here's to a healthy mind and a healthy body!

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

Dr. Sridhara Shetty  
(Principal)



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**Brochure**

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**Students' Council**  
**presents**

**YOGA FOR A HEALTHY BEING**

An instructive video on the fundamentals of Yoga  
by Mr. Sai Saran

Date: 30th November 2021



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### Duty Allocation List: Fundamentals of Functional Training

| SR.NO | NAME             | POSITION                           | DUTY  |
|-------|------------------|------------------------------------|---|
| 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<br>students |
| 13 | Prajakta Chauhan | Student Representative | Documentation            |
| 14 | Nitish Jha       | Student Representative | Documentation            |

cc



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



Dr. Sridhara Shetty  
(Principal)



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## **FUNDAMENTALS OF FUNCTIONAL TRAINING: REPORT**

Date: 30<sup>th</sup> November, 2021

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 Mr. Sai Saran 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







A handwritten signature in black ink on a light-colored background. The signature is stylized and appears to read 'Sandesha Shetty'.

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

A handwritten signature in black ink on a white background. The signature is stylized and appears to read 'Sridhara Shetty'.

Dr. Sridhara Shetty  
(Principal)



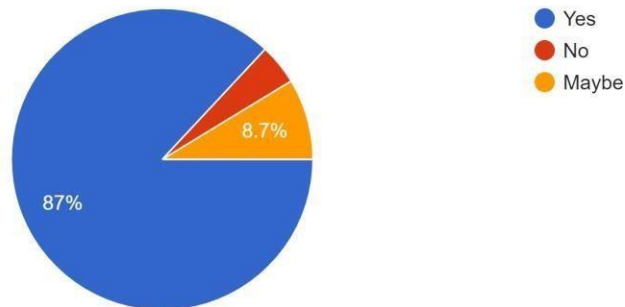
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## Feedback Analysis: Fundamentals of Functional Training

Was the video instructive enough?

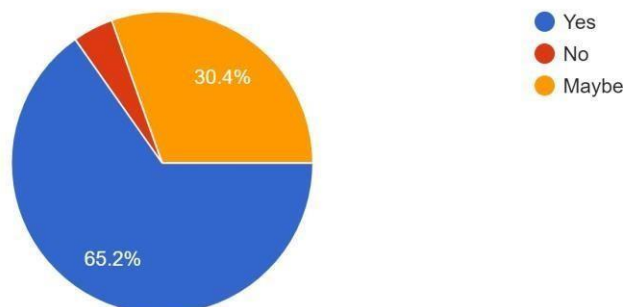
46 responses



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?

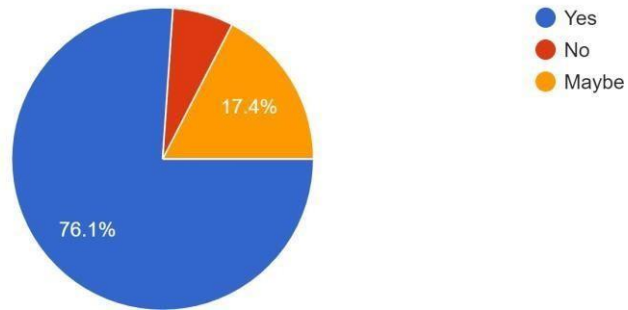
46 responses



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.

Prof. Sandesha Shetty  
(Vice Principal & Students'  
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## **Action Taken Report: Fundamentals of Functional Training**

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)