



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



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: 30th October, 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 October

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: Fundamentals of Functional Training

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



Prof. Sandesha Shetty
(Vice Principal & Students'
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Brochure

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Students' Council
presents

FUNDAMENTALS OF FUNCTIONAL TRAINING
An instructive video on the fundamentals of Functional Training
by Mr. Durvesh Sakpal

Date: 30th October 2021



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FUNDAMENTALS OF FUNCTIONAL TRAINING: REPORT

Date: 30th October, 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. Durvesh Sakpal 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'
Council In Charge)

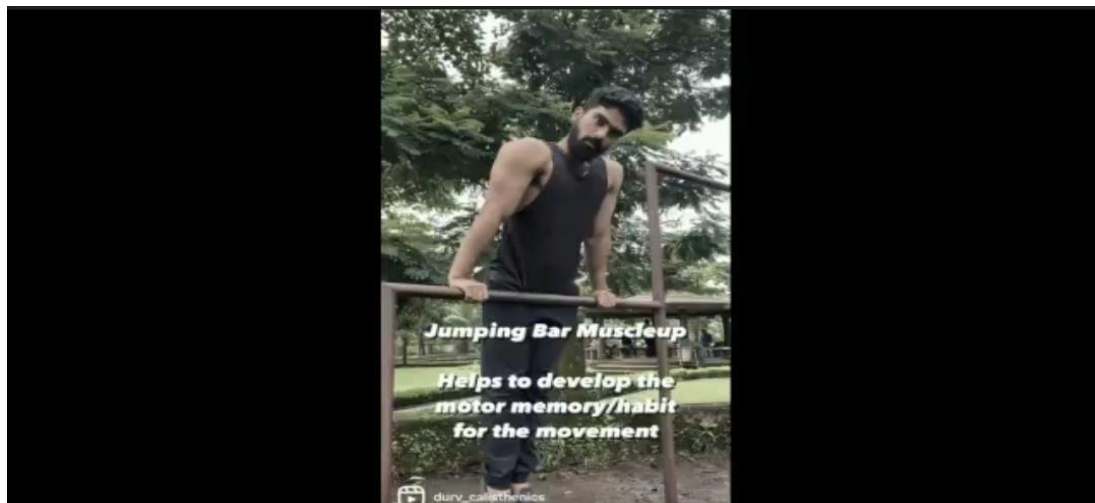
Dr. Sridhara Shetty
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Event Photos





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

Dr. Sridhara Shetty
(Principal)



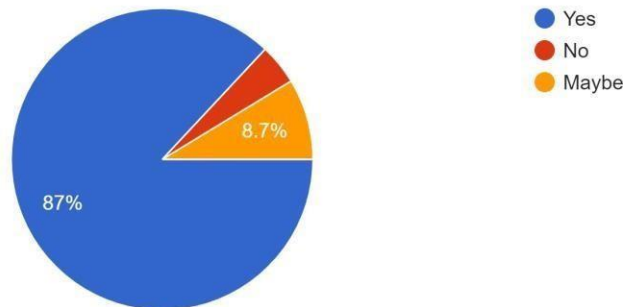
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Feedback Analysis: Fundamentals of Functional Training

Was the video instructive enough?

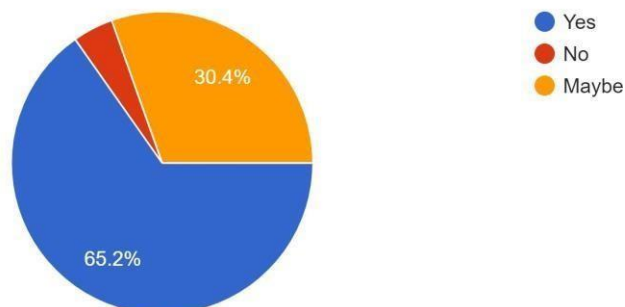
46 responses



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?

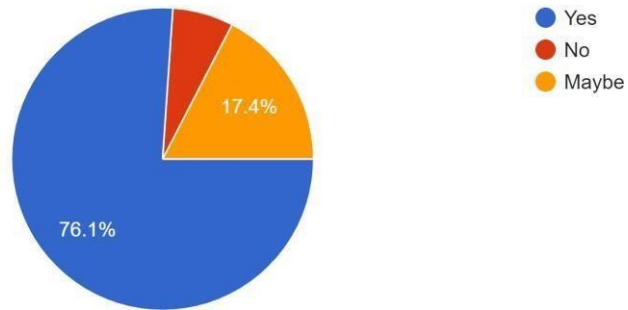
46 responses



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.

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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)