



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



YOGA FOR A HEALTHY BEING: ACTIVITY APPROVAL FORM

Department: The Students' Council

Program: Yoga For A Healthy Being

Objectives: An event organised to educate students about the importance of Yoga.

Need: To spread awareness about Yoga and some tips on starting with it.

Content: A video was shared with instructions on the fundamentals of Yoga.

Date: 30th September, 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 video, which will help the students in a practical way.

Points covered in the meeting:

- Content of the video
 - Methods of promotion
 - Invitation of the resource person

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

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
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YOGA FOR A HEALTHY BEING : NOTICE

 Yoga For A Healthy Being (Sept)
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/SeYYDccB1nj1qCfV9>

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

12:24 am

Prof. Sandesha Shetty
(Vice Principal & Students'
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Brochure

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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: 30th September, 2021

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

Date: 30th September, 2021

The session 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 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
(Principal)



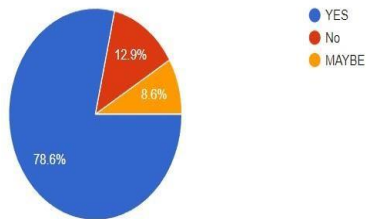
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YOGA FOR A HEALTHY BEING: FEEDBACK ANALYSIS

DID YOU FIND THIS VIDEO HELPFUL?

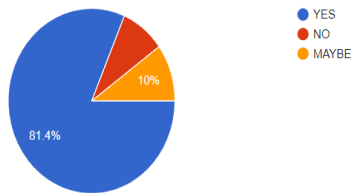
70 responses



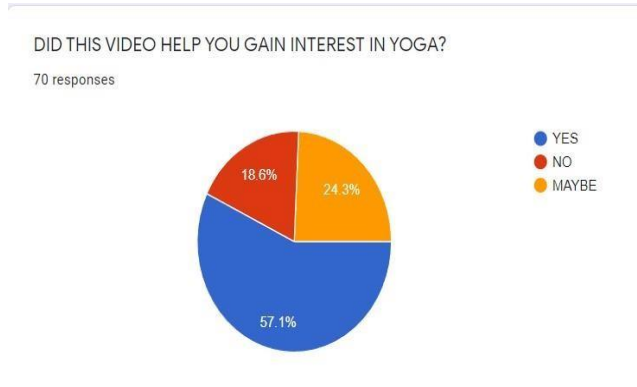
Most of the people found the video to be very resourceful, which shows the video was ideally informative and people were able to learn from it.

WAS THE VIDEO EASY TO UNDERSTAND?

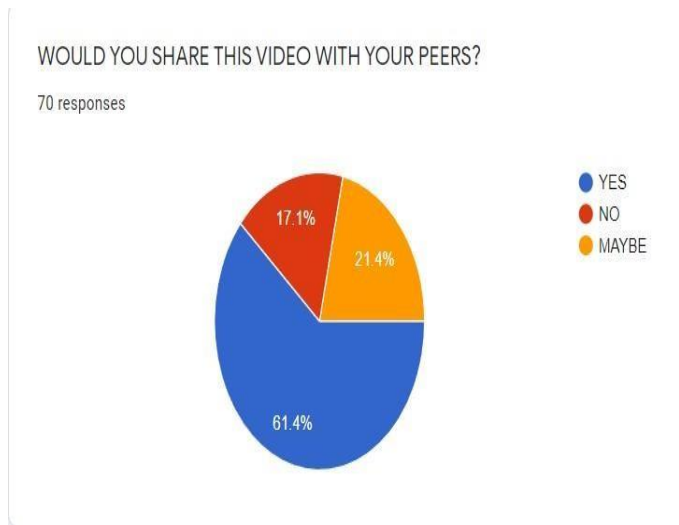
70 responses



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.



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.

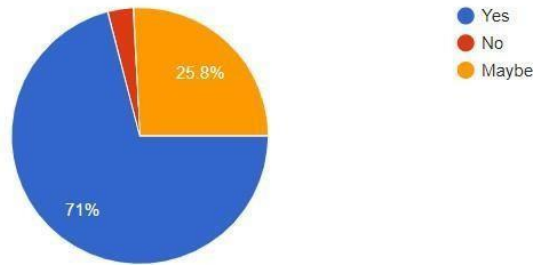


(Vice Principal & Students’
Council In Charge)

(Principal)

Would you like to view more of such content?

62 responses



Prof. Sandesha Shetty

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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)

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