


EVENT APPLICATION FORM	
Part One – Event Information Notes <ul style="list-style-type: none"> • Please attach event proposal with this form. • Proposal must specify objective/s of event and provide detailed description of activities, including venue and time schedule. • Facilities booked via the online booking system will only be recommended after event approval is given. • Please indicate cost centre and GL code (for constituent clubs) for every grant request. 	
Event Title International Day of Yoga 2023	(For Constituent Clubs and Hall Councils only) Cost Centre: GL Code:
Event Date & Time 21 June 2023	Event Venue To be updated
Rehearsal/Training Dates & Time (if any)	Rehearsal/Training Venue (if any)
Organisation Name GSA	Applicant Name Nguyen Duy Anh
Designation in Organisation GSA Sports Director	Matriculation No. G2003729F
Email Address nguyendu002@e.ntu.edu.sg	Contact No. 8868 1107
I consent to the collection and use of my personal data above for the sole purpose of contact by SAO for any matters relating to the event I am organizing and applying for . I understand that I may withdraw this consent expressly at any time except to the extent that action has been taken in reliance upon it.	
Signature of Applicant 	Date of Application 07/06/23
Part Two – Grant Application	
<input type="checkbox"/> Not Applying for Grant <input checked="" type="checkbox"/> Applying for Grant (Please see Appendix A for proposal) Grant Amount applying S\$715 + venue cost	
Part Three – Approval	
I approve / do not approve the proposal. <div style="display: flex; justify-content: space-between;"> <div> ----- Student Affairs Office </div> <div> ----- Date </div> </div>	

Remarks, if any: _____

APPENDIX A: Proposal for International Day of Yoga 2022

Submitted by: Nguyen Duy Anh

Please note:

Keep main proposal succinct (use headings outlined below where applicable). Detailed information, if required, can be provided in Annexes.

1. Objectives

On the International Day of Yoga, which falls on the 21st of June, the longest day of the year in the Northern Hemisphere, people worldwide engage in the practice of yoga postures. This year, the NTU-GSA Sports Subcommittee presents a special one-time yoga event. The primary objective of this event is to foster sports awareness and facilitate networking among graduate students. Additionally, it aims to promote the services provided by NTU-GSA and establish connections with newly enrolled graduate students. It is estimated that this event will attract approximately 35 participants, consisting of 30 individuals and 5 members from the Sports Subcommittee.

Yoga, renowned for its physical and mental benefits, encompasses a range of postures, breathing exercises, and meditation techniques. Led by a professional yoga instructor, participants will have the opportunity to experience and engage in these practices firsthand. The event will not only promote physical well-being but also encourage stress reduction, mindfulness, and overall holistic development.

To ensure a safe and comfortable environment, the Sports Subcommittee will provide yoga mats for participants who do not have their own. Additionally, energy drinks and refreshments will be available to replenish energy levels during the event. The yoga session will be closely supervised by the instructor and Sports Subcommittee members, prepared to handle any unforeseen emergencies with the assistance of a first-aid kit.

By organizing this event, NTU-GSA aims to encourage active participation in physical activities, enhance the graduate student community, and create awareness of the numerous benefits of incorporating yoga into one's lifestyle.

2. Desired Learning Outcomes

- Students will learn about the ideas of the International Day of Yoga and yoga.
- Students will be promoted about sports awareness and participation.
- A chance to promote NTU-GSA among graduate students.

3. Target and Audience Size

- NTU students: 35 graduate students

4. Programme Overview and Instructor's Information:

Students will participate in a yoga session guided by a professional instructor. Energy drinks and refreshments will be available. NTU-GSA will provide yoga mats for those who do not bring their own. The event will take place on 21 June from 6.30 pm to 8.00 pm. On-site registration will be conducted to gather participants' information. Water stops will be provided between the two yoga sessions. Please refer to the detailed arrangements below.

6.45 pm – 7.00 pm	Registration and distributing snacks and drink
7.00 pm – 8.00 pm	Yoga session
8.00 pm – 8.15 pm	End of the event and clean-up

Yoga Instructor's Information:

Name: Manjari Srivastav (tentatively)

Contact number: +65 9815 8265

Organization: Vyasa Yoga & Ayurveda Singapore (tentatively)

5. Safety management measure

During the registration process, participants will be required to disclose their health conditions. Individuals who are unwell or in need of medical attention will be prohibited from participating.

Although yoga is generally considered a safe form of exercise compared to contact sports, the yoga instructor and members of the Sports Subcommittee will oversee the event to address any potential emergencies. A first-aid kit, as well as energy drinks and refreshments, will be made available.

6. GSA Members in-charge

Name	Duty	Remark
Ryna Shireen Sheriff Neyaz Adel	Event proposal	To make the event proposal
Chen Ying Jun Dong An	Publicity	Coordinate with publicity team To post recruitment flyers
Chen Ying Jun Sourabh Manna Girish Kumar Deepank	Logistics	To book the event venue, buy refreshments, and yoga mats
Sourabh Manna Priyodarshi Bhattacharyya	Registration Form	To make the registration form and the registration QR code, as well as the feedback form
Ryna Shireen Sheriff Ren Bing Shibi Varku	On-event monitoring	To monitor the event
Thinley Wangchuk Cui Zhongyu	Post-event report	To make the post event report
Yandan Liu Mingyang Zhou Yusheng	Risk Assessment and first aid	To oversee risk assessment as well as first aid for the event

7. Planning Timeline

Tournament	Preparation	Time	Organiser
	Publicity of the Event	7 June 2023	Sports Subcommittee
	On-event registration	21 June 2023	Sports Subcommittee
	Event Day	21 June 2023	Sports Subcommittee

8. Budget

Type	Description	Quantity	Cost per unit (S\$)	Total Expenditure (S\$)
Venue	To be updated			
Professional Trainer	Yoga Instructor	1	150	150
Equipment	Yoga Mat *	20	10	200
Drink + Food	Drink + Food #	35	7	245
Event publicity	Poster	20	1	20
First-aid kit			Available	Available
Miscellaneous			100	100
Total				715 + venue cost

* This would motivate students who are willing to try yoga but reluctant to participate due to the unavailability of proper equipment.

Yoga can be physically demanding. The refreshments provided will help maintain the enthusiasm and energy for the entirety of the event. Additionally, the event overlaps with the common dinner timings. Hence, it is necessary to provide refreshments for the participants.