

# THE BREATHE AND RELEASE

## YOGIS FOR EMPLOYEES

*By:*

*Asteway Kebede*

*Dec, 2021*



The Breath

# THE MOTIVATION & INSPIRATION

- According to the National Institutes of health, stress for employees is on the rise
- Yoga & Meditation helps in stress management, mental health and overall well-being
- The Breathe and Release yogis offer yoga sessions to ease stress
- Where and When to hold sessions?



Breathe and Release

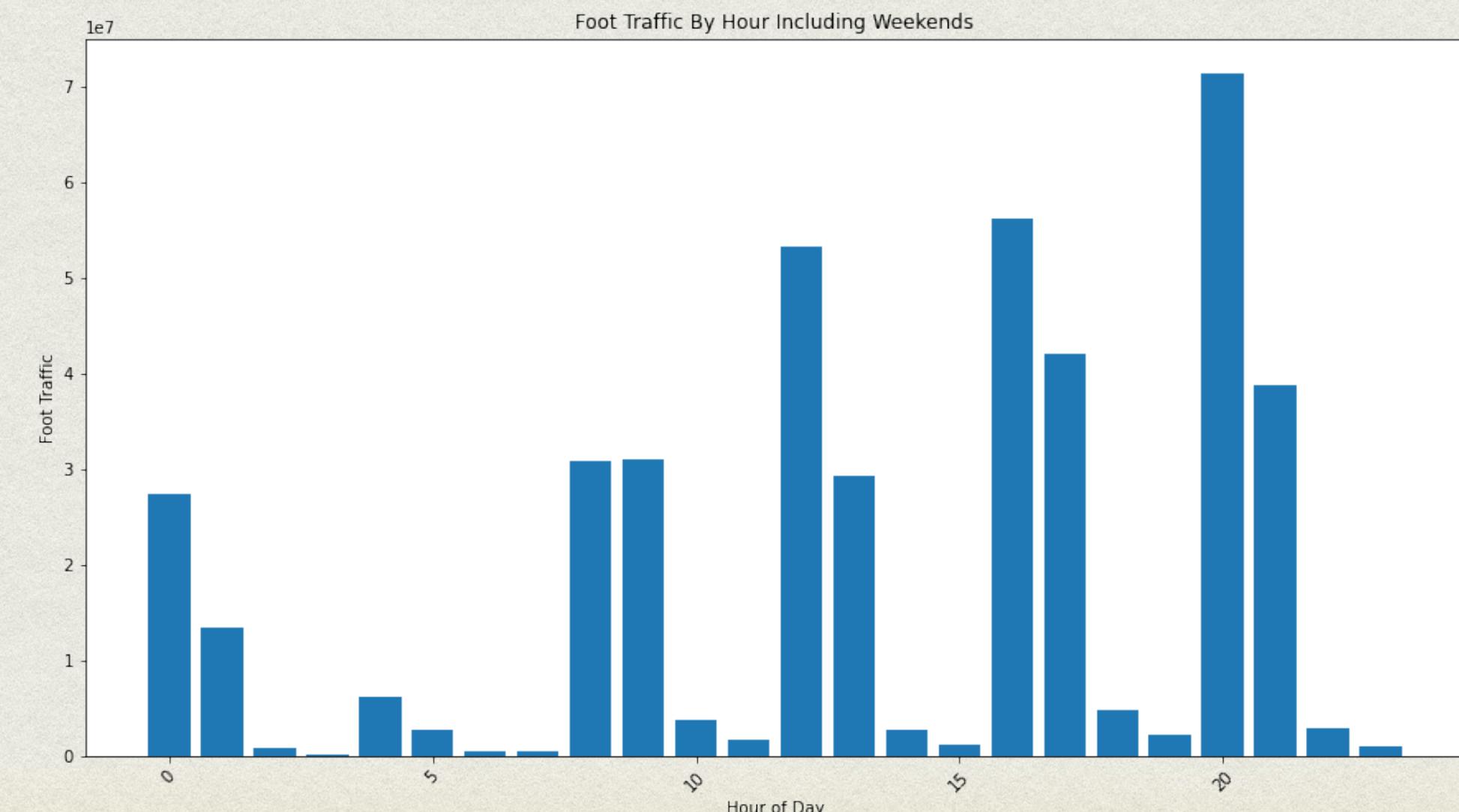
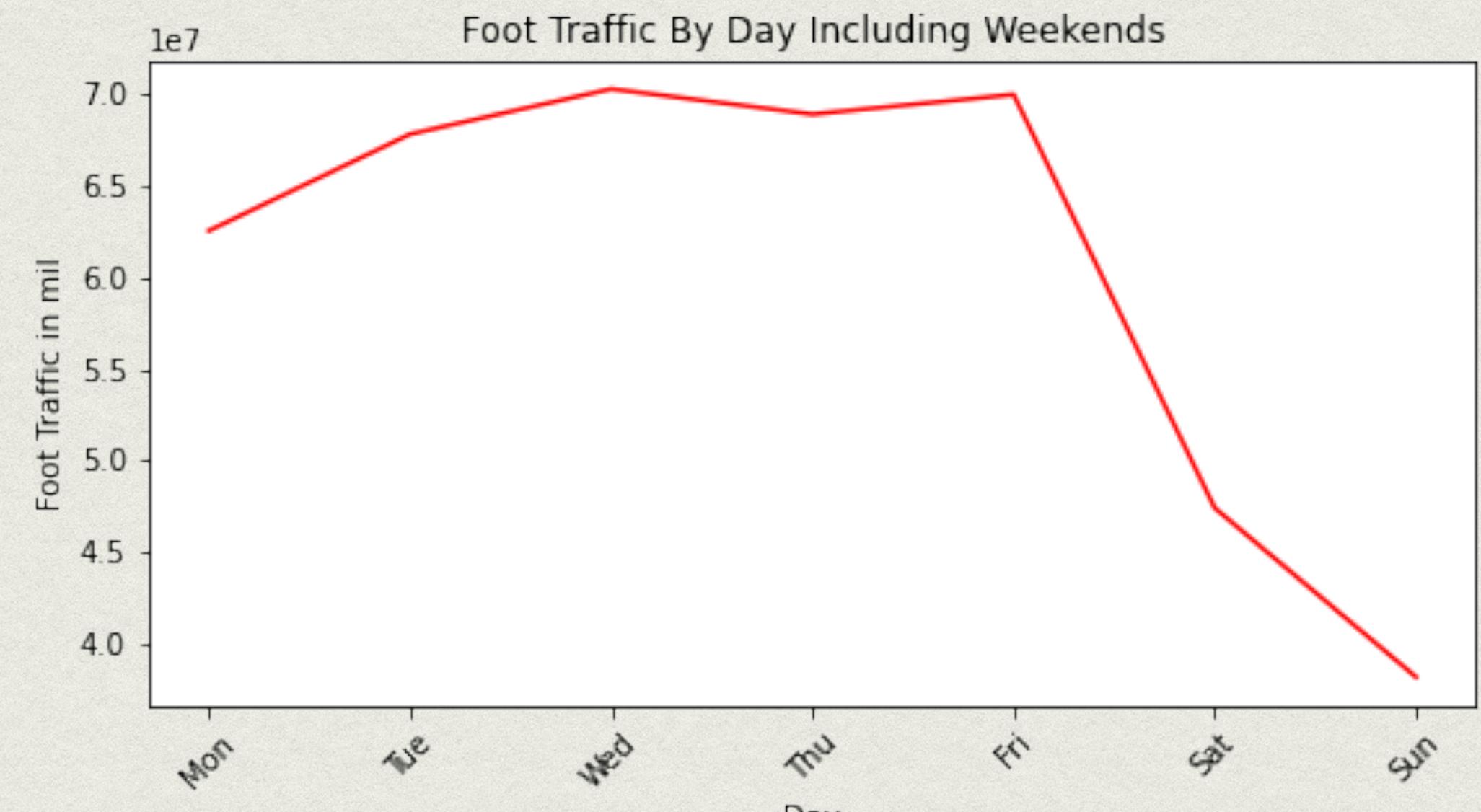
# THE DATA

- Data is provided by New York City Metropolitan Transportation Authority(MTA)
- Data contains daily entries and exits counts of turnstiles from August to November, 2021
- SQL and Python libraries Pandas, Matplotlib and Seaborn

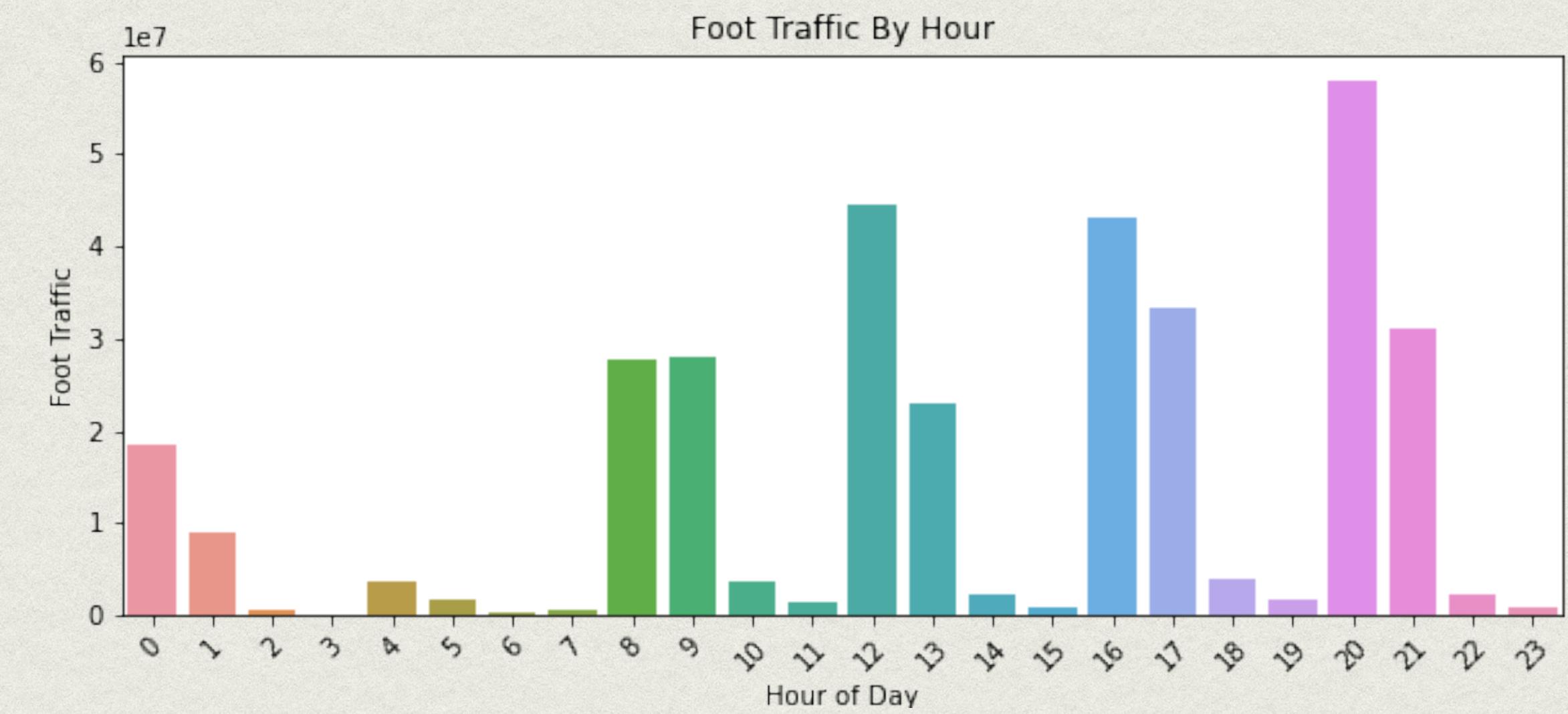
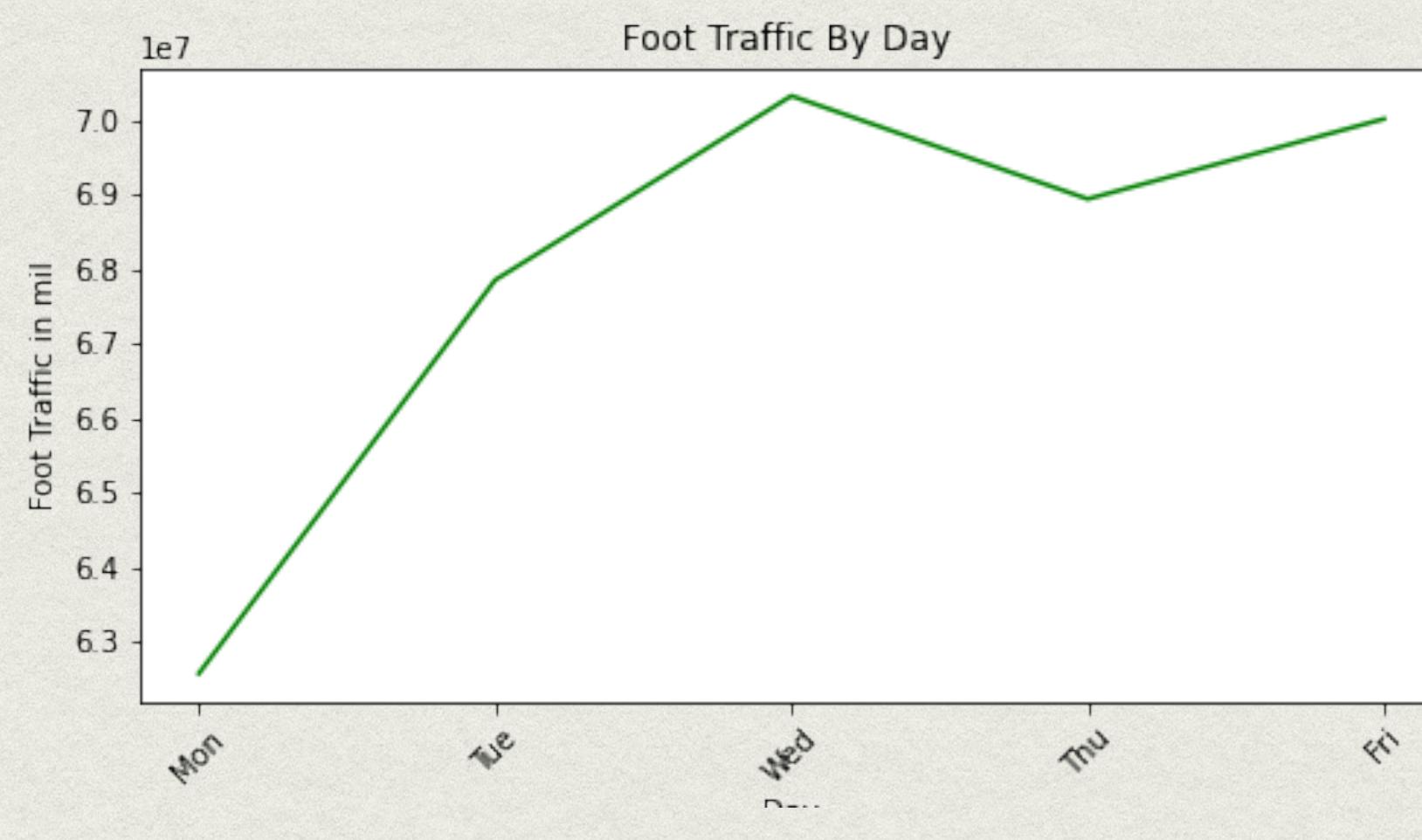
The data from New York City is available at [MTA Turnstile Data](#).

## Data Detail:

Field Name	Description
C/A	Control Area
UNIT	Remote Unit for a station
SCP	Subunit Channel Position represents an specific address for a device
STATION	Represents the station name the device is located at
LINENAME	Represents all train lines that can be boarded at this station
DIVISION	Represents the Line originally the station belonged to BMT, IRT, or IND
DATE	Represents the date (MM-DD-YY)
TIME	Represents the time (hh:mm:ss) for a scheduled audit event
DESC	Represent the "REGULAR" scheduled audit event
ENTRIES	The cumulative entry register value for a device
EXITS	The cumulative exit register value for a device



# THE METHODOLOGY



5am to 10am

<--- Time --->

3pm to 6pm

Employees Arriving Work

<--- Target --->

Employees Leaving Work

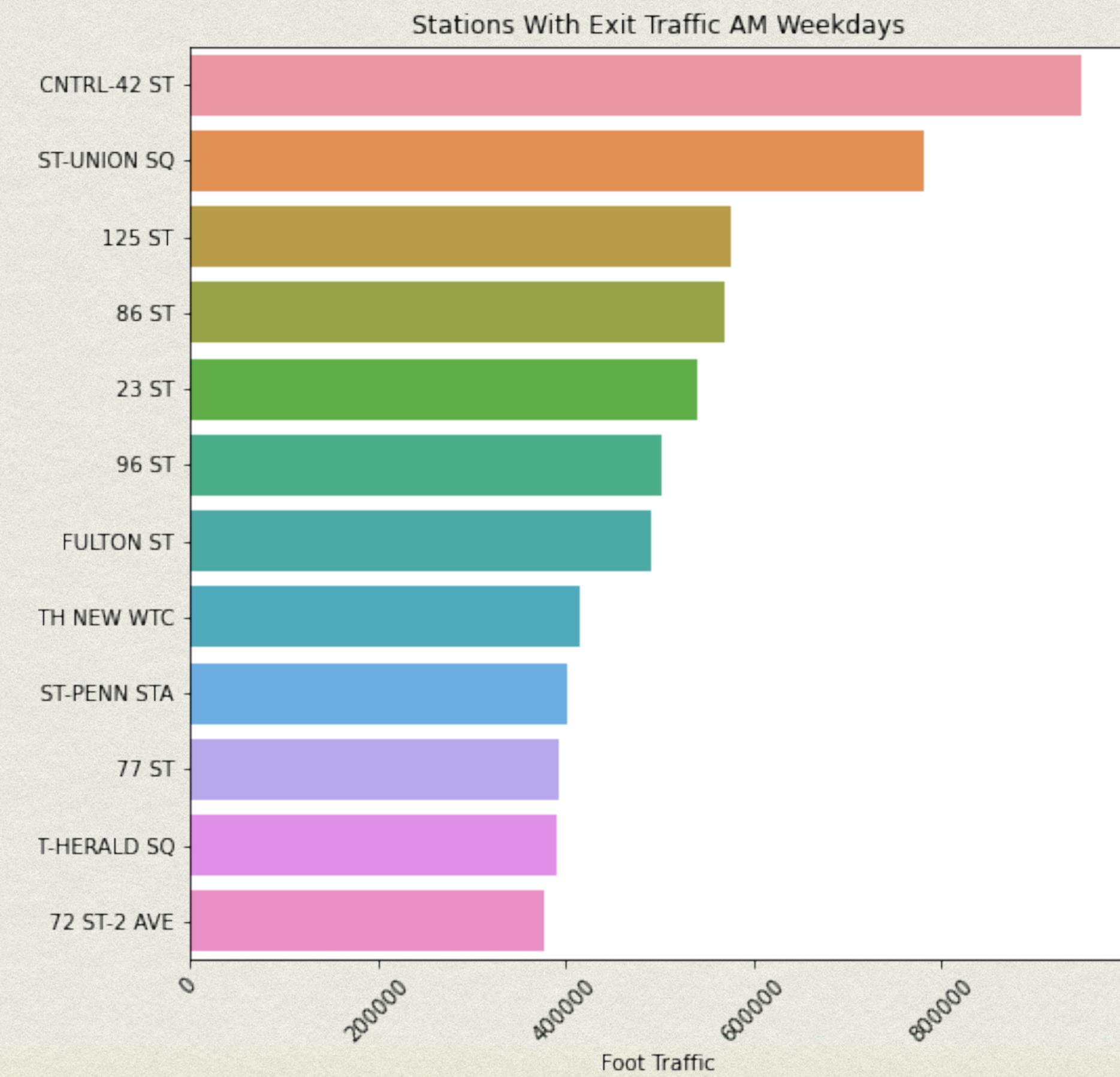
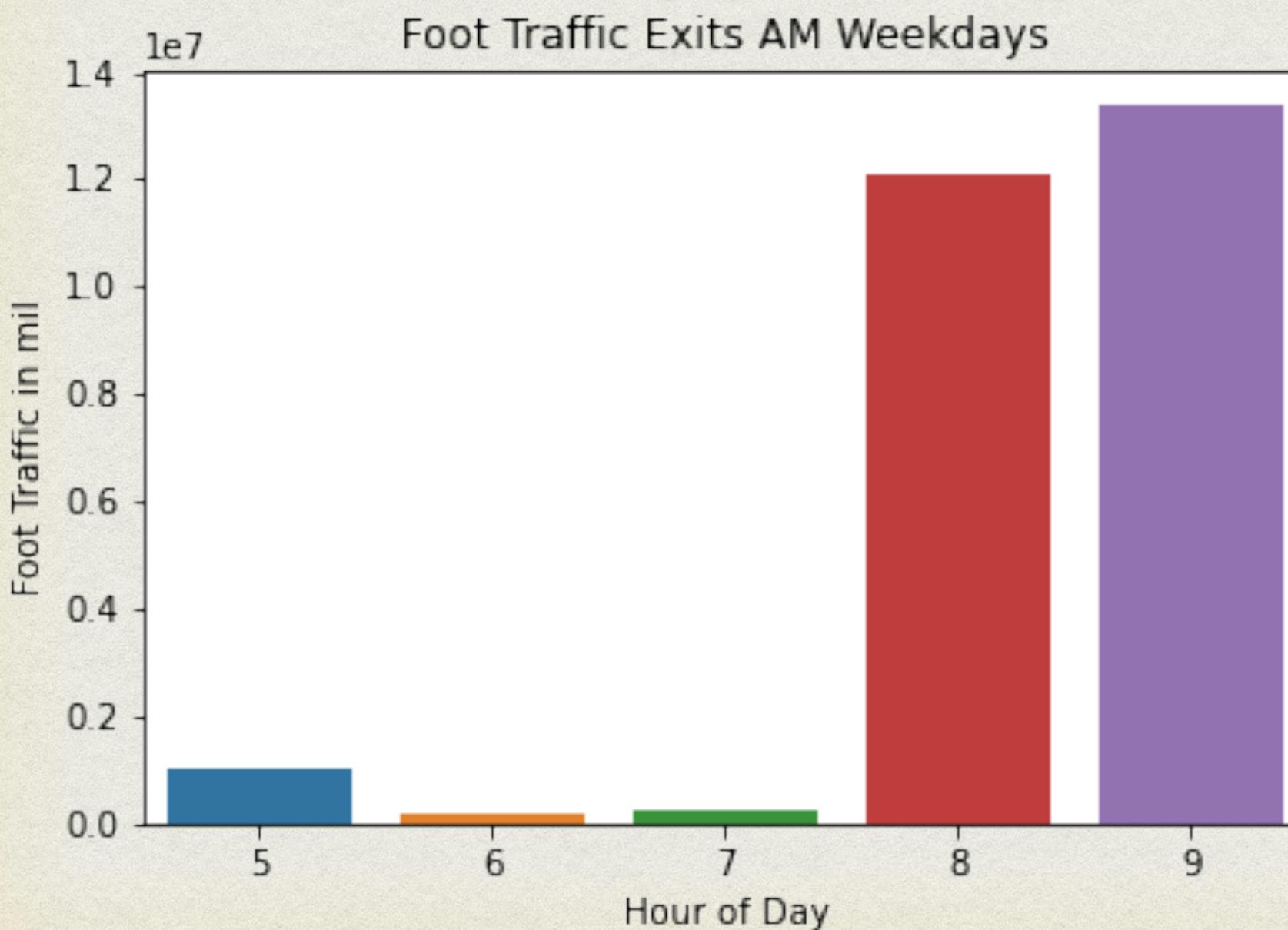
Exits Foot Traffic

<--- Data --->

Entries Foot Traffic

# MORNING EXIT RESULTS

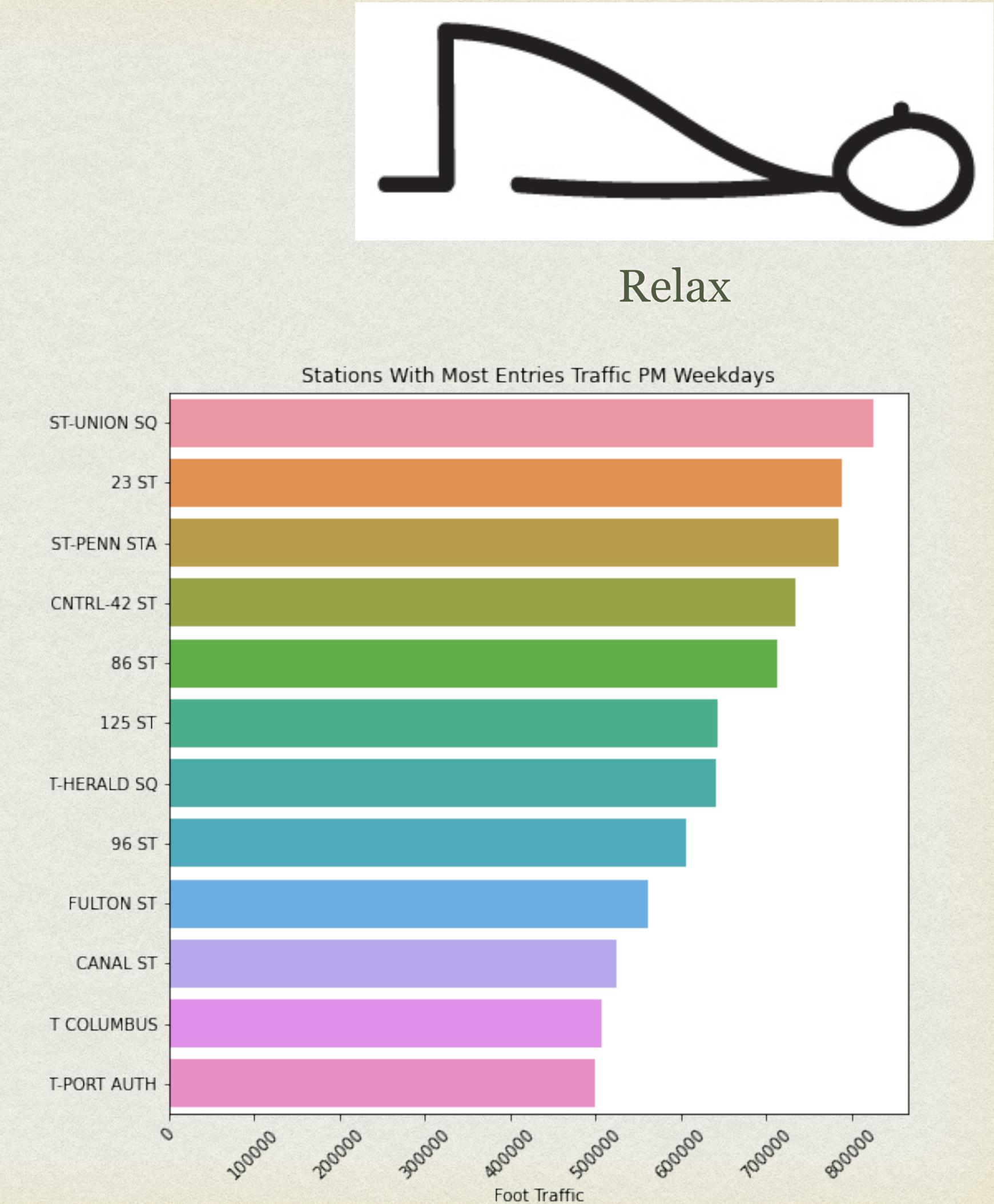
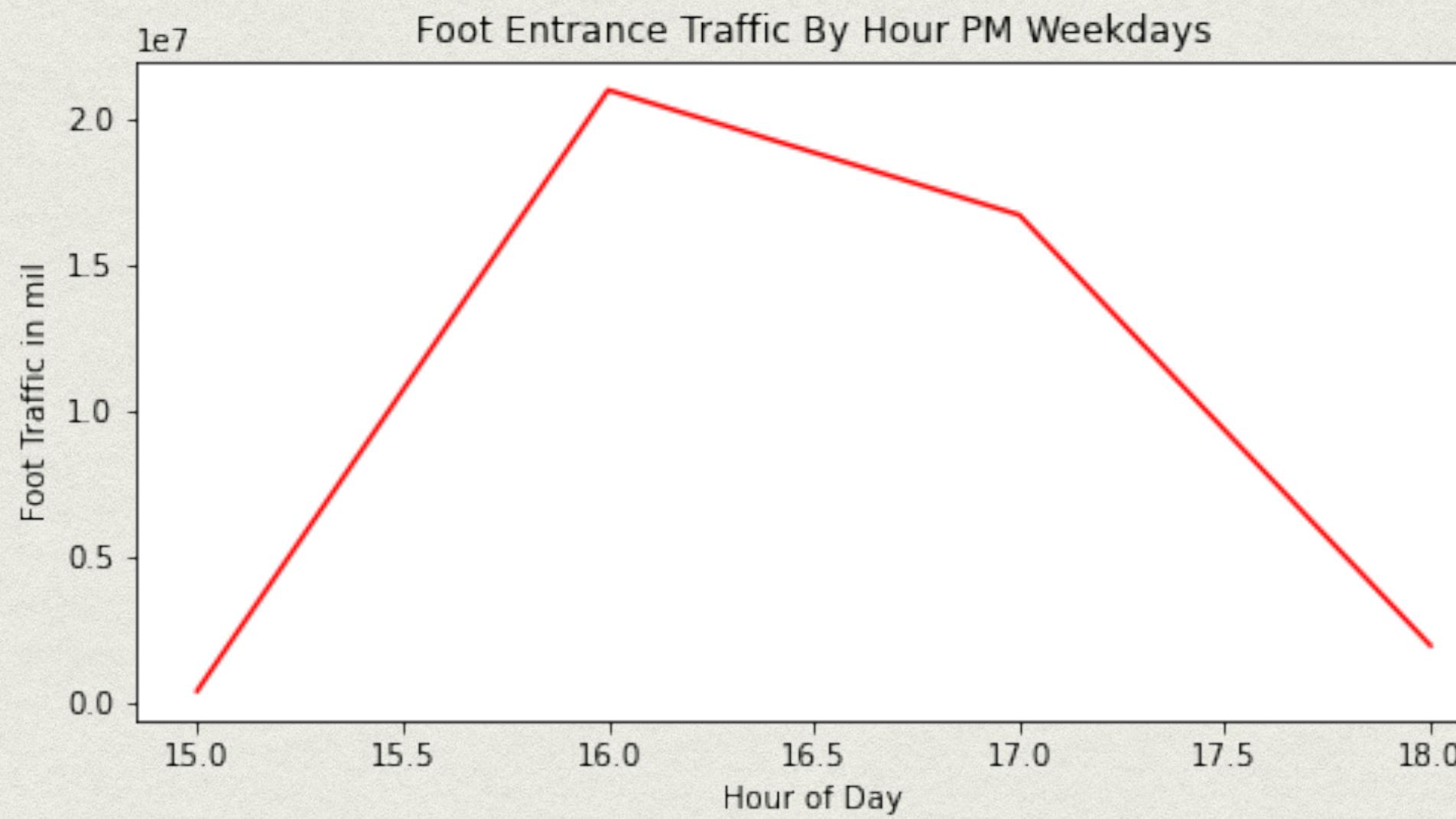
- Peak Hours
- Top Two Stations



Rise & Shine

# EVENING ENTRANCE RESULTS

- Better spread among stations
- Hours

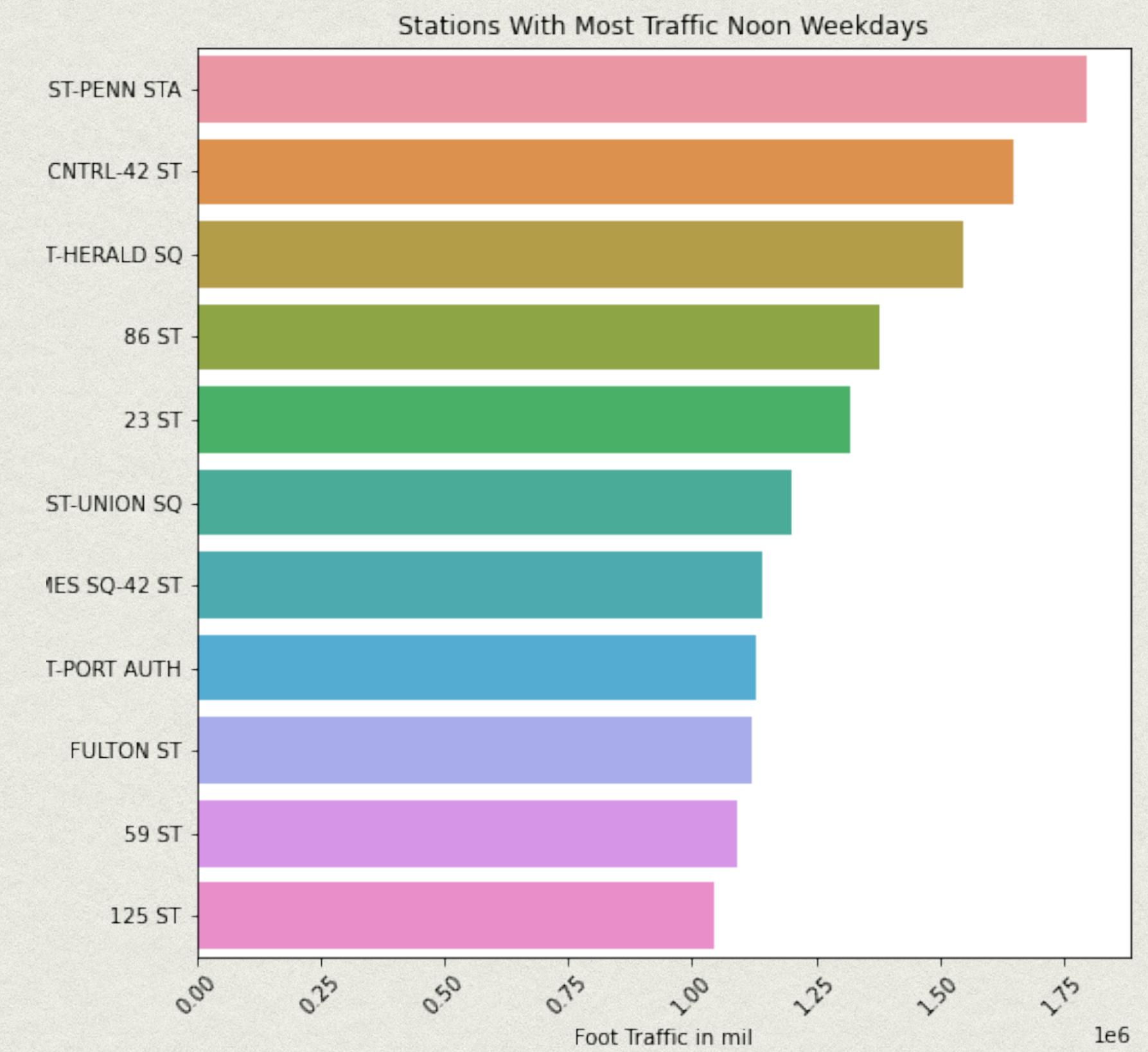
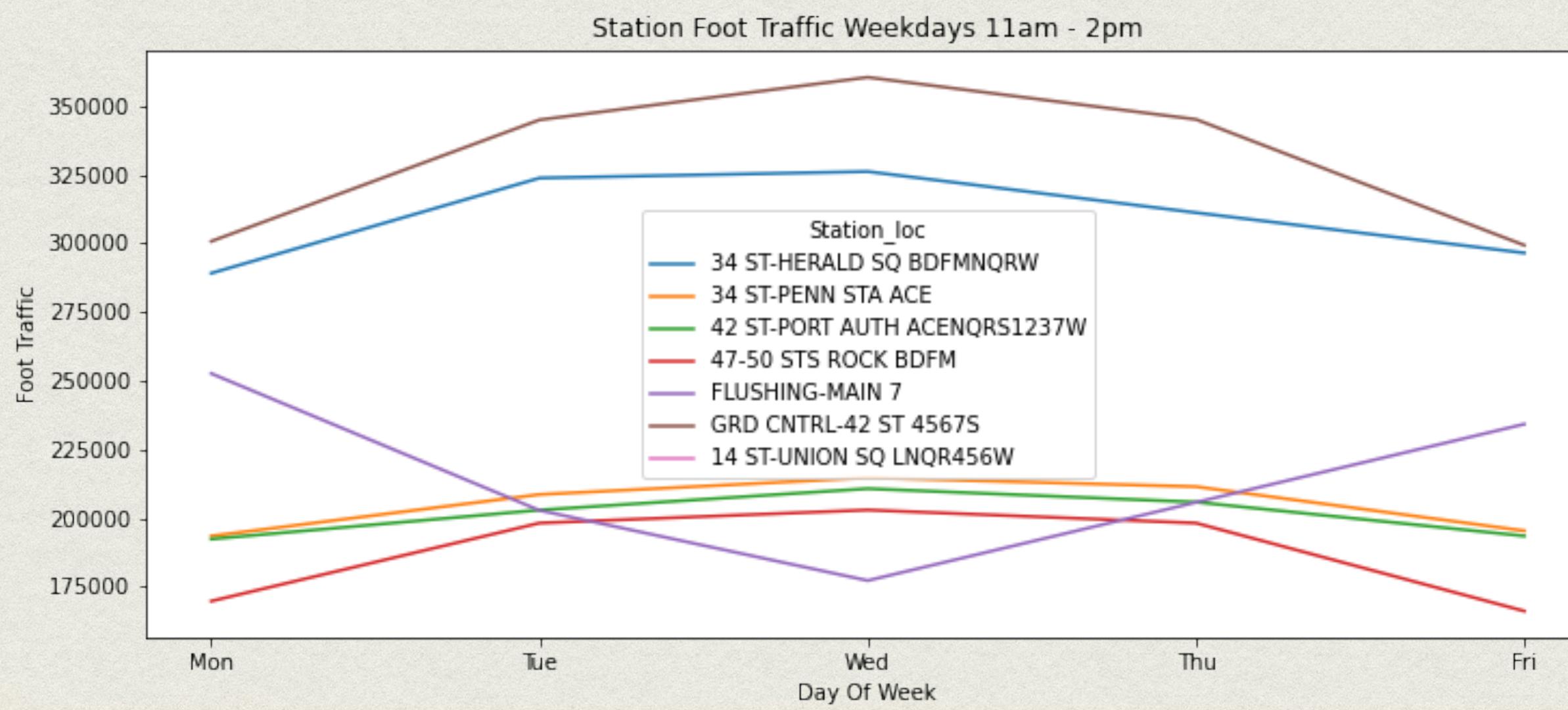


Relax

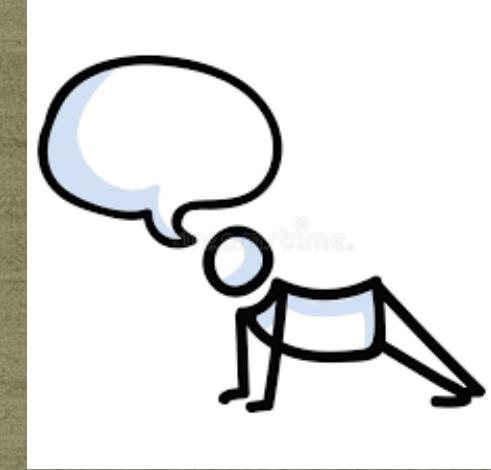


# CONCLUSION

- Morning focus on top 2 stations
- Evening rotate between top 5 stations
- Use noon traffic to gather survey from users about preferences



# FUTURE WORK



- Incorporate the stations and routes into a map to visualize the flow of traffic
- Compare historical data to see if ridership and patterns were affected after COVID due to remote-work



Breath In



Any Questions?



Breath Out