

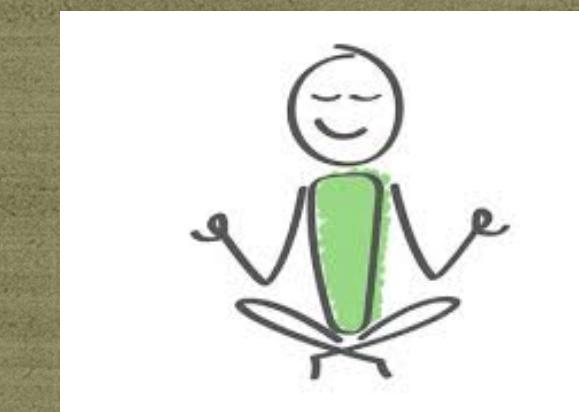
THE BREATHE AND RELEASE

YOGIS FOR EMPLOYEES

By:

Asteway Kebede

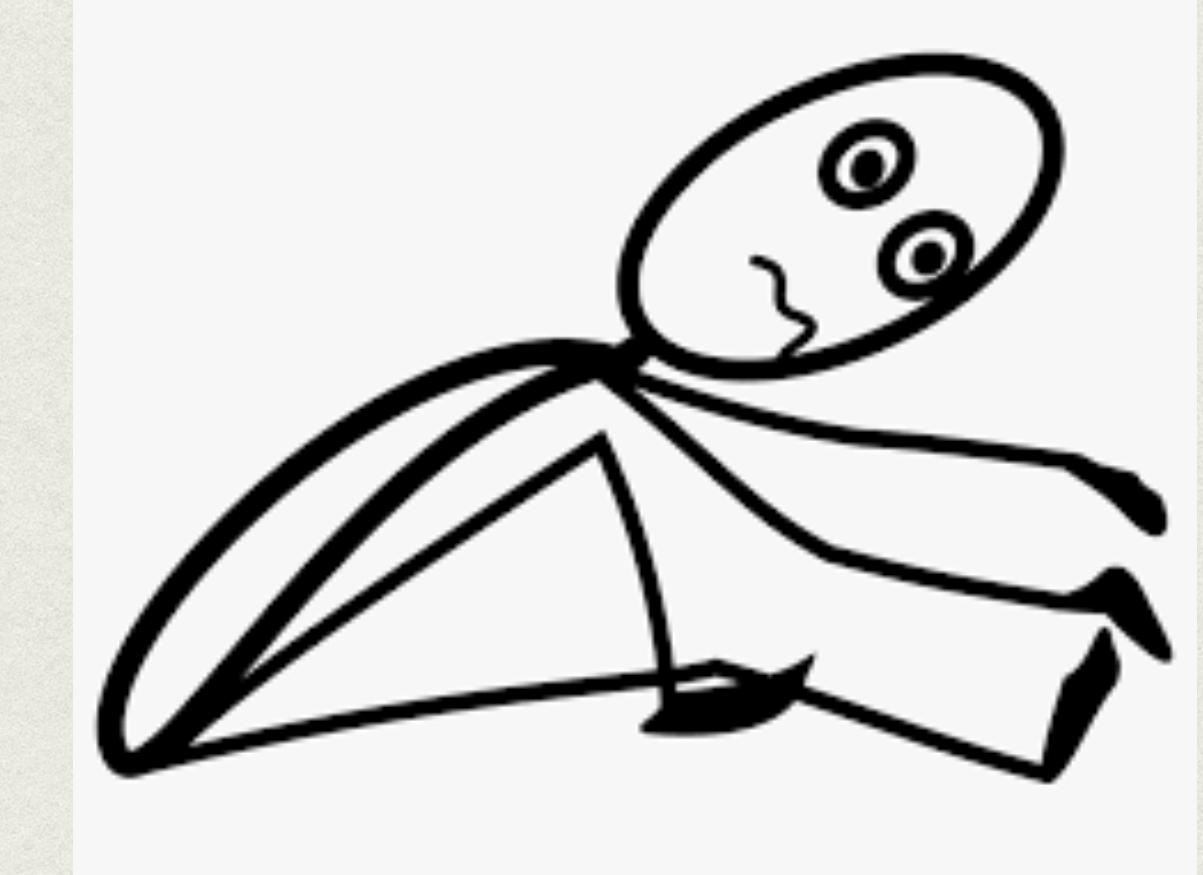
Dec, 2021



The Breath

MOTIVATION & INSPIRATION

- According to the National Institutes of health, stress for employees is on the rise



Breathe and Release

- Where and When to hold sessions?

- Yoga & Meditation helps in:**
 - Stress Management
 - Mental Health
 - Overall Well-Being
 - Alternative Stress Reduction Treatment

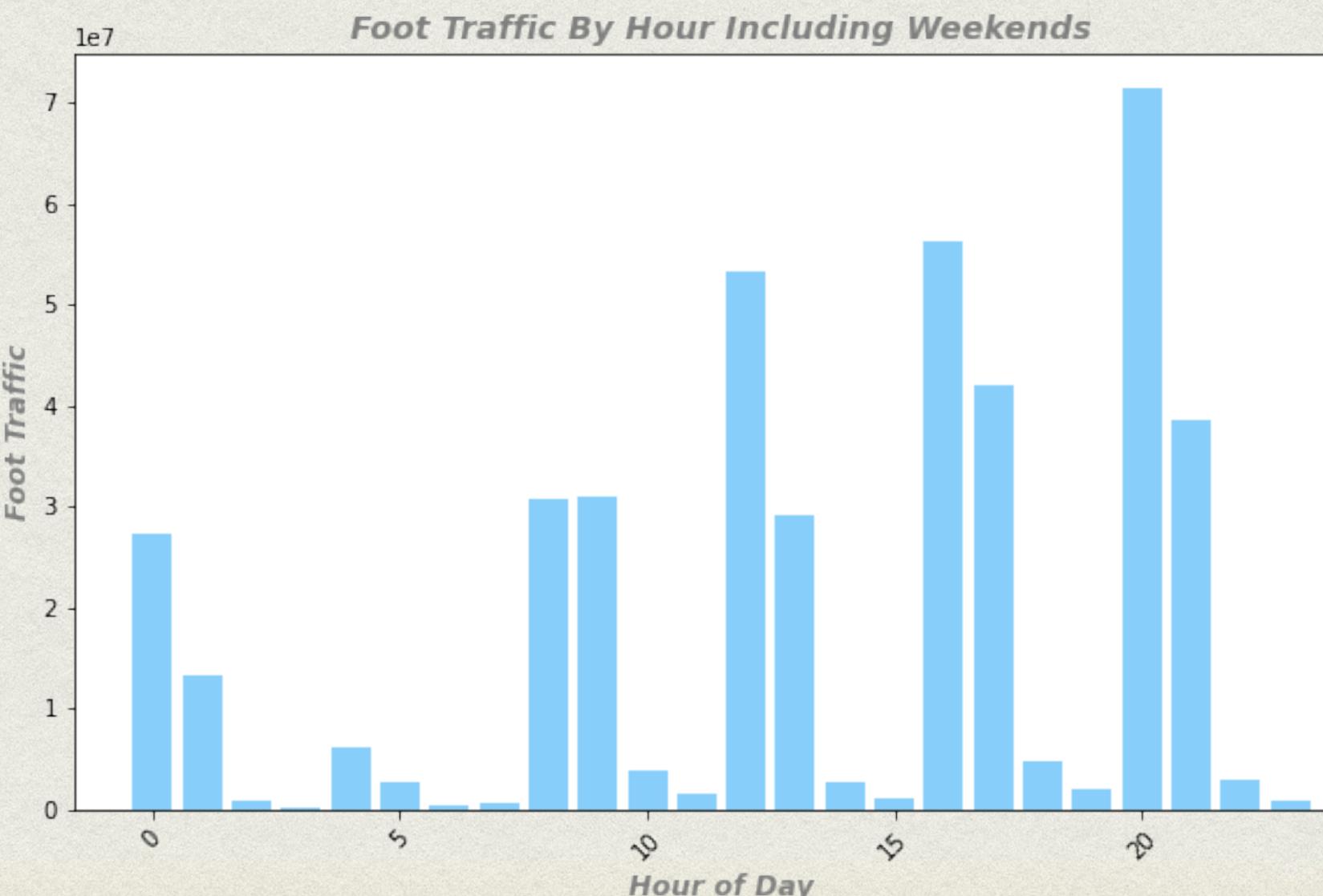
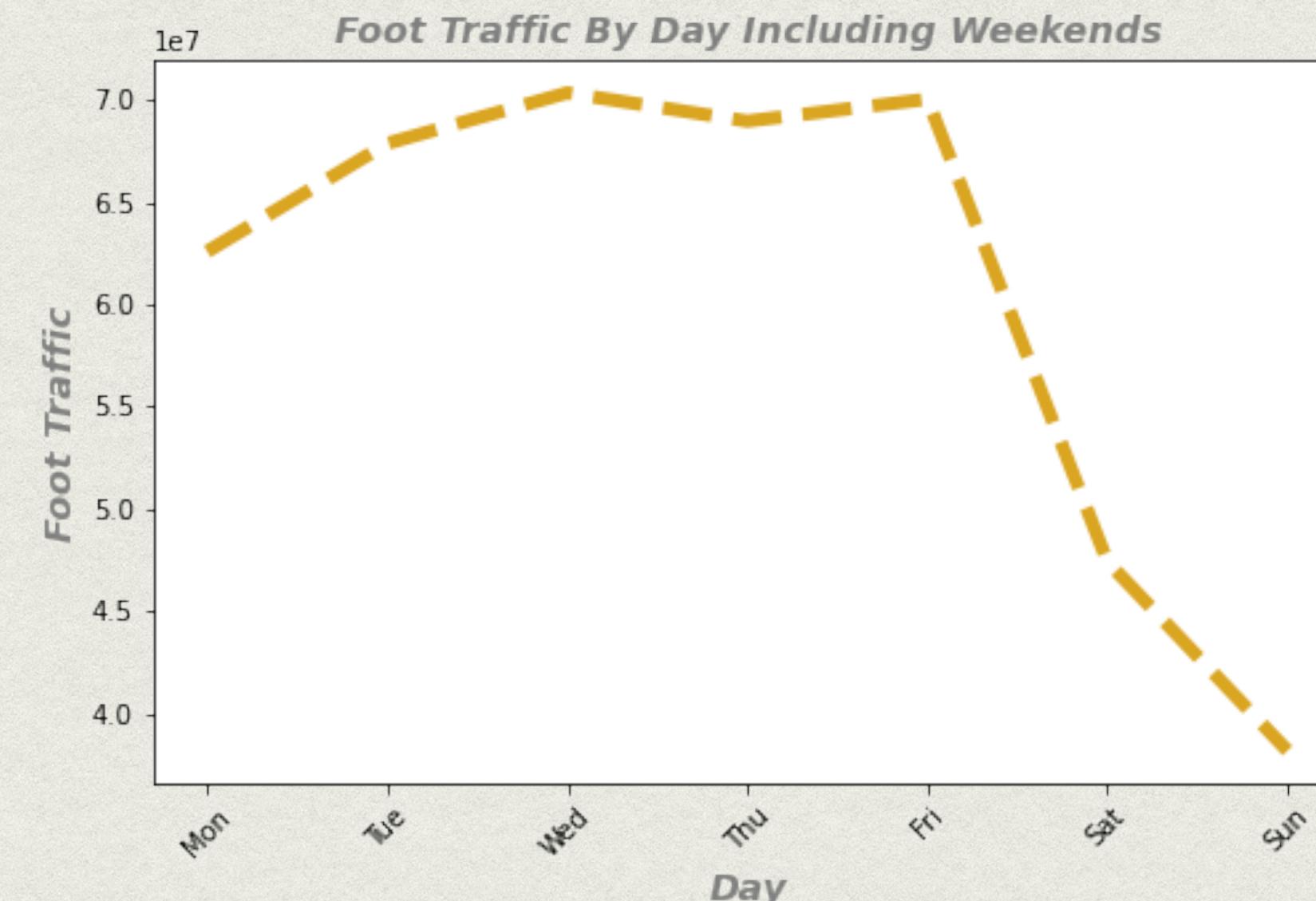
THE DATA

- 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](#).

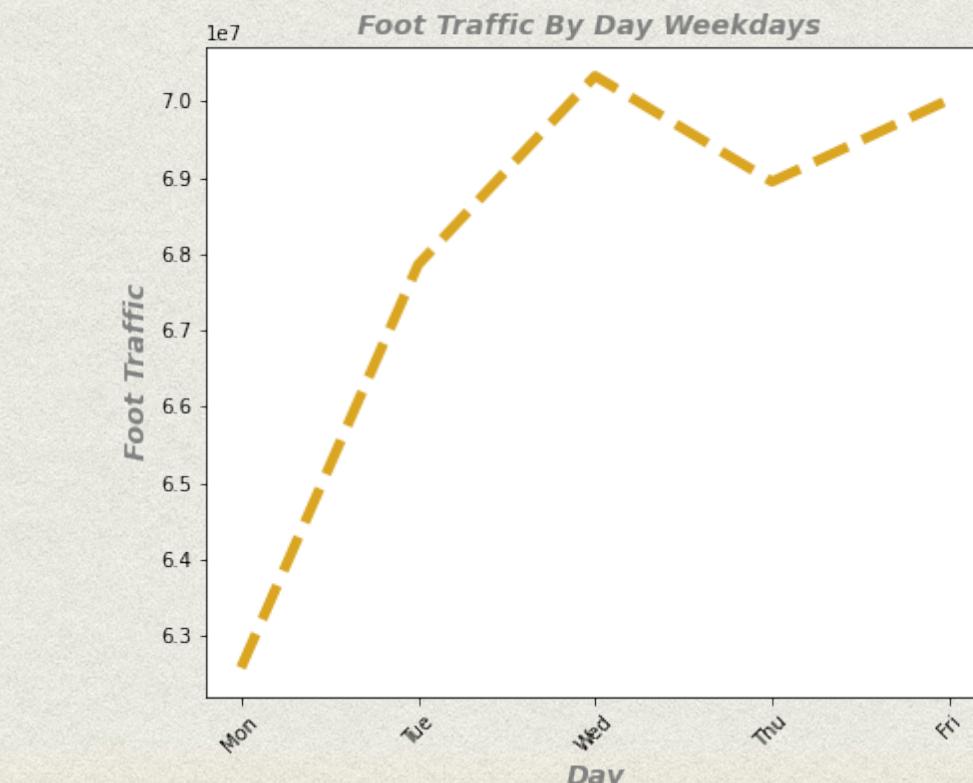
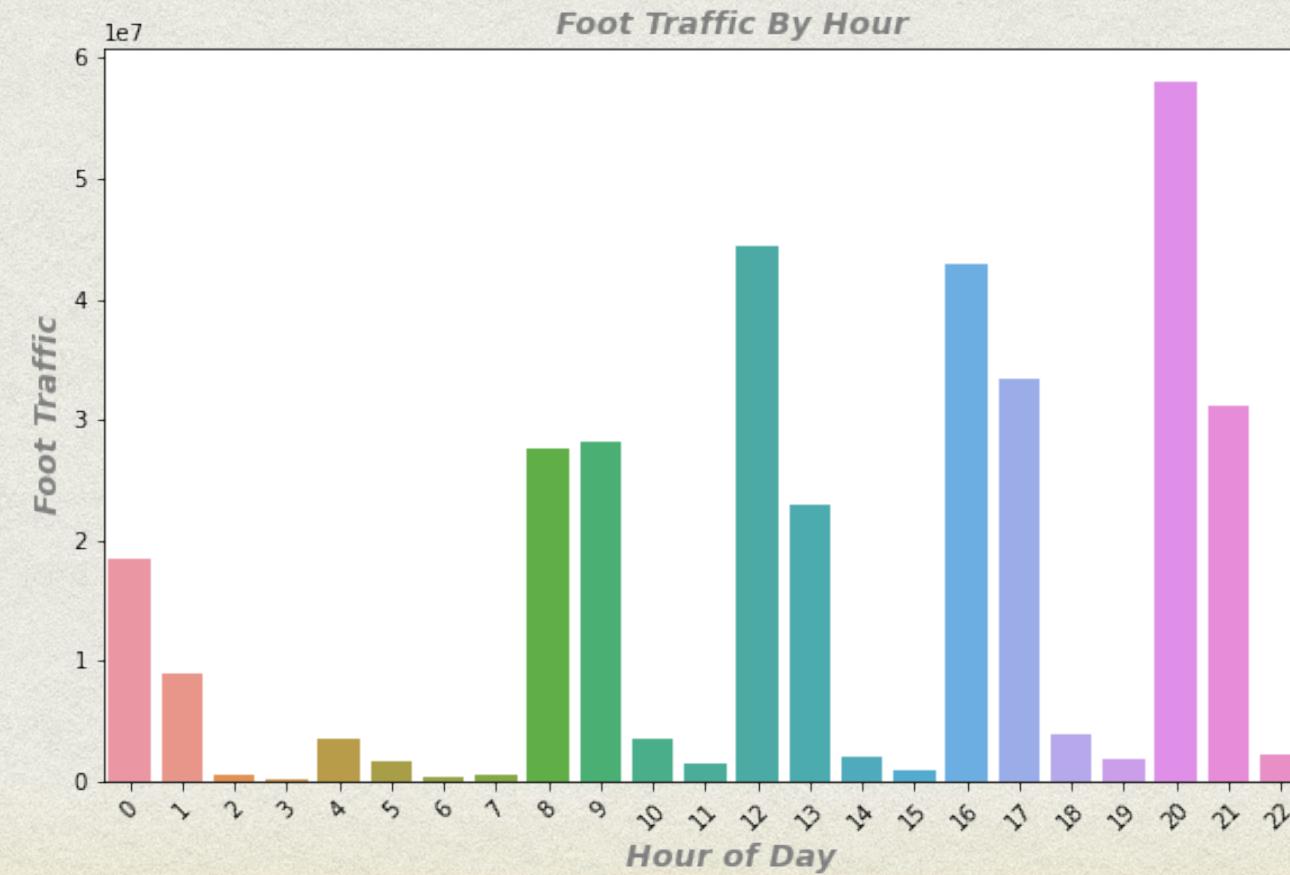
Data Detail:

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

- Morning
- 5am to 9am <--- Time --->
- Employees Arriving Work <--- Target --->
- Exits Foot Traffic <--- Data --->
- Evening
- 3pm to 6pm
- Employees Leaving Work
- Entries Foot Traffic

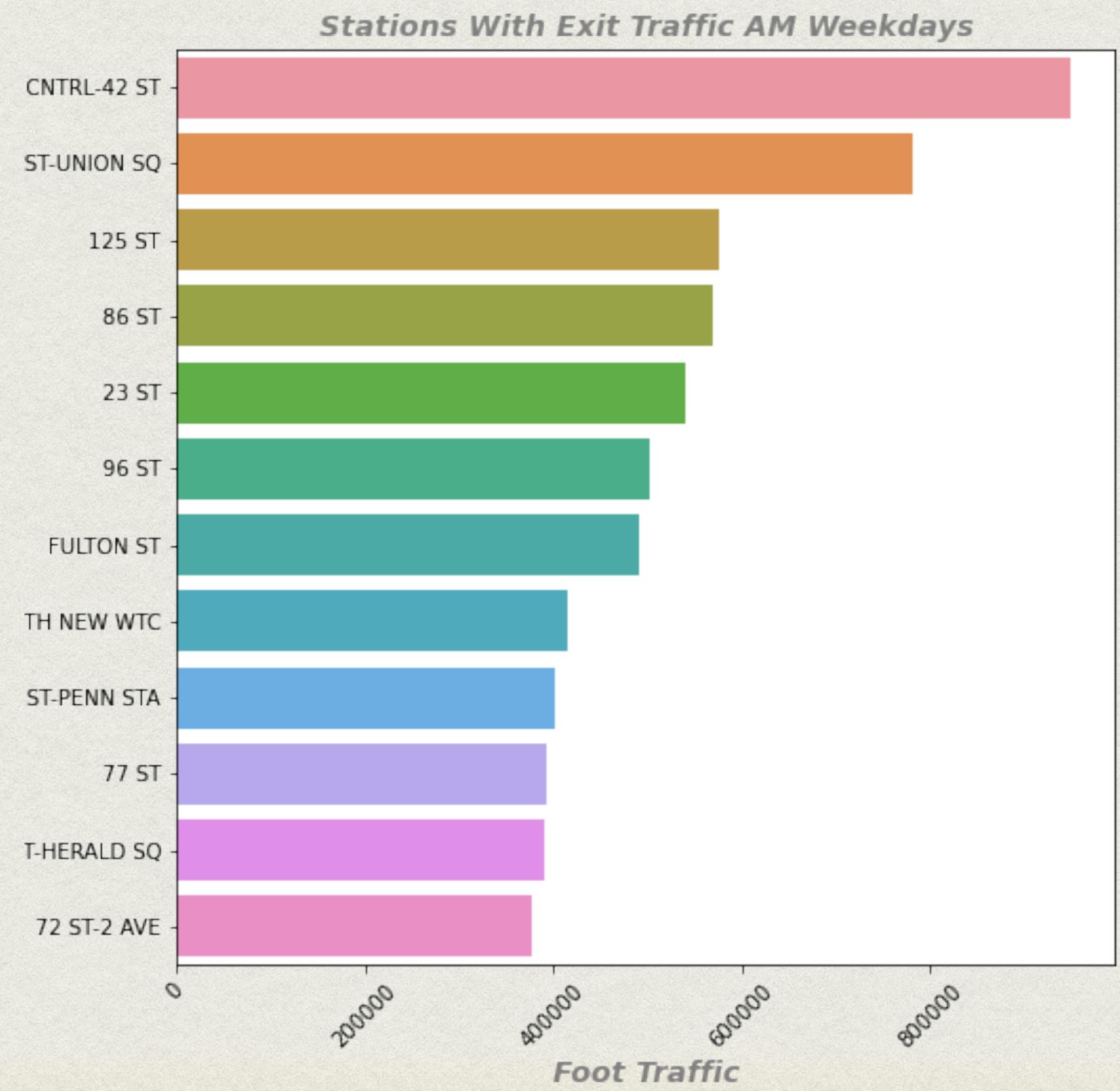
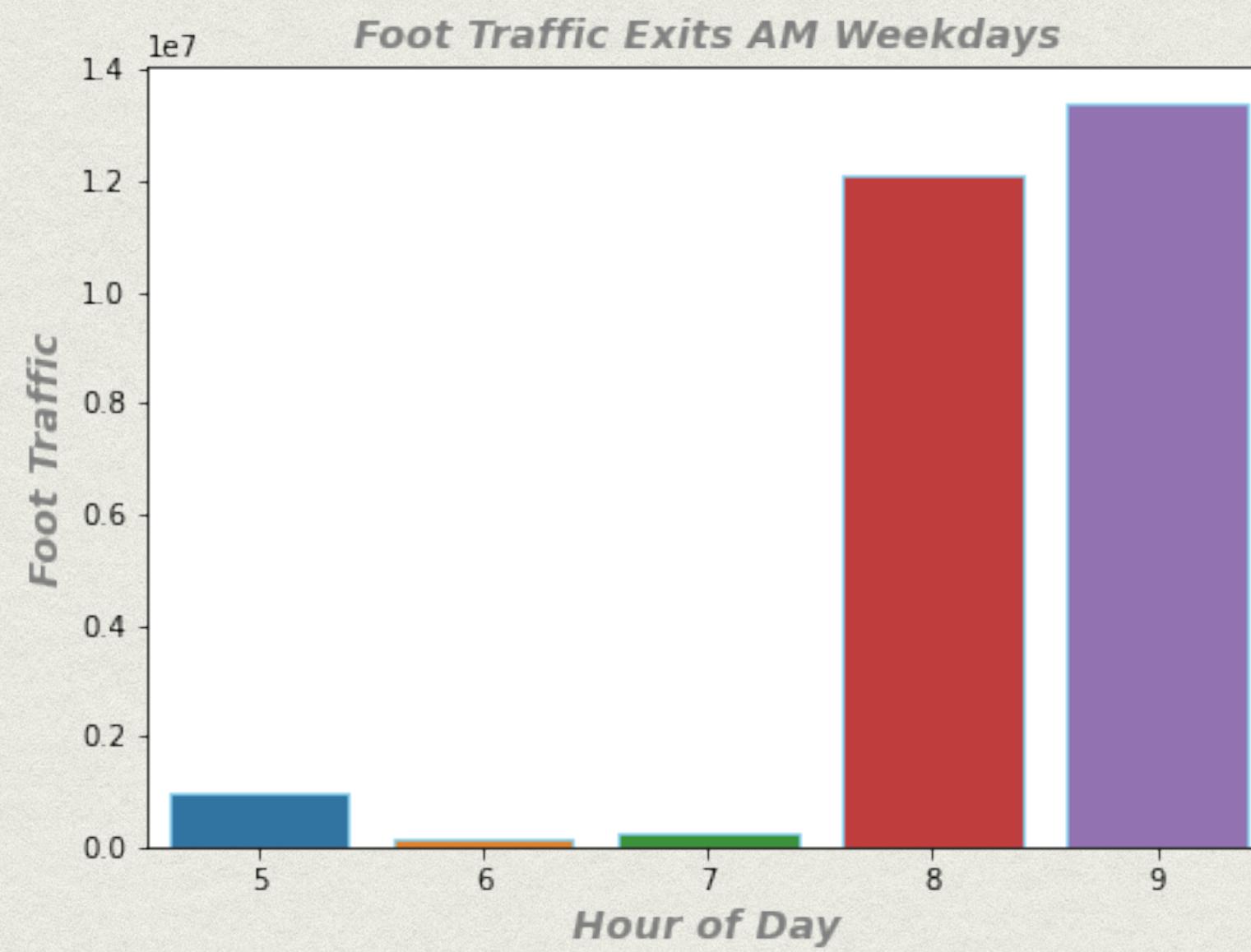


MORNING EXIT RESULTS



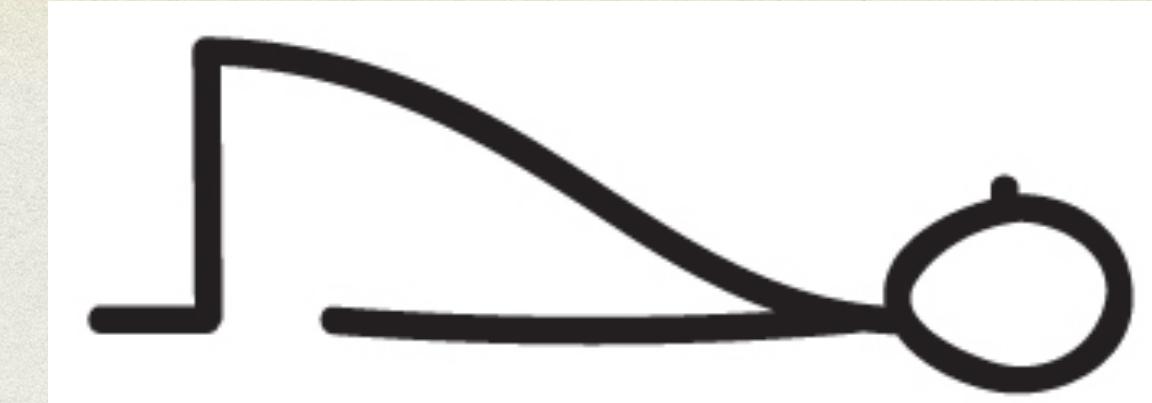
Rise & Shine

- Peak Hours
- Top Two Stations

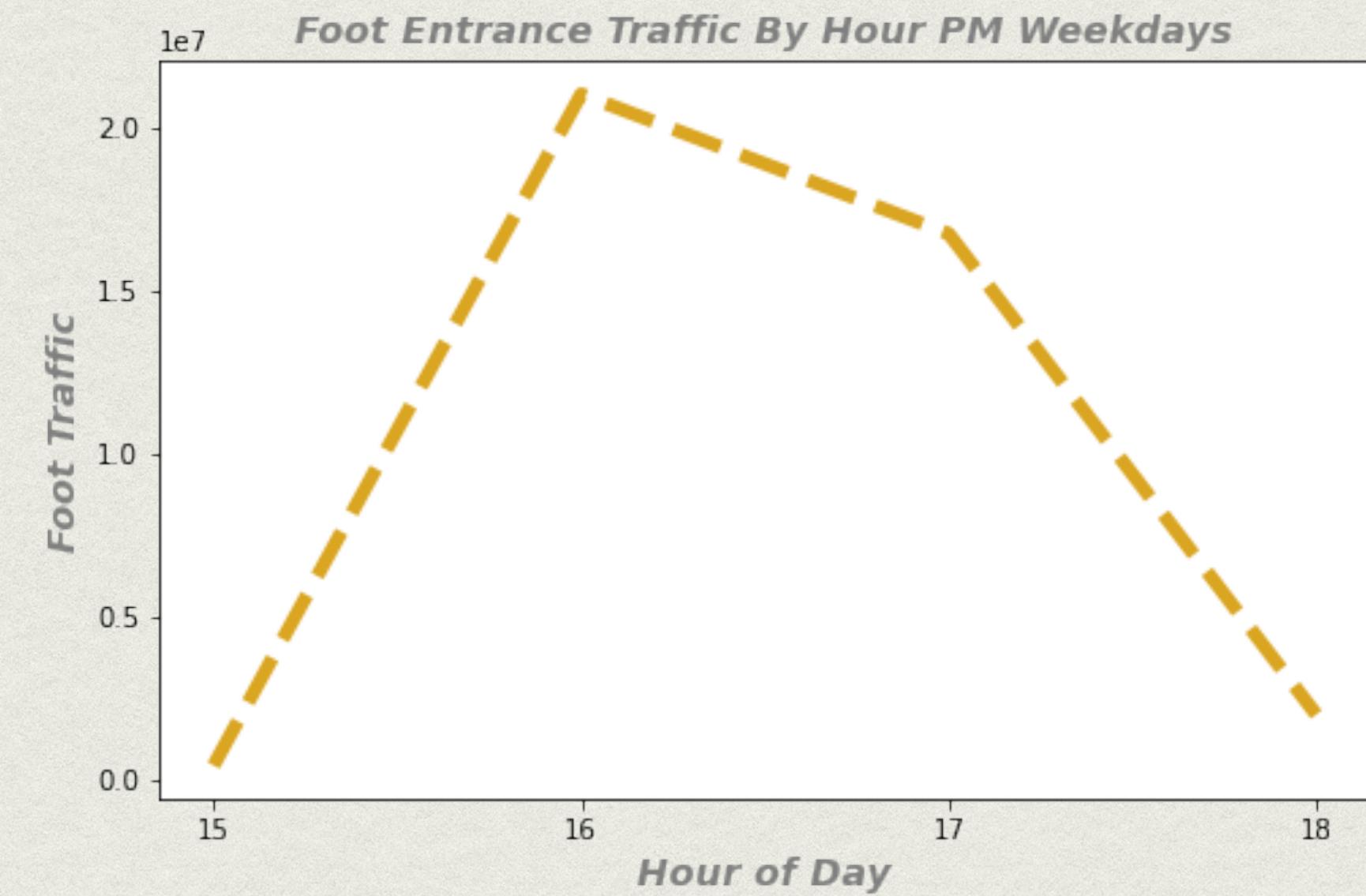
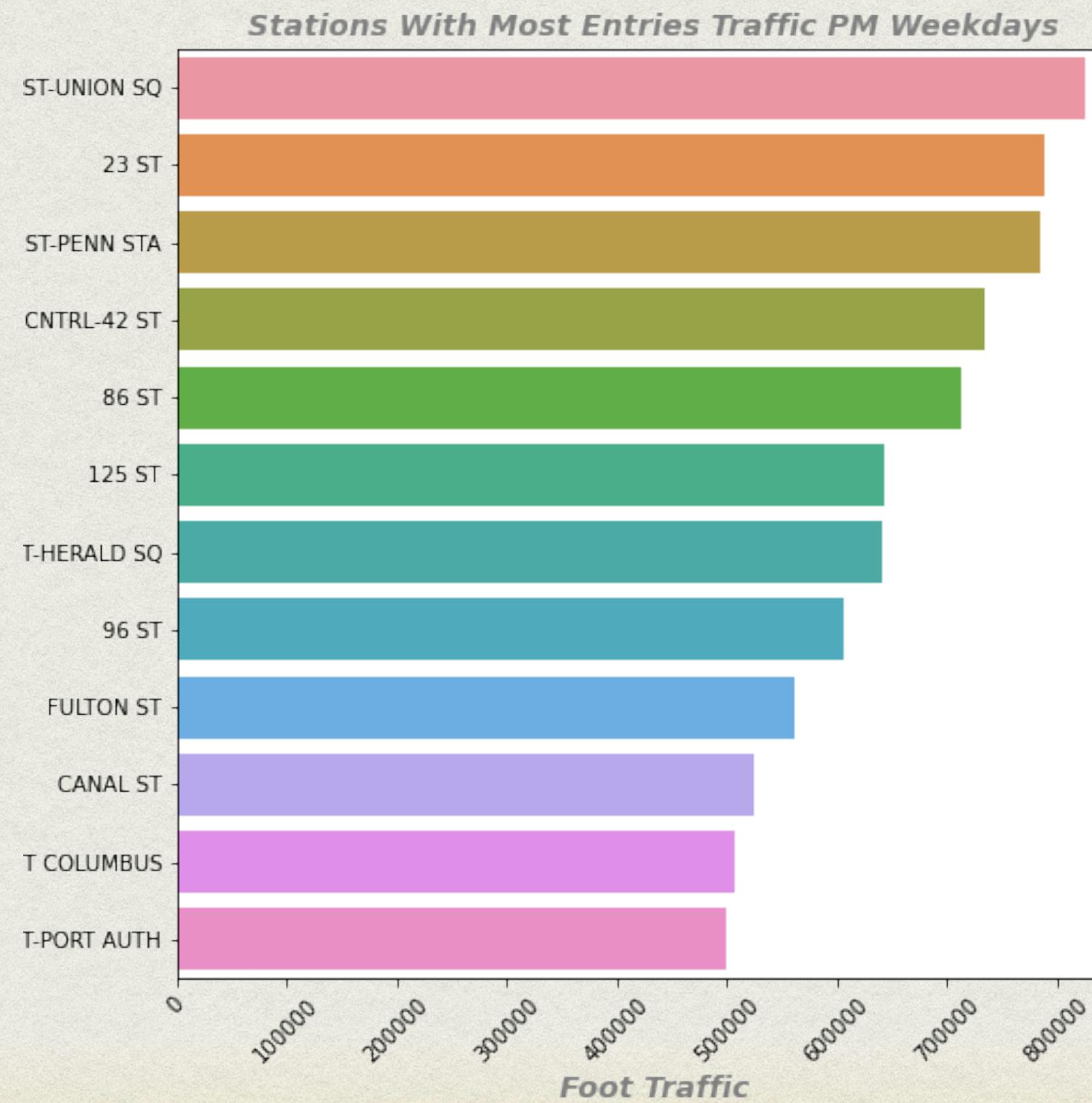


EVENING ENTRANCE RESULTS

- Better spread among stations
- Hours



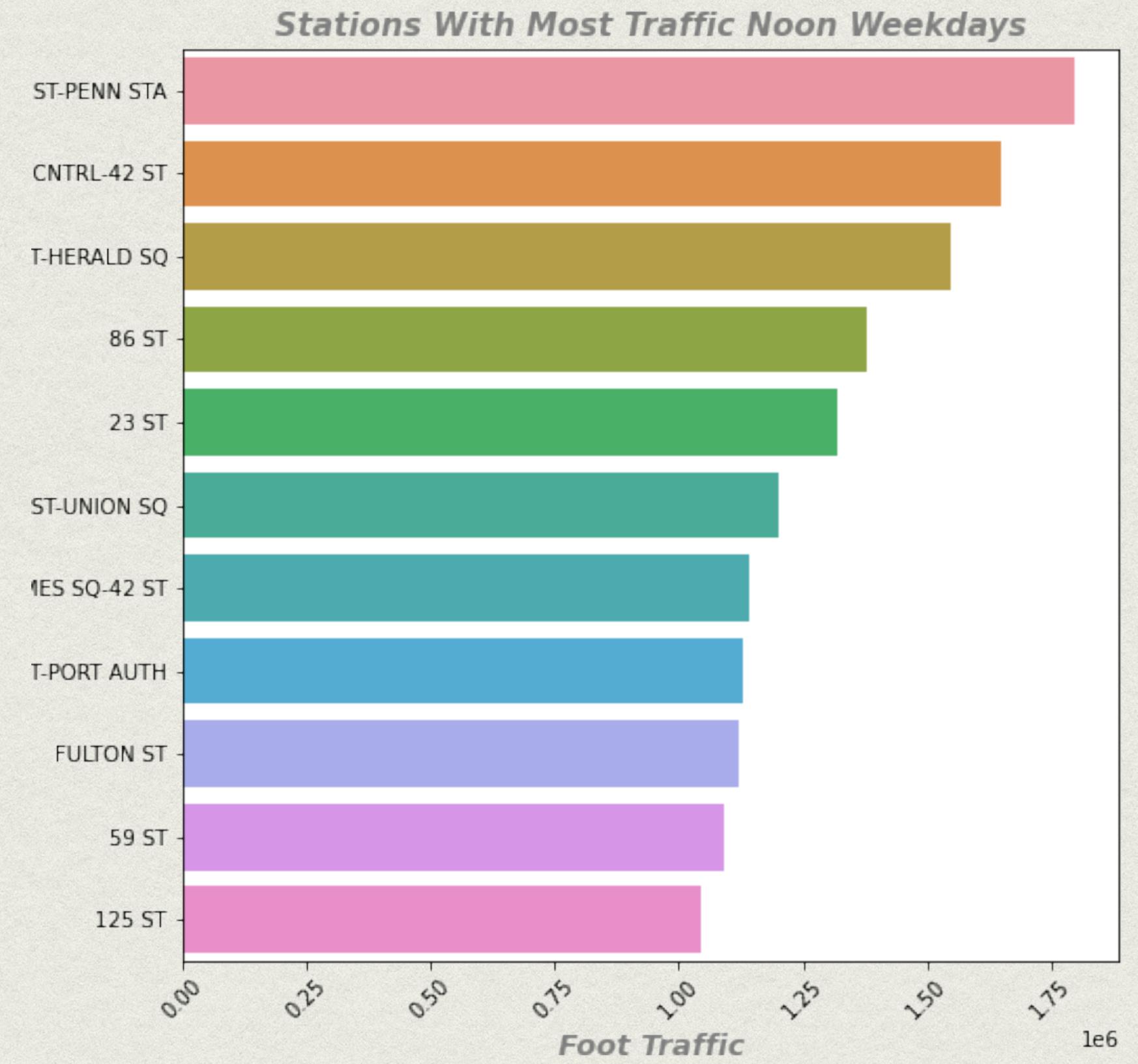
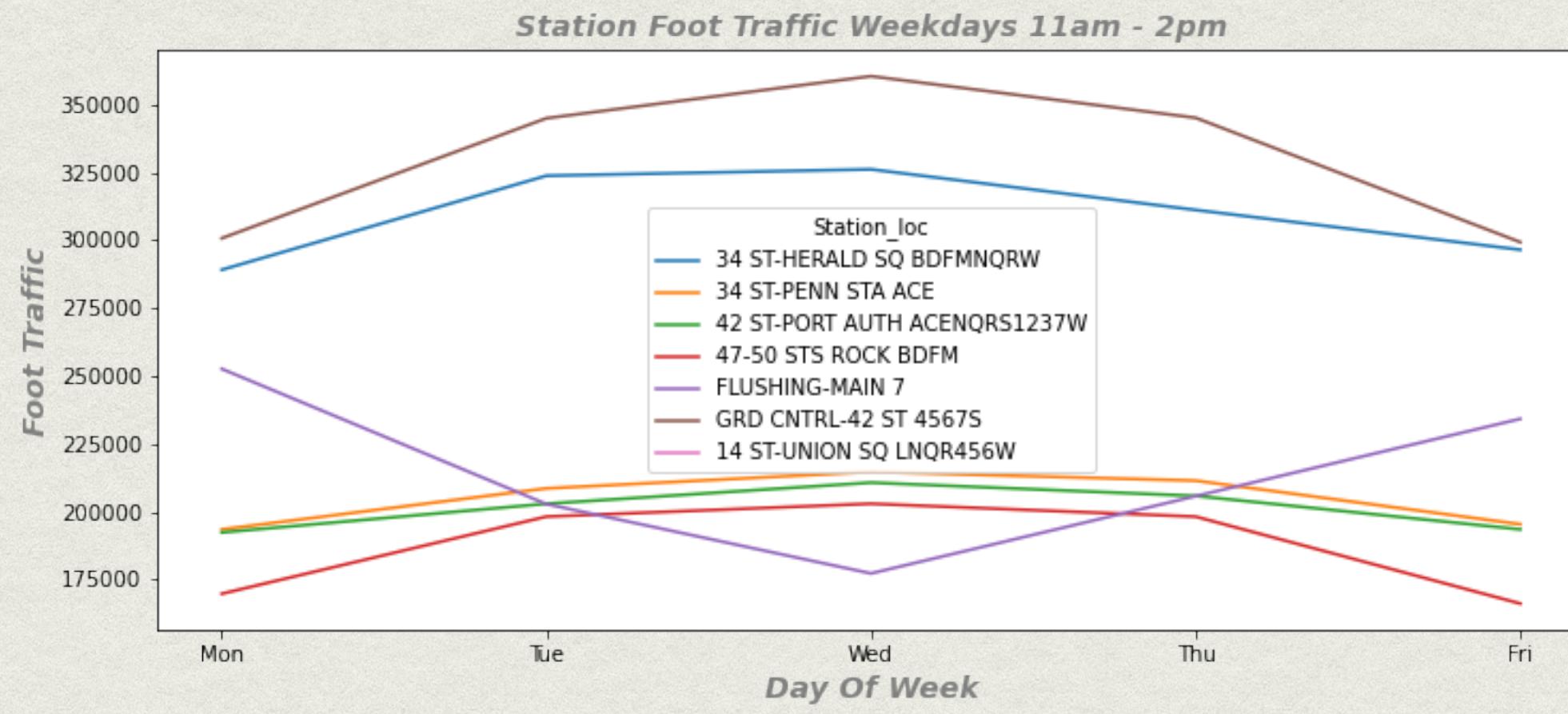
Relax



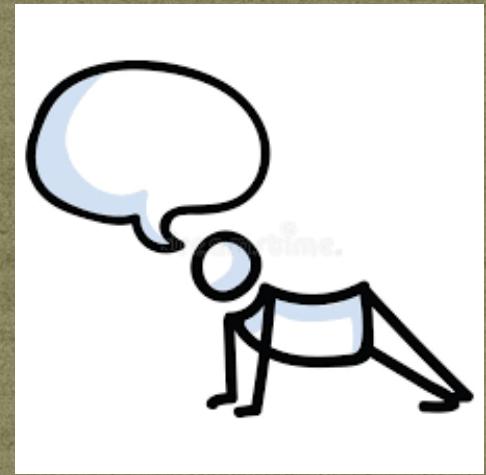
CONCLUSION



- 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