

**R.V. Institute of Management** 

# **AIMS National Management Week**

# Report



R.V. Institute of Management, Bangalore celebrated National Management Week from January 1 to January 7 with programmes on all days. This is the summary of all the events. The programmes were organized with complete staff participation in campus and students were encouraged to opt for online or offline which ever was convenient. The programmes were well planned and the programme schedule was released ahead . There were 15 events scheduled along with 6 Ad hoc events to offset uncertainties .The programmes were mapped to the United Nations Sustainable Development Goals SDGs and National Education Policy so as to reach those goals by adopting the NATIONAL MANAGEMENT WEEK Objectives. The impact of this NMW programme was experienced and was able to exhibit the problem solving skills and human values in the pandemic environment to all the students and stakeholders and thereby helping to mold responsible citizens. Programme on Awareness and First Aid to Snake Bite was beneficial to Gardners and visitors at Lal Bagh .To spread the message of National Management Week, RVIM Director & faculty members have decided to adopt this programme as regular feature in RVIM-CSR events for the year 2021 and thereby continuing this AIMS National Management Programme regularly to build resilience and agility skills among students.

#### mq. 21. P. Rashtreeya Sikshana Samithi Trust

#### R.V. Institute of Management Bangalore National Management Week

#### January 1-7, 2021

Name	Date	Time	Convenor
Inauguration Note-Linking NMW SDGs and NEP	1.1.2021	11.45am to 12.15 pm	Prof.Chandran
Fit India –Basket Ball	2.1.2021	8 am-10 am	Prof.Anitha
Walkathon	2.1.2021	8 am to 10 am	Prof.Ramya and Prof.Vandana
Health Camp	3.1.2021	7 am to 11 am	Prof.Reddy And Mr.Shiva Kumar
Rural Visit Virtual	4.1.2021	10 am to 11 am	Prof.Chandran
Psychological Counseling	4.1.2021	12.00 pm- 12.45 pm	Dr.Anupama and Prof.Rashmi
Rural Visit Field Team of Ten Students	5.1.2021	9 am to 2 pm	Dr.Noor Firdoos Jahan
Mental Health on Young Adults	5.1.2021	10.45 am to 11.45 pm	Dr.Narasima Venkatesh
Psychological Counseling	5.1.2021	12 pm to 12.45 pm	Dr.Anupama and Prof.Rashmi
Cool Yoga for Senior Citizens	5.1.2021	4.30 pm to 6.00 pm	Prof.Uma and Prof.Sowmya
Gnayanarjan	5.1.2021	5.00 pm to 7.00 pm	Dr.Santhosh
Sports Injuries and Management	6.1.2021	10 am to 11am	Dr.Narasima Venkatesh

Schedule of Events and Ad hoc Programmes

#### Planning of Events by All Staff Members for National Management Week Celebrations

The initial planning session for all the staff members was organized in the Conference Hall to encourage Campus wide participation and all departments. The interactions supported to provide better insights and accountability for every event in terms of effectiveness and its impact. This schedule is the outcome.

**VIDEO** The Planning Session can be viewed on this LINK

https://youtu.be/0J-6FnK9JKg

Visit to Parikrama School	6.1.2021	11.00 am to 1.00 pm	Prof.Priya Jain
Wellness Programme for Senior Citizens	7.1.2021	4.30 pm to 5.15 pm	Prof.Uma and Prof.Sowmya
Valedictory and Release of NMW Report	7.1.2021	5.00 pm	Prof.Chandrar

Ad hoc

Name	Convenor		
Health and Art programme for	Tanupriya		
Hearing Impaired	Public Participant		
Ambulance and First Aid	Prof.Anitha		
Fit India –Green Basket Ball	Prof.Gurudutt Shenoy		
Mentoring for Visually Challenged	Prof.Chandran		
Green Audit	Shreya Sahapurkar		
DI SV. JOTA MOVA	Student RVIM		
1 2021 7 am to 11 Prof.Red	Ved Gurunath Shaikh		
bnA	Alumni		
Communal Harmony	Borashetty, Gardner		

Organizers and Attendees are to follow all Social Distancing Norms and Hygiene WITH ALL COVID PREVENTION PROTOCOLS

A.Chandrah Coordinator RVIM-CSR Director **R.V. INSTITUTE OF MANAGEMENT** C.A. 17, 36th Cross, 26th Main, 4th 'T' Block, Jayanagar, BANGALORE - 560041

AD HOC Programmes are standby events planned and organized in case of uncertainties like change in weather, Covid protocol, suspension of classes and quarantine policies and government instructions from time to time.

Events is not mentioned against dates and hence can happen any time during January 1-7 only for being included in the AIMS National Management Week 2021 report. However they can be treated as RVIM-CSR event and taken forward later as per convenience. Communal Harmony message was taken during class discussions and regular feature of National Foundation for Communal Harmony shared. It is an ongoing programme.

Events Green Audit was conducted by Student Shreya Sahapurkar with support of Mr.Manjunath, Office Staff, Mr.Rajanna ,Computer Technician and Driver Mr.S.T. Kumar .

Ambulance and First Aid was organized a specific subject 'First Aid for Snake Bite' with support of Medical Doctor Dr.Noor and Nursing College Principal Dr. Gajendra Singh. 5 Students volunteered with 4 staff members . The programme was included along with Medical Camp in Lal Bagh where Public and Gardner there spoke to Page | 3 the Experts.



Dr. Noor speaks to participant in Lalbagh on Big Screen /Smart Board provided by The Director, RVIM for utilizing during the camp instead of small screen laptop. This big screen helped to reach many visitors in Lalbagh by following social distancing norms. This programme recordings can be viewed here on the LINK

#### WATCH HERE <u>https://youtu.be/a0r-g7FKbXg</u>

Fit- India Green Basketball was shifted to SDG13 Climate Action with online participation from (Public ) Football Team of 50 members at Jayanagar Stadium due to heavy rains. The report is submitted to Regional Transport Office in the form of Thought Paper /Reflection Paper to Dy. Commissioner RTO, Jayanagar BMTC Complex by students Mahesha and Salman Pasha.

Mentoring for Visually challenged initiated with Samarthanam School for the Blind and turned as ongoing programme till completion of SSLC exam for 14 blind students.

Health and Art for hearing impaired programme was changed to Community Radio programme organized by Public Participant Tanupriya with Dr.Abhignya talk on 'There is a medical store in our kitchen which we don't know'. 45 LISTENERS FOR LIVE PROGRAMME FOR INTERACTION 3 IN STUDIO LISTEN RECORDINGS ON LINK

https://www.podomatic.com/podcasts/chandrana-rvim/episodes/2021-01-06T05\_34\_24-08\_00



# RV Institute of Management

Permanently Affiliated to Bengaluru Central University Approved by : AICTE, New Delhi ; Recognised by : Govt. of Karnataka

Ref: 335 /RVIM/MBA/2020-2021

9-01-2021

То

AIMS National Management Week Award Jury Members: Prof. Mohd. Masood Ahmed and Dr. Balkrishan V Sangvikar Association of Indian Management Schools

Sir

RVIM had celebrated National Management Week on all the days from January 1-7, 2021 and concluded with release of the report. The events had good participation from all the staff members and students. Mr. A. Chandran, Assistant Professor & Coordinator RVIM Centre for Social Responsibility coordinated in organizing the programmes and the report is herewith submitted.

Thanking you

With Regards staw

Dr.Purushottam Bung Director

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**REPORT PREPARED BY: A.Chandran, Coordinator, AIMS National Management Week Programmes in RVIM** 

#### January 1, 2021

National Management Week Day 1 had a discussion on Linking National Management Week to SDGs to National Education Policy. Director and Staff members discussed various initiatives and possibilities in adopting the AIMS National Management Week societal development programmes in the Co -Curricular Curriculum along with ongoing RVIM-CSR initiatives to achieve the Sustainable Development Goals and the objectives of National Education Policy. With such initiatives it is to foresee NMW programmes to be regular time table events.

The event marked the flow of ideas towards conservation and growth with the mapping of SDGs. RVIM has followed all green practices and this initiative helped in aligning the usage of resources in an effective with a thought on REDUCE, REUSE, RECYCLE.



Photo: Vandana, Teaching Staff

Mr.Chandran, Coordinator RVIM-CSR & Ms.Devi and Ms.Lakshmi incharge for cleaning toilets expressed their suggestions

SDG Goal No.10 'Reduced inequalities' Adopted – Ms.Lakshmi and Ms. Devi are staff for keeping toilets clean. Their support to NMW helped to identify issues relating to water conservation, good health other aspects which are generally not spoken and discussed during regular meetings. The spoke on the podium and held the SDG 17 Goals Chart during the session.



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#### Photo: Vandana, Teaching Staff

The Discussions 11 am to 1.00 pm had Staff Participation and initiated steps to Conduct Green Audit



#### Photo :Mamatha, Pantry Incharge

Briefings on Green Audit initiated.

Mr.Vamsi Krishna, System Admin used Impact app 'GET FIT DO GOOD' to spread awareness on 'SAFE DRINKING WATER' and recorded in <u>https://impactapp.in/</u>. From Jan 1 to 7 he received a 7 Day Streak badge.

# January 2, 2021

National Management Week Day 2 had Walkathon to spread awareness on importance of mask and hygiene in prevention of spread of Covid 19.The walkathon was supported by Tilak Nagar Police Station. The participants carried the posters and walked a distance of 4 kms from RVIM Campus.

Director, Staff and Students walked the lanes with the team of around 40 participants through 4<sup>th</sup>T Block, 4th Block,3<sup>rd</sup> Block Signal, Stadium ,Tilak Nagar and concluded the walkathon at Campus.



Adjacent Roads near Campus with Placards on Handwash and Coughing Etiquette to prevent the spread of Covid 19 pandemic



Director, Staff and Student with Awareness Poster from Tilak Nagar Police Station



Fitness Awareness during Walkathon with Fit India Message with use of Basketball



All Staff Walk



Walkathon Participants at the time of Disperse

#### Photos: Vamsi Krishna, Lab Staff

The walkathon had a message of Fitness. Two basketballs were used and dribbled all along the path to draw the attention on fitness with sports. The dribbling was also useful to encourage students and staff to be engaged in sports and games like basketball dribbling which could be done individually by any person in their little space in their home as a part of exercises. Today after Covid there are a lot of restrictions for field based team games. But engaging in such type of practice keeps all in a better health by following all Covid Prevention Protocols.

#### January 3, 2021

#### **Health Camp for Gardners**

R.V. Institute of Management organized Health Camp on January 3 for Diabetes Detection for gardners in Lalbagh and awareness programme on 'First Aid for Snake Bite'.Dr.Noor ,General Physician spoke to the students and participants of the camp through teleconsultation mode and brought out the immediate steps that one should take in case of a snake bite. 94 gardeners were tested for their sugar level .Prof.Nagasubba Reddy ,Assistant Professor and Mr. Shivakumar, Library Staff made all arrangements. Gardner Mr.Borashetty and Group D Staff Ms.Geetha interacted with the participants to reach the venue by following social distancing norms and safety practice. The materials kit arrangements were made by Mr. Manjunatha ,Lab Technician and other support by Mr.Rajanna,Non Teaching Staff.10 student volunteers provided their support in organizing the camp. Nursing support was provided.



Health Parameters Check at Lal Bagh



Dr.Purushottam Bung ,Director, RVIM inspected the Camp Arrangements Sunday ,January 3,2021 at 9.45 am in Lalbagh

#### First Aid for Snake Bite (FOR LALBAGH VISITORS/GARDNERS/STUDENTS)

Students and public were provided webinar link for those to watch online and for public assembled in Lal Bagh a Mega Screen was used to view the discussion. The smart board provided a great help for all assembled in the park to follow the First Aid Demonstration. Mr.Chandran, Coordinator, RVIM -CSR anchored the in site and online connect to Doctor. Around 150 public participants and 50 students joined the discussion.



Invitation Link was sent a day before on Saturday to reach earlier

Later in the evening at 4.30 pm A Podcast Interview was arranged. Dr.S.R. Gajendra Singh, Principal, R.V. College of Nursing was interviewed by A.Chandran Coordinator, RVIM-CSR on First Aid for Snake bite for podcast listeners and social media group.

# PODCASTLINK- Visit and Click on Play Button to Listen

https://www.podomatic.com/podcasts/chandrana-rvim/episodes/2021-01-03T10 38 42-08 00

#### January 4, 2021

#### Awareness on Women Helpline 181

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R.V. Institute of Management, organized awareness programme on 'Women Helpline 181' to reach women in distress in villages around Bannergatta on January 4, 2021. The helpline also provides information about Government Schemes for women and children. The Helpline is reachable 24x7. Immediate intervention and support is offered for victims of domestic violence, sexual violence, cybercrime, Protection of Children from Sexual Offences (POCSO), Child marriages and all other related problems. Call 181 a toll-free number for support and information. The awareness programme was supported by Ms. Suvarna ,Supervisor, Helpline and organized as a part of CSR initiative at RVIM.



Faculty and Students volunteer team display Women Helpline 181 Posters



#### Photo : Chandran , Coordinator NMW at RVIM

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#### Media Press Release to All-Information on Women Helpline- NMW Programme



#### Photo: Team Member

The Awareness Programme Team- 3 Staff with 9 Students in Rural Field Visits was held a day earlier due to availability of bus services to remote villages and hence held on January 4 instead of January 5

#### Social and Family Connect in Campus on Helpline 181

The students of III Semester MBA had an opportunity to share the Women Helpline 181 among their family members and contacts .



28 Students supported through Social Media Reach through Virtual Visit on Helpline Programme

#### **Farmer Visit to the Class**

Students of III Semester MBA Section C had a farmer visit to the class through the efforts of student Sainath. The focus was on general discussion and to help students to adopt agro based careers and farming in the future. This is a Virtual interaction. 24 students participated in this farmer connect initiative. The students were also able to reach the government schemes awareness especially for women and on Helpline number 181.



Virtual Link Invitation for Participation in Rural Connect and Helpline Awareness

#### January 5, 2021

Day 5 of NMW had four programmes on a day.

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The **Psychological Counselling** reached 125 students online with 2 staff coordination in arranging the session. The session was held on 2 successive days for class wise coverage.

In second programme on the day Dr.Kavya,DNB,SPARSH Hospital ,on topic **'Mental Health on Young Adults'** provided awareness and preventive measures for various problems like Anorexia Nervosa (Ex: Eating Disorder- Fear of gaining weight/Strong desire to be thin – Especially Girls in Adult age), Common Mental



Health Disorders, Binge Eating (Ex:Eating Large Amount when not hungry), Genaralized Anxiety Disorder (Ex:Excessive Anxiety or worry experienced for more than six months), Social Anxiety Disorder (Ex: Meeting Unfamiliar People, Giving a Speech), Fear of Phobias (Ex: Fear of particular objects or social situation that immediately results in anxiety), Different symptoms of Depression, Excessive Alcohol Dependence, Red flags for Suicide etc., and various steps that can be taken either by self or by others to remove the above mentioned Disorders/Symptoms to attain mental health and wellness. 266 students attended this session online and 7 students in campus for volunteering. Also 5 Non-Teaching staff was present in campus.



Dr.Kavya addressing online



#### **Cool Yoga**

Cool yoga is a unique Yoga Practice designed by Dr.Purushottam Bung,Director,RVIM for 1 hour practice every day for 7 days as it aims to benefit people with busy schedule. In a short duration a larger benefits are expected. Cool Yoga session was specially organized for senior citizens. 25 Senior citizens attended online and 20 staff attended in campus. The programme concluded late in the evening with lot of demonstrations with FAQs.

Gyanarjan is a model CSR programme in RVIM . Here free mentoring and coaching guidance is provided to high school and PUC students.

As a part of National Management Week Celebrations a special session was organized Students on the topic 'Environment – Sustainable Actions, Implementable Solutions' and reached 195 children in the society. Invited resource person Mr.Magadi Bhargav addressed the students.



WATCH IT ON LINK <u>https://youtu.be/2dKVRNHdONs</u>

### January 6, 2021

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# Fundraising for Orphanage (Rs. 46883 Forty Six Thousand Eight Hundred and Eighty Three Only) and

#### **In Kind** (Biscuits & Cookies, sharpner, pencils, scales, cryons, pens, pouches, skech pens)

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#### **Contributions break up details**



#### Director, Staff and Student Volunteers at PARIKRAMA

Parikrama offers education for Children from Slums LINK <a href="https://www.parikrmafoundation.org/">https://www.parikrmafoundation.org/</a>

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Second Initiative in Process after Audit Report.

**Public TV**. Mail Response awaited for TAB distribution to 10 school children

#### **Sports Injuries and Management**

Awareness and Preventive Steps conducted for online student participation. 123 students participated with 7 student volunteers and faculty coordinator for the programme.



**RECORDED SESSION LINK** 

#### Down to Earth: A Wake Up Call from Mother Earth

Webinar on "Down to Earth: A Wake Up Call from Mother Earth" by Mr. Ullash Kumar, Environmentalist was a second programme on the day in webinar series.60 students attended the session online with faculty coordinator for the event.

#### NATIONAL MANAGEMENT WEEK 2021 CONCLUDED WITH A VALEDICTORY

https://fb.watch/2Wr-M8znYA/

# January 7, 2021

#### **Wellness Programme for Senior Citizens**



22 Senior Citizens and 4 Staff participated with Yoga Teacher Mr.Parvathi

#### Valedictory Message Online – FROM – UNDP



Ms.Shobha addressed on SDGs and Reviewed the impact of National Management Week programme 2021 organised by RVIM .She was informed with every day report date wise.







Mr.Venkatesh C.S. Founder and CEO of MetaCog Solutions Pvt.Ltd. and Alumnus of KREC Surathkal and XLRI Jamshedpur released the National Management Week Event Report 2021