



2/10/2021



**RVIM**

**AICTE FIT INDIA YOGA CHALLENGE**



**R.V. Institute of Management**

Bangalore

**Organized by RVIM Centre for Wellness**

**For Students, Staff and Public**

**Category – Institutional Participation | Online and Offline**



On the auspicious occasion of the Gandhi Jayanthi,

Rotary Club of Bengaluru Jayanagar & R.V.Institute of Management are hosting a webinar as a part of AICTE Fit India Challenge at 4.00 pm.

Online Registration Link [https://us06web.zoom.us/webinar/register/WN\\_1RQ5SbNLRcGXTy-wlQuiog](https://us06web.zoom.us/webinar/register/WN_1RQ5SbNLRcGXTy-wlQuiog)

Webinar on  
**Achieving Harmony and  
Peace through Yoga**  
- A Yogi's Perspective -

INVITATIONS TO GENERAL PUBLIC THROUGH WHATSAPP AND SOCIAL MEDIA

YOU'RE INVITED TO A PREPARATION OF  
**DIET YOGA CHART**

To Keep Yourself Fit & Healthy  
Just 20+20 minutes on October 2,2021 at 4.00 pm  
To Register for Webinar

LINK: [https://us06web.zoom.us/webinar/register/WN\\_1RQ5SbNLRcGXTy-wlQuiog](https://us06web.zoom.us/webinar/register/WN_1RQ5SbNLRcGXTy-wlQuiog)  
Or WhatsApp Your Name, Place, & E Mail ID to 7019987266

AICTE Fit India Challenge at RVIM  
You are invited for a session on  
**Achieving Harmony and Peace through Yoga - A Yogis Perspective**  
By HE Dr. H R Nagendra, Chancellor, SVYASA

Certificate & Diet Chart issued Free for all Participants  
**RVIM Yoga Club**

*Webinar on*  
**Achieving Harmony and  
Peace through Yoga**  
**- A Yogi's Perspective -**

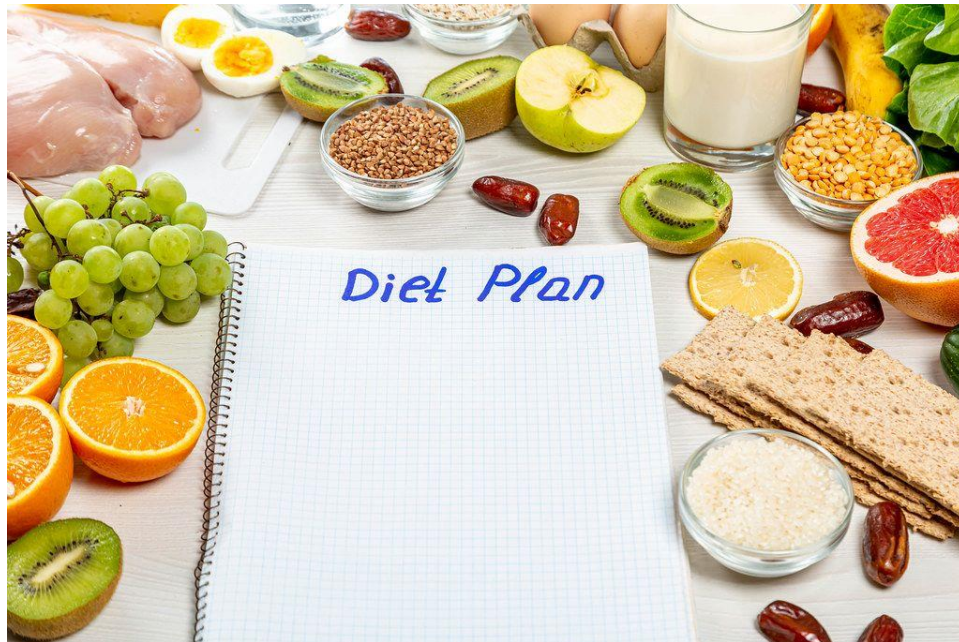


Speaker  
**Dr. H R Nagendra**  
Chancellor, S-VYASA  
**Date: 2nd October**

Poster for the Programme

## Promotional Materials Shared through Social Media

These information and content links were posted in the social media and Whatsapp network for encouraging wide participation.



Diet Chart is essential to plan our food intake. No matter generally we follow our tongue. Yes, we always eat what is tasty and not what is healthy. So, for a good health a balanced diet is essential. Dr. Abhignya, BAMS, MD - Ayurveda Practitioner shall prepare a diet chart for all participants. The chart shall be accessible for all attendees on the day. If not registered then please register your participation by using the link [https://us06web.zoom.us/webinar/register/WN\\_1RQ5SbNLRcGXTy-wlOuiog](https://us06web.zoom.us/webinar/register/WN_1RQ5SbNLRcGXTy-wlOuiog)

## Programme Support

Webinar Host: Rotary Club of Bengaluru Jayanagar

AICTE Fit India Challenge Host: RVIM Yoga Club



**Rotary Club Bangalore, Jayanagar**  
**in collaboration with**  
**RV Institute of Management**



Presenting a Webinar on  
**ACHIEVING HARMONY AND PEACE THROUGH YOGA**

— Δ YOGI'S PERSPECTIVE —



Resource Person:  
 Dr. HR Nagendra  
 Chancellor,  
 SVYASA University

On 2nd October, 2021  
 @ 4:00 p.m.



REGISTER IN ADVANCE FOR THIS WEBINAR:  
[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN\\_IRQ5SBNLRcGxTY-W10010G](https://us06web.zoom.us/join/register?wn_IrQ5SBNLRcGxTY-W10010G)

Brought to you by





AICTE's FIT India Challenge is one of the initiative supporting Government FIT India Movement. In order to foster and inculcate the habit of physical fitness, Hon'ble Chairman & Vice Chairman, AICTE on the occasion of 7th international Yoga day have decided to recognize and honor such faculty and students of AICTE approved institutions as well as AICTE officials through AICTE FIT INDIA CHALLENGE.

### Objectives

1. Promoting healthy and sustainable policies and planning throughout the Higher Educational Institutions
2. Providing healthy working environments
3. Offering healthy and supportive social environments

### Category-3

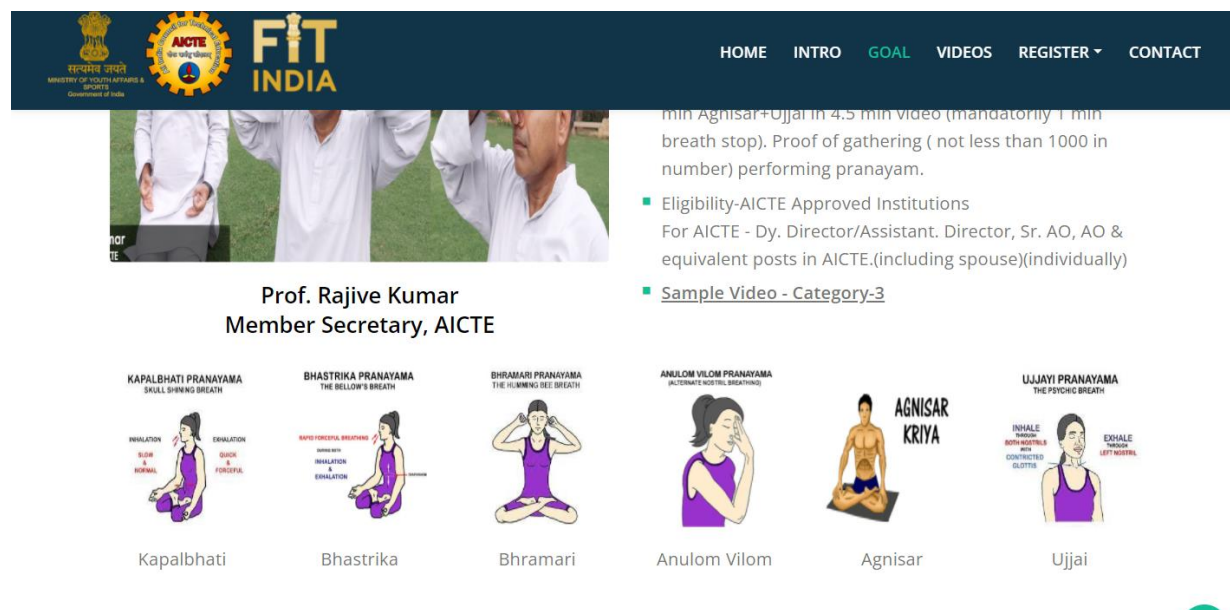
- Institutional Award, No. of awards-100
- Challenge- Continuous 1 min  
Kapalbhati+Bhastrika+Bhramari+ 1 min  
Anulom Vilom+ 1 min Agnisar+Ujjai in 4.5  
min video (mandatorily 1 min breath stop).  
Proof of gathering (not less than 1000 in  
number) performing pranayam.

The Challenge has 3 Categories Namely Category 1- for Individual-Faculty, Category 2- for Students and Category 3 – for Institutions

RVIM Participated in Category 1 and Category 3 and Students were informed to participate in Category under individual students from their home or yoga centres.

## Category 3

Asanas to be performed under this category were Kapapabathi, Bhastrika, Bhramari, Anuloma Viloma, Agnisar and Ujjai



The screenshot shows the FIT INDIA website. At the top, there is a navigation bar with links: HOME, INTRO, GOAL, VIDEOS, REGISTER, and CONTACT. Below the navigation bar, there is a header image featuring Prof. Rajive Kumar, Member Secretary of AICTE. To the right of the header, there is a list of requirements and eligibility criteria for the competition. Below the header, there is a grid of six yoga practices, each with a small illustration and a caption:

- KAPALBHATI PRANAYAMA: SKULL SHINKING BREATH
- BHASTRIKA PRANAYAMA: THE BELLOWS BREATH
- BHRAMARI PRANAYAMA: THE HUMMING BEE BREATH
- ANULOM VILOM PRANAYAMA: ALTERNATE NOSTRIL BREATHING
- AGNISAR KRIYA
- UJJAYI PRANAYAMA: THE PSYCHIC BREATH

Link : <https://drive.aicte-india.org/yoga/>

RVIM organized a Key note address and Yoga practice session for the mass participation. Students ,Staff and Public participated ONLINE /Offline based on their convenience by following all Covid 19 prevention protocols.

Dr. H R Nagendra, Chancellor, SVYASA University addressed the participants on the topic 'Achieving Harmony and Peace through Yoga, A Yogi's Perspective'.

Dr.Purushottam Bung, Director, RVIM, Yoga Enthusiast and Practitioner led the mass practice session.

Dr. Madhurani Gowda, President, Rotary Club Bangalore, Jayanagar anchored the inaugural session and Chandran .A, Coordinator, RVIM Centre for Wellness coordinated during the online interactions.

The programme was more focused to reach the message of Yoga and Peace in Yogi's life and to explain the benefits of various asanas in a simple understandable language and vocabulary. Around 500 participants were reached through online participation and around 500 through Social media links for event participation/viewing. A WhatsApp group was created to reach the participants for FAQs and sharing of resources.

## PARTICIPATION

1	Meeting ID	Topic	Start Time	End Time	User Email	Duration	Participants													
2	82701040473	Achieving Harm	2/10/2021 15:46	2/10/2021 17:48	director.r	122	213													
3																				
4	Name (Original Name)	User Email	Join Time	Leave Time	Duration (Guest)	Recording	Consent													
5	Hp Notepad	annella.dsouza@	2/10/2021 17:06	2/10/2021 17:10	5 Yes															
6	Director RVIM	director.rvim@r	2/10/2021 15:46	2/10/2021 17:48	122 No															
7	Mrs Durgesh Priyank Sharma	durgeshsharma1	2/10/2021 15:47	2/10/2021 15:55	8 Yes															
8	Chandran A	chandrana.rvim@	2/10/2021 15:47	2/10/2021 17:48	122 Yes															
9	Ramya S	ramyas.rvim@rv	2/10/2021 15:48	2/10/2021 17:48	121 Yes															
10	Vamsi Krishna	vamsikrishna.rvi	2/10/2021 15:51	2/10/2021 15:56	5 Yes															
11	Sumathi Gowda	sumathisgowda;	2/10/2021 15:52	2/10/2021 15:57	6 Yes															
12	Sowmya D S	sowmyads.rvimi	2/10/2021 15:53	2/10/2021 16:44	52 Yes															
13	Sridhara H R	sridharahr.rvim@	2/10/2021 15:53	2/10/2021 16:03	11 Yes															
14	Manjunath N	manjunathn.rvir	2/10/2021 15:53	2/10/2021 17:48	116 Yes															
15	Suma Sheshadri	mnsuna19@gm	2/10/2021 15:54	2/10/2021 16:22	29 Yes															
16	Kavya Shree r	ks7980090@gma	2/10/2021 15:54	2/10/2021 16:17	23 Yes															
17	Pooja Takalkar	poojat.rvim@rv	2/10/2021 15:54	2/10/2021 15:54	1 Yes															
18	Pavithra S T	pavithrast.rvim@	2/10/2021 15:54	2/10/2021 17:48	115 Yes															
19	Anitha Dsilva	anithadsilva.rvir	2/10/2021 15:54	2/10/2021 17:17	84 Yes															
20	Reconnecting.....	sathyaranayana	2/10/2021 15:54	2/10/2021 16:19	25 Yes															
21	shiva kumar	shivakumar.rvir	2/10/2021 15:54	2/10/2021 15:56	2 Yes															
22	Mrs Durgesh Priyank Sharma	durgeshsharma1	2/10/2021 15:55	2/10/2021 17:48	114 Yes															
23	Vamsi Krishna	vamsikrishna.rvi	2/10/2021 15:56	2/10/2021 16:06	10 Yes															
24	shiva kumar	shivakumar.rvir	2/10/2021 15:56	2/10/2021 15:58	2 Yes															
25	Monalisa Fule	monalisafule@g	2/10/2021 15:57	2/10/2021 16:23	27 Yes															
26	Sumathi Gowda	sumathisgowda;	2/10/2021 15:57	2/10/2021 16:10	13 Yes															
27	GV RAO	jeevirao1961@g	2/10/2021 15:58	2/10/2021 17:48	111 Yes															
28	T H V Tharaga	tharaga2510@gn	2/10/2021 15:58	2/10/2021 16:16	19 Yes															
29	Kabra Radhika	radhikavkabra@	2/10/2021 15:58	2/10/2021 16:07	9 Yes															
30	Chaithanya B. K	chaithanyabk4@	2/10/2021 15:59	2/10/2021 16:31	32 Yes															
31	Keerthana S	diyak1199@gma	2/10/2021 16:00	2/10/2021 16:07	8 Yes															
32	Afeefah Bakhtar Majumdar	afeefahbmajum	2/10/2021 16:00	2/10/2021 17:48	109 Yes															
33	Muzammil Rihan (Sec C)	muzz007shaik@	2/10/2021 16:00	2/10/2021 16:01	1 Yes															
34	Shreya Shankar	shrafrox@gmail.	2/10/2021 16:00	2/10/2021 16:01	1 Yes															
35	gagan m	m.gagan20040@	2/10/2021 16:01	2/10/2021 17:48	108 Yes															
36	Mayur N	mayurnagaraja7	2/10/2021 16:01	2/10/2021 17:47	107 Yes															
37	Pushpa Pranitha T	pranithataminid	2/10/2021 16:01	2/10/2021 16:16	16 Yes															
38	drmadhurani gowda	drmadhurani.gow	2/10/2021 16:01	2/10/2021 17:48	108 Yes															
39	Arun Bhagra	arun1810@gmai	2/10/2021 16:01	2/10/2021 16:35	35 Yes															
40	Karuna Divate	karundivate@gm	2/10/2021 16:01	2/10/2021 17:41	100 Yes															
41	Prashanth kumar	prashanthup17@	2/10/2021 16:02	2/10/2021 17:42	101 Yes															
42	jagrity jagrity	jagrity.kumari13	2/10/2021 16:02	2/10/2021 17:48	107 Yes															
43	M Janani Priya	mjananipriya251	2/10/2021 16:03	2/10/2021 17:34	92 Yes															
44	Venkatesan Ramakrishnan	ramkyenki22@	2/10/2021 16:03	2/10/2021 17:48	106 Yes															
45	Kalpathy Eswaran	kalpathy.eswara	2/10/2021 16:03	2/10/2021 17:47	105 Yes															
46	Sparsha	sparsashrinivasa	2/10/2021 16:03	2/10/2021 17:48	106 Yes															
47	Triveni Kulkarni	trivenikulkarni5	2/10/2021 16:03	2/10/2021 17:48	106 Yes															
48	varsha biradar	pochubiradar12@	2/10/2021 16:03	2/10/2021 17:48	106 Yes															
49	Chandran A	chandrana.rvim@	2/10/2021 16:03	2/10/2021 17:48	105 Yes															
50	Sridhara H R	sridharahr.rvim@	2/10/2021 16:04	2/10/2021 16:48	45 Yes															
51	Mahesh S	rvim20mba134.r	2/10/2021 16:04	2/10/2021 16:08	5 Yes															
52	Suhas M	suhasm200@gm	2/10/2021 16:04	2/10/2021 16:07	4 Yes															
53	Deepika Shivshankar	deepikashivshar	2/10/2021 16:04	2/10/2021 16:06	2 Yes															
54	Nandakishore M	nk.m@hotmail.c	2/10/2021 16:05	2/10/2021 16:24	19 Yes															
55	MOHAMMED BILAL M	mohammedbilal	2/10/2021 16:05	2/10/2021 16:07	2 Yes															
56	rajanna sc	rajannasc.rvim@	2/10/2021 16:05	2/10/2021 16:07	2 Yes															
57	Divesh .	diveshdp8@gmi	2/10/2021 16:05	2/10/2021 16:06	1 Yes															
58	Shreyas Sankaye 8 B	shantharangasw	2/10/2021 16:05	2/10/2021 17:08	63 Yes															

Extract from Online Participation List and Attendance Registrations

Due to Covid 19 public gathering restrictions and lockdown the participation in Online was preferred by most participants and few organizing team members and public were in the campus. The Big Screen was deployed for wider coverage.



	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
59	Jagada Kishan	jagadakishannat	2/10/2021 16:05	2/10/2021 16:18	14	Yes											
60	Shruthi R	rachamadugush	2/10/2021 16:05	2/10/2021 16:06	1	Yes	Y										
61	Bhavya Bhavya	bb1071731@gm	2/10/2021 16:05	2/10/2021 16:07	2	Yes											
62	Vishnu Priya	abhisheksam78	2/10/2021 16:05	2/10/2021 16:07	2	Yes											
63	Ananya S	ananyashieh99	2/10/2021 16:06	2/10/2021 17:08	62	Yes											
64	G.S Akshay	akshayshring	2/10/2021 16:06	2/10/2021 16:07	2	Yes											
65	Arjun V	venkateshbab	2/10/2021 16:06	2/10/2021 16:07	1	Yes											
66	bhavani. k	shivadon838@g	2/10/2021 16:06	2/10/2021 16:06	1	Yes											
67	Gunjan Raj Sec 'C'	131449gunjan@	2/10/2021 16:06	2/10/2021 16:08	2	Yes											
68	Nithyashree Chander	nithyashreea	2/10/2021 16:06	2/10/2021 16:08	2	Yes											
69	Chethan S	schethanc98@g	2/10/2021 16:06	2/10/2021 16:07	1	Yes											
70	A B Ganapathy	abganapathy@l	2/10/2021 16:06	2/10/2021 16:07	1	Yes											
71	ABHISHEK UPADHYE#MB207604	rvim20mba108.r	2/10/2021 16:06	2/10/2021 16:08	2	Yes											
72	Rashmi .	4090krishna12	2/10/2021 16:07	2/10/2021 16:08	2	Yes											
73	Gowthami uthaiah Badumanda	gowthami.b.u@	2/10/2021 16:07	2/10/2021 17:48	102	Yes											
74	Manoj KB	manojkb.rvim2	2/10/2021 16:07	2/10/2021 16:07	1	Yes											
75	Nisha T	nishaselvan10d	2/10/2021 16:07	2/10/2021 16:19	13	Yes											
76	Kabra Radhika	radhikavkabra	2/10/2021 16:07	2/10/2021 17:05	58	Yes	Y										
77	Prinson Dilma	prinsondilma12	2/10/2021 16:07	2/10/2021 17:46	99	Yes											
78	Arun I jadava lamani	lamaniarun930@	2/10/2021 16:07	2/10/2021 16:08	1	Yes											
79	3190 AG Rtn.Aravind Hooli 2021-22	hooliaravind4@	2/10/2021 16:08	2/10/2021 16:12	5	Yes											
80	Lakshmi A	lakshmia.rvim@	2/10/2021 16:08	2/10/2021 17:48	100	Yes											
81	Manjunath N	manjunathn.rv	2/10/2021 16:09	2/10/2021 16:09	1	Yes											
82	Mahesh S	rvim20mba134.r	2/10/2021 16:09	2/10/2021 16:10	2	Yes											
83	Sindhu L Dabeer	sindhuld399@g	2/10/2021 16:09	2/10/2021 17:39	91	Yes											
84	nandhini s	nandhini.sreeni	2/10/2021 16:09	2/10/2021 16:09	1	Yes											
85	Chethan Kumar	chethan334@gm	2/10/2021 16:09	2/10/2021 16:17	9	Yes	Y										
86	Deepika Shivshankar	deepikashivshar	2/10/2021 16:09	2/10/2021 16:26	17	Yes											
87	drmadhurani gowda	drmadhurani@g	2/10/2021 16:09	2/10/2021 16:56	47	Yes											

participants\_82701040473 (1)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
88	anupama sm	anupamasm.rv	2/10/2021 16:09	2/10/2021 16:34	26	Yes											
89	Dileep RVIM	dileep.rvim@rv	2/10/2021 16:09	2/10/2021 16:11	2	Yes											
90	Mohit Mohitesh	mohiteshmohit	2/10/2021 16:09	2/10/2021 16:10	2	Yes											
91	Phalguni P	phalguni.p97@g	2/10/2021 16:09	2/10/2021 17:25	76	Yes											
92	Koundinya R	koundinyarkoth	2/10/2021 16:10	2/10/2021 17:48	99	Yes											
93	Rakshit Kumar	rakshitkumarpr	2/10/2021 16:10	2/10/2021 16:10	1	Yes											
94	Samrudh	lakshmijsaane1	2/10/2021 16:10	2/10/2021 16:14	4	Yes											
95	Anjana Kaimal	anjanakaimal@g	2/10/2021 16:10	2/10/2021 17:45	95	Yes											
96	D. Rajesh Babu	rajeshbabu@sar	2/10/2021 16:10	2/10/2021 16:13	3	Yes											
97	Mahesh S	rvim20mba134.r	2/10/2021 16:11	2/10/2021 16:12	2	Yes											
98	4528 - K.Thamarai Selvan	kannants408@g	2/10/2021 16:11	2/10/2021 16:12	2	Yes											
99	Apoorva M	gitanjaliappu06	2/10/2021 16:11	2/10/2021 17:32	81	Yes											
100	syed asif	pashasif30@gm	2/10/2021 16:11	2/10/2021 16:12	1	Yes											
101	Rahul P Yalavatti	rahulyalavatti12	2/10/2021 16:12	2/10/2021 16:13	1	Yes											
102	Dinesh Sugumar	18deepa2001@g	2/10/2021 16:12	2/10/2021 16:12	1	Yes											
103	sk manjunath	skm.manjunath	2/10/2021 16:12	2/10/2021 16:13	2	Yes											
104	Mahesh S	rvim20mba134.r	2/10/2021 16:13	2/10/2021 16:15	3	Yes											
105	sake jayanandini	jayanandini@sai	2/10/2021 16:13	2/10/2021 16:22	10	Yes											
106	3190 AG Rtn.Aravind Hooli 2021-22	hooliaravind4@	2/10/2021 16:13	2/10/2021 16:22	10	Yes											
107	Priyanka S	ps800393@gm	2/10/2021 16:13	2/10/2021 16:13	1	Yes											
108	Vishruth R FSC	vishruth.r55@g	2/10/2021 16:13	2/10/2021 16:14	2	Yes											
109	ÁRPITHÁ, S	arpithaarpitha01	2/10/2021 16:13	2/10/2021 16:14	1	Yes											
110	Deeksha Bopaiah	deekshabopaiah	2/10/2021 16:13	2/10/2021 16:51	38	Yes											
111	Pooja Takalkar	poojat.rvim@rv	2/10/2021 16:13	2/10/2021 16:14	2	Yes											
112	Rashmi Madhukar	rashmi.agm@g	2/10/2021 16:13	2/10/2021 17:47	94	Yes											
113	A_KAUSHIK C B	kaushik99.balu	2/10/2021 16:13	2/10/2021 16:14	1	Yes											
114	ÁRPITHÁ, S	arpithaarpitha01	2/10/2021 16:14	2/10/2021 16:18	4	Yes											
115	A_KARNIKA MRIDUL	mridulkarnika22	2/10/2021 16:14	2/10/2021 17:48	95	Yes											
116	sk manjunath	skm.manjunath	2/10/2021 16:14	2/10/2021 16:28	14	Yes											

participants\_82701040473 (1)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
117	R HariHaran	hariharant28.12	2/10/2021 16:14	2/10/2021 16:15	1	Yes											
118	Roshani	roshanirao98@g	2/10/2021 16:14	2/10/2021 17:08	54	Yes											
119	Tauheed Ahmed	tauheeda02@gn	2/10/2021 16:15	2/10/2021 16:42	28	Yes											
120	Kaif Atiq	kaifatq223@gm	2/10/2021 16:15	2/10/2021 16:19	4	Yes											
121	kaliaperumal swaminathan	nathanswamiK1	2/10/2021 16:15	2/10/2021 16:16	2	Yes											
122	Punitha K	punithapu@g	2/10/2021 16:15	2/10/2021 16:20	5	Yes											
123	Dr. Bala koteswari	drbalakoteswari	2/10/2021 16:15	2/10/2021 16:58	43	Yes											
124	Mahesh S	rvim20mba134.r	2/10/2021 16:15	2/10/2021 16:18	3	Yes											
125	Manjunath N	manjunathn.rv	2/10/2021 16:15	2/10/2021 16:16	1	Yes											
126	k v Bhanumathy	kvbhanumathyk	2/10/2021 16:15	2/10/2021 16:16	1	Yes											
127	Chethan Kumar	chethan334@gm	2/10/2021 16:17	2/10/2021 17:48	92	Yes											
128	Ranganatham V	vranganatham7	2/10/2021 16:17	2/10/2021 16:23	6	Yes											
129	Nithin varma M	nithinvarma141	2/10/2021 16:17	2/10/2021 16:24	7	Yes											
130	Mahesh S	rvim20mba134.r	2/10/2021 16:18	2/10/2021 16:20	3	Yes											
131	Prerna Sinha	prernasinha109	2/10/2021 16:18	2/10/2021 17:42	85	Yes											
132	ÁRPITHÁ, S	arpithaarpitha01	2/10/2021 16:18	2/10/2021 16:19	2	Yes											
133	Khuteja Ssb	kuteja.ssb@gm	2/10/2021 16:18	2/10/2021 16:24	6	Yes											
134	Sunilk K	sunilkumarK949	2/10/2021 16:19	2/10/2021 17:40	82	Yes											
135	Keerthana S	diyak1199@gm	2/10/2021 16:19	2/10/2021 16:49	30	Yes											
136	A_Ashadeep M Hegde	ashadeephegde	2/10/2021 16:19	2/10/2021 16:34	15	Yes											
137	Harini .M	harinimaheshw	2/10/2021 16:20	2/10/2021 16:32	13	Yes											
138	Divya S	sk.s.divya93@g	2/10/2021 16:20	2/10/2021 16:20	1	Yes	Y										
139	Mahesh S	rvim20mba134.r	2/10/2021 16:20	2/10/2021 16:31	12	Yes											
140	Jagadeesh H	jagadeesh029@g	2/10/2021 16:20	2/10/2021 16:25	6	Yes											
141	Shyamkumar Rajaram	kingshyam2003	2/10/2021 16:20	2/10/2021 16:27	7	Yes											
142	Preksha Khirwadkar	pk.13.poojakh	2/10/2021 16:20	2/10/2021 17:48	89	Yes											
143	HARSHITHA .A	sowbhagyaashol	2/10/2021 16:21	2/10/2021 16:22	1	Yes											
144	Hp Notepad	annella.dsouza	2/10/2021 16:22	2/10/2021 17:05	44	Yes											
145	devahemanth@gmail.com	devahemanth@	2/10/2021 16:23	2/10/2021 17:48	86	Yes											

participants\_82701040473 (1)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
146	Sai Sinchana	hmsaisinchana5	2/10/2021 16:23	2/10/2021 16:23	1	Yes											
147	Nandakishore M	nk.m@hotmail.c	2/10/2021 16:24	2/10/2021 16:30	7	Yes											
148	Shruthi R	rachamadugushi	2/10/2021 16:24	2/10/2021 16:32	8	Yes	Y										
149	Khuteja Ssb	kuteja.ssb@gma	2/10/2021 16:24	2/10/2021 16:24	1	Yes											
150	Muzammil Rihan (Sec C)	muzz007shaik@	2/10/2021 16:24	2/10/2021 16:24	1	Yes											
151	Prakash Nair	macpng@gmail.	2/10/2021 16:24	2/10/2021 16:43	20	Yes											
152	Prateeksha Raviprakash	prateeksharavip	2/10/2021 16:24	2/10/2021 16:41	18	Yes											
153	Bhavani N.S	bhavani.ns02@g	2/10/2021 16:24	2/10/2021 17:43	79	Yes											
154	Dileep Hegde	dileephegde199	2/10/2021 16:25	2/10/2021 16:27	2	Yes											
155	Principal Dr. Basavaraju.M.N.	brmn47gsch@gn	2/10/2021 16:25	2/10/2021 16:28	3	Yes											
156	Shireesha G	shireeshag@rvc	2/10/2021 16:25	2/10/2021 17:48	83	Yes											
157	T H V Tharaga	tharaga2510@gn	2/10/2021 16:26	2/10/2021 16:33	7	Yes											
158	Ganapati Bhat	bganapati6@gm	2/10/2021 16:27	2/10/2021 16:27	1	Yes											
159	D. Hidayathunnisa	hidayathunnisa	2/10/2021 16:27	2/10/2021 16:35	8	Yes											
160	sake jayanandini	jayanandini@sai	2/10/2021 16:27	2/10/2021 16:41	14	Yes											
161	Principal Dr. Basavaraju.M.N.	brmn47gsch@gn	2/10/2021 16:27	2/10/2021 17:30	63	Yes											
162	Ganapati Bhat	bganapati6@gm	2/10/2021 16:27	2/10/2021 16:29	2	Yes											
163	Yoga Shree	syoga4600@gma	2/10/2021 16:28	2/10/2021 16:28	1	Yes											
164	junaidulla Khan	alexjunaidkhan7	2/10/2021 16:28	2/10/2021 16:28	1	Yes											
165	sk manjunath	skm.manjunath	2/10/2021 16:28	2/10/2021 17:48	81	Yes											
166	Bindu Priya	bindupriyasmdc	2/10/2021 16:28	2/10/2021 16:28	1	Yes											
167	3A cb Aadhyha Gowda H M	aadhyagowdahm	2/10/2021 16:28	2/10/2021 17:48	81	Yes											
168	Krishnapriya Bung	sangeetabung@	2/10/2021 16:28	2/10/2021 17:35	67	Yes											
169	Md Zahid Khan	zahidkhan98802	2/10/2021 16:28	2/10/2021 16:29	1	Yes											
170	Laxmi Matade	laxmirajesh@ya	2/10/2021 16:28	2/10/2021 16:44	16	Yes											
171	Deepika Shivashankar	deepikashivshar	2/10/2021 16:30	2/10/2021 17:46	77	Yes											
172	Nandakishore M	nk.m@hotmail.c	2/10/2021 16:30	2/10/2021 17:48	79	Yes											
173	Vikas.B	vikkymanjula405	2/10/2021 16:31	2/10/2021 16:31	1	Yes											
174	H R RITHESHA	hegderithesh654	2/10/2021 16:31	2/10/2021 16:32	1	Yes											

participants\_82701040473 (1)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
175	Akshaya S	sakshaya712@gr	2/10/2021 16:32	2/10/2021 16:32	1	Yes											
176	Leelavati B Thite	preetibthite@gr	2/10/2021 16:32	2/10/2021 17:32	60	Yes											
177	484/Principal/Narayana Gowda G	ngowdag@gmail	2/10/2021 16:33	2/10/2021 16:46	14	Yes											
178	Subhashini K N	subhashinikny@	2/10/2021 16:33	2/10/2021 17:48	76	Yes											
179	D. Hidayathunnisa	hidayathunnisa	2/10/2021 16:35	2/10/2021 16:37	3	Yes											
180	Chancellor	chancellor@svyi	2/10/2021 16:35	2/10/2021 17:48	74	Yes											
181	D. Hidayathunnisa	hidayathunnisa	2/10/2021 16:37	2/10/2021 17:08	32	Yes											
182	T H V Tharaga	tharaga2510@gn	2/10/2021 16:37	2/10/2021 16:45	8	Yes											
183	Darshan G - sec C	darshuuuuuuuu	2/10/2021 16:38	2/10/2021 16:38	1	Yes											
184	Harini.M Harini	harinimaheshwz	2/10/2021 16:39	2/10/2021 17:27	49	Yes											
185	Dr. Santhosh M	santhoshm.rvim	2/10/2021 16:40	2/10/2021 16:41	2	Yes											
186	sake jayanandini	jayanandini@sai	2/10/2021 16:42	2/10/2021 17:05	24	Yes											
187	Sreenivasa Talanki (BG1)	murthys25@gm	2/10/2021 16:44	2/10/2021 16:46	2	Yes											
188	Shruthi G	shruthi.rvim22i	2/10/2021 16:45	2/10/2021 17:41	57	Yes											
189	Rashmi .	4090krishna12@	2/10/2021 16:45	2/10/2021 16:45	1	Yes											
190	I.Vaibhav Sorcar	vaibhavadiithi@i	2/10/2021 16:46	2/10/2021 16:48	2	Yes											
191	484/Principal/Narayana Gowda G	ngowdag@gmail	2/10/2021 16:47	2/10/2021 17:48	62	Yes											
192	ROOPA ROOPAMAHADEV	roopamahadev3	2/10/2021 16:48	2/10/2021 16:48	1	Yes	Y										
193	Keerthana S	diyak1199@gma	2/10/2021 16:49	2/10/2021 17:17	29	Yes											
194	Chiraag Mallikarjun (sec c)	chiraagm9@gr	2/10/2021 16:49	2/10/2021 16:50	2	Yes											
195	Mahesh S	rvim20mba134.r	2/10/2021 16:49	2/10/2021 16:51	2	Yes											
196	K Abhilash	kabhilash2014@	2/10/2021 16:50	2/10/2021 16:51	1	Yes											
197	Nikhil K	nikhilnikhiljan95	2/10/2021 16:54	2/10/2021 16:55	2	Yes											
198	Mahesh Shandilya	mahesh@values	2/10/2021 16:55	2/10/2021 17:48	54	Yes											
199	Srushti BR	srushtibrm3@gn	2/10/2021 16:56	2/10/2021 16:57	2	Yes	Y										
200	2M 32 Sumathi Gowda	sumathisgowda2	2/10/2021 16:56	2/10/2021 16:58	2	Yes											
201	Srushti BR	srushtibrm3@gn	2/10/2021 16:57	2/10/2021 16:58	2	Yes	Y										
202	drmadhuranigowda	drmadhuranigow	2/10/2021 16:58	2/10/2021 17:10	13	Yes											
203	Srushti BR	srushtibrm3@gn	2/10/2021 16:58	2/10/2021 17:01	3	Yes	Y										

participants\_82701040473 (1)

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
204	Kirthan Ram	kkirthan@gmail.	2/10/2021 16:59	2/10/2021 17:04	6	Yes											
205	Rahul Mondal	rahuldignala666	2/10/2021 17:07	2/10/2021 17:23	16	Yes											
206	I.Vaibhav Sorcar	vaibhavadiithi@i	2/10/2021 17:10	2/10/2021 17:31	22	Yes											
207	Hp Notepad	annella.dsouza@	2/10/2021 17:10	2/10/2021 17:48	39	Yes											
208	Bibi Ayesha	bibiayesha1028@	2/10/2021 17:14	2/10/2021 17:47	33	Yes											
209	Jagada Kishan	jagadakishannat	2/10/2021 17:16	2/10/2021 17:29	13	Yes	Y										
210	Anitha Dsilva	anithadsilva.rvir	2/10/2021 17:17	2/10/2021 17:48	32	Yes											
211	C. Sharan Bandrad	sharanbandrad1	2/10/2021 17:21	2/10/2021 17:30	9	Yes											
212	Dr Vishwanatha C N	khushivishwana	2/10/2021 17:23	2/10/2021 17:25	3	Yes											
213	Dr Vishwanatha C N	khushivishwana	2/10/2021 17:25	2/10/2021 17:48	24	Yes											
214	Phalguni P	phalguni.p97@g	2/10/2021 17:25	2/10/2021 17:48	24	Yes											
215	SRUSHTI SM.	ssm14867@gmai	2/10/2021 17:27	2/10/2021 17:28	1	Yes											
216	R.Bhavana(SSC)	bhavana632005@	2/10/2021 17:28	2/10/2021 17:29	2	Yes											
217	Keerthana S	diyak1199@gma	2/10/2021 17:28	2/10/2021 17:31	3	Yes											
218	Jagada Kishan	jagadakishannat	2/10/2021 17:29	2/10/2021 17:48	20	Yes	Y										
219	C. Sharan Bandrad	sharanbandrad1	2/10/2021 17:30	2/10/2021 17:32	2	Yes											
220	M Janani Priya	mjananipriya251	2/10/2021 17:35	2/10/2021 17:39	5	Yes											
221	Naresha D N	dnnnaresha8@gn	2/10/2021 17:37	2/10/2021 17:39	2	Yes											
222	Vishruth R FSC	vishruth.r55@gn	2/10/2021 17:38	2/10/2021 17:47	10	Yes											
223	T H V Tharaga	tharaga2510@gn	2/10/2021 17:40	2/10/2021 17:40	1	Yes											
224	arbaz shaik	arbaz.shaik75@e	2/10/2021 17:40	2/10/2021 17:48	9	Yes											
225	Mahesh Shandilya	mahesh@values	2/10/2021 17:44	2/10/2021 17:45	1	Yes											
226	Mahesh Shandilya	mahesh@values	2/10/2021 17:45	2/10/2021 17:45	1	Yes											
227	Mahesh Shandilya	mahesh@values	2/10/2021 17:45	2/10/2021 17:46	1	Yes											
228	Mahesh Shandilya	mahesh@values	2/10/2021 17:46	2/10/2021 17:47	1	Yes											
229	Mahesh Shandilya	mahesh@values	2/10/2021 17:48	2/10/2021 17:49	2	Yes											
230	shiva kumar	shivakumar.rvim	2/10/2021 15:58	2/10/2021 16:49	51	Yes											
231	Praveen Krishna	krnd.iskcon@gr	2/10/2021 16:33	2/10/2021 17:48	76	Yes	Y										
232	Vamsi Krishna	vamsikrishna.rvi	2/10/2021 16:43	2/10/2021 17:11	29	Yes											

participants\_82701040473 (1)

## WhatsApp Communication

**International Day of Yoga**  
Adarsha, Anusha, AO, apoorva, Ashok, Director, Library, Manju, Martha, Padmalini, Pro, Reddy...

When: Oct 2, 2021 04:00 PM India  
Topic: Achieving Harmony and Peace through Yoga - A Yogis Perspective

Register in advance for this webinar:  
[https://us06web.zoom.us/webinar/register/WN\\_1RQ5SbNLRcGXTy-wlOuiog](https://us06web.zoom.us/webinar/register/WN_1RQ5SbNLRcGXTy-wlOuiog)

After registering, you will receive a confirmation email containing information about joining the webinar.

-----

Webinar Speakers

Dr. HR Nagendra (Chancellor @SVYASA)  
H. R. Nagendra is an Indian mechanical engineer, Yoga therapist, academic, writer and the founder vice chancellor of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), a deemed university located in Bengaluru. ... He has authored 35 books and over 100 research papers on Yoga. Known for: Yoga; Swami Vivekananda Yoga A...

**International Day of Yoga**  
Adarsha, Anusha, AO, apoorva, Ashok, Director, Library, Manju, Martha, Padmalini, Pro, Reddy...

Dear all, Greetings from RVIM!

On the auspicious occasion of Gandhi Jayanti, We in collaboration with Rotary Club, Jayanagar - Bangalore are organizing a webinar on 'Achieving Harmony and Peace through Yoga - A Yogi's Perspective' where-in HE Dr. H R Nagendra, the Chancellor of S-VYASA (a deemed to be University) will share his perspective.

Register in advance for this webinar using this link:  
[https://us06web.zoom.us/webinar/register/WN\\_1RQ5SbNLRcGXTy-wlOuiog](https://us06web.zoom.us/webinar/register/WN_1RQ5SbNLRcGXTy-wlOuiog)

We will also be participating in Fit India Movement through this event where-in we all will collectively practice Kriyas- Pranayamas- Meditation.

Time: 4:00 to 5:30 PM  
Date: 2nd October, 2021  
Mode: Online on Zoom or Offline at our campus

Pl share it to all your friends and colleagues and also acro... [Read more](#)

The WhatsApp Group was reached with Invitation Posters and FAQs

## Facebook Live Images

The screenshot shows the Facebook page for RV Institute of Management. The page header includes the name "RV Institute of Management" and navigation buttons for "Contact Us", "Like", and "Message". A live video player is active, showing a group of graduates in red and yellow gowns. The video title is "The graduation ceremony for the 20th a..." and it has 214 views from 4 days ago. A "Page transparency" box is visible on the left, stating "Page created - March 17, 2018". A notification indicates that the page was live on October 2.

## Dr.Purushottam Bung, Director leading the session- -Pranayama

This screenshot shows the same Facebook page for RV Institute of Management, but with a different live video. The video features Dr. H R Nagendra, Chancellor of SVYASA University, speaking to participants. The video title is "Dr. H R Nagendra, Chancellor, SVYASA will share his perspective and address all Yoga Participants from School, Colleges, Yoga Clubs World Over and Rotarians on October 2, 2021 from 4.00 pm to 5.00 pm on 'Achieving Harmony and Peace through Yoga - A Yogi's perspective'". The video player shows a progress bar at 24:02 / 1:23:03. The page layout, including the "Page transparency" box and navigation buttons, remains consistent with the previous screenshot.

Dr. H R Nagendra, Chancellor, SVYASA University addressed the participants on the topic 'Achieving Harmony and Peace through Yoga, A Yogi's Perspective'.

facebook.com/rvimEdu/

RV Institute of Management

Contact Us Like Message

View 4 more comments

RV Institute of Management was live. October 2 ·

Dr. H R Nagendra, Chancellor, SVYASA will share his perspective and address all Yoga Participants from School, Colleges, Yoga Clubs World Over and Rotarians on October 2, 2021 from 4.00 pm to 5.00 pm on 'Achieving Harmony and Peace through Yoga - A Yogi's perspective'

The graduation ceremony for the 20th a...  
Shiva Kumar, Kumar Nayaka and 24 others  
214 views · 4 days ago

Page transparency  
Facebook is showing information to help you better understand the purpose of a Page. See actions taken by the people who manage and post content.  
Page created - March 17, 2018

Type here to search

5:27 AM 12/21/2021

Dr. Madhurani Gowda, President, Rotary Club Jayanagar addressing during inaugural session

## E Mail Communications

Gmail fit india challenge

Active

Enter your search term

9 of many

----- Forwarded message -----  
From: r v <rv@rvml.edu.in>  
Date: Tue, 23 Nov 2021 at 09:30  
Subject: Fwd: Regarding AICTE FIT INDIA CHALLENGE  
To: alampalli murthy <alampalli.murthy@gmail.com>, Devatha Nagaraj <devatha.nagaraj@gmail.com>, Principal RVCE <principal@rvce.edu.in>, Principal RVITM <principal.rvitm@rvei.edu.in>, <director.rvim@rvei.edu.in>

----- Forwarded message -----  
From: no-reply <admin@aicte-india.org>  
Date: Mon, 22 Nov 2021 at 20:04  
Subject: Regarding AICTE FIT INDIA CHALLENGE  
To: <rv@rvml.edu.in>

Dear Directors/Principals of AICTE Approved Institutions,

All India Council for Technical Education (AICTE) has announced "AICTE FIT INDIA CHALLENGE" on the occasion of Independence Day i.e. 15<sup>th</sup> August, 2021 for the Faculty/Students of AICTE approved institutions.

AICTE has developed a web portal for registration of participants with detailed guide link i.e. <https://drive.aicte-india.org/yoga/> pertains to AICTE FIT India Challenge and it is live up to 5<sup>th</sup> December 2021. We would like to inform you that in the revised guidelines the student, faculty and institution can register themselves directly at separate link provided and relaxation has also been given in eligibility of each categories as follows;

1) Category-I (Individual Award, No. of Awards-100)  
Challenge-Shirshasana (compulsory of 60 seconds) + any 3 asana of 90 seconds (Marichyasana, Ushtrasana, Paschimottanasana, Hanumanasana, Bhunamanasana)

Eligibility- All faculty members of the institutions  
For AICTE Address: Head of the Institution, CCO & Director & Equivalent Design AICTE (excluding agencies)


mail.google.com/mail/u/0/?tab=rm&ogbl#search/fit+india+challenge/FMfcgzGikFrjNrbVzbCHRgdzVvVsgvrP

fit india challenge

Enter your search term

Your participant has joined your meeting - ARRANGEMENTS for -Fit India Challenge and Webinar on Yoga by Hon. Chancellor ,S-VYASA

Zoom <no-reply@zoom.us> to me Sat, 2 Oct, 10:51



Hi Chandran A,

Your participants have joined your meeting:

Topic **ARRANGEMENTS for -Fit India Challenge and Webinar on Yoga by Hon. Chancellor ,S-VYASA**

Meeting ID 973 7296 7503

Time Oct 1, 2021 02:30 PM India

[Start Meeting](#)

Thank you for choosing Zoom.  
-The Zoom Team

### Online Joining Record

mail.google.com/mail/u/0/?tab=rm&ogbl#search/fit+india+challenge/FFNDWMQXQsnRXIVxhKWccNHcMpfXPFTk

fit india challenge

Enter your search term

Chandran A <chandrana.rvim@rvei.edu.in> to chairman, Itipc, Director, contact.rvim Fri, 1 Oct, 01:54

To  
The Chairman  
AICTE  
New Delhi

Copy to: Dr.Purushottam Bung , Director,RVIM for Progress Update

Hon'ble Sir

We are delighted to inform you that R.V.Institute of Management ,Bengaluru is organising the Category 3 AICTE **Fit India Challenge** on October 2 at 4 pm Online and In Campus by following Covid Prevention Guidelines & Protocol.

We look forward to a huge participation. On the day HE Dr. H R Nagendra, The Chancellor of S-VYASA shall give wisdom tips on 'Achieving Harmony and Peace through Yoga - A Yogi's Perspective'. From 4.35pm to 5.15pm with few Q&A

The AICTE **Challenge Hum Fit Toh India Fit** , shall be led by Dr.Purushottam Bung, Director,RVIM .A yoga enthusiast. From 4.00 pm to 4.30 pm

We are working in a team and the programme is supported by Rotary Club Jayanagar.

All participants shall be provided with a Diet Chart prepared by Dr. Abhignya, BAMS, MD - Ayurveda Practitioner.

We request you to Grace the Occasion and the Zoom Link FOR GUEST TO GRACE THE OCCASION shall be sent to Mail Id chairman@aicte-india.org

Myself A.Chandran is the Coordinator for this **Challenge** and Welcome you Sir

Thanking you  
Yours faithfully

A. Chandran  
Assistant Professor

### Formal Invitation to AICTE

Authorization Letter for Submission of Report to AICTE Fit India Challenge



**RV Institute of Management<sup>®</sup>**  
Affiliated to Bengaluru Central University | Approved by AICTE. NAAC 'A+' Accredited



**Dr. Purushottam Bung**  
B.E., PGDM (Aust), MBA (Aust), Ph.D, D.Lit  
Professor & Director  
e-mail : [director.rvim@rvei.edu.in](mailto:director.rvim@rvei.edu.in)  
Alternate e-mail : [bunguas@gmail.com](mailto:bunguas@gmail.com)

Ref: No.251/RVIM/MBA/2021-22

November 19, 2021

To:

AICTE Fit India Challenge  
AICTE  
Nelson Mandela Marg  
New Delhi 110070


Sir,

I am pleased to inform that RVIM has organized Yoga performance under Category I/II/III with photographs /Videos/Report for participating in the AICTE Fit India Challenge.

Mr.Chandran A, Assistant Professor and Coordinator, Centre for Wellness, shall coordinate to submit it in the AICTE portal within the last date of registration, December 5, 2021 with e- mail id: [chandran.rvim@rvei.edu.in](mailto:chandran.rvim@rvei.edu.in) .

Thanking you

Regards



Dr. Purushottam Bung  
Professor & Director

CA-17, 36<sup>th</sup> Cross, 26<sup>th</sup> Main, 4<sup>th</sup> T<sup>h</sup> Block  
Jayanagar Bangalore - 560041

Tel. 080 26547048, 42540300  
Fax, 080 26654920

e-mail : [contact.rvim@rvei.edu.in](mailto:contact.rvim@rvei.edu.in)  
Website : [www.rvim.edu.in](http://www.rvim.edu.in)

*Go, change the world*