

Rashtreeya Siksha Bhavani Trust

RVIM

International Day of Yoga 2018

Report of IYD 2018 Celebrations

JUNE 21, 2018

Report prepared as per the guidelines of UGC letter D.O.No.F.14-1/2015(CPF-II) dated 12/12/2015. Mail from AISHE dated June 14, 2018. Email directions from Registrar-Bangalore Central University dated June 09, 2018.

R.V.Institute of Management

CA 17, 36th Cross, 26th Main, Jayanagar 4th 'T' Block
Bangalore 560041

E Mail: contact@rvim.edu.in Ph: 080-42540300



About RVIM

R V Institute of Management was started during the academic year 1999-2000, with the purpose of providing quality management education to aspiring youngsters.

The aim is to educate and train potential future managers to develop capability to lead business enterprises effectively in reaching their corporate goals, and thus set a benchmark for others to emulate.

R.V.Institute of Management is one of the 26 leading educational institutions of national and international reputation, run by Rashtreeya Sikshana Samithi Trust, which is spearheading the cause of education in various fields for last 78 years.



The **MBA Programme** is recognized by Govt. of Karnataka and is affiliated to the Bangalore University and also governed by the norms of AICTE. The institution imparts the Management education primarily in accordance with the syllabus and schemes of studies ..formulated by the Bangalore University for the course. In addition to this, some additional courses are offered to widen the intellectual horizons of students.



IDY 2018 AT RVIM





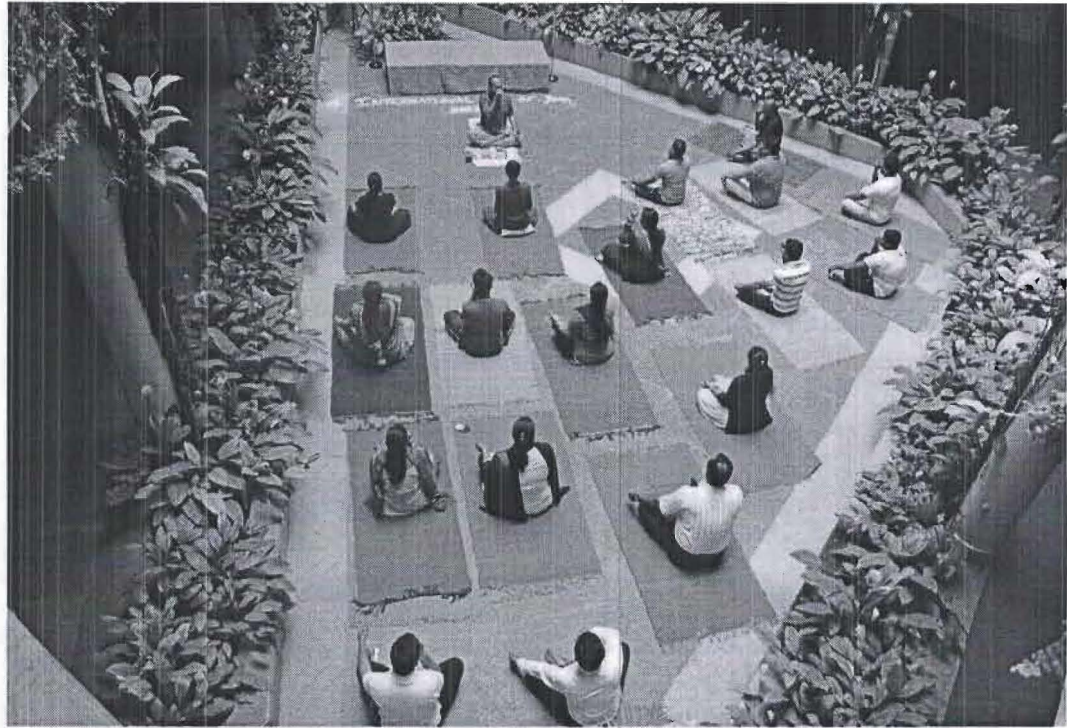
The instructions and procedure for organising International Day for Yoga 2018 was discussed and arrangements were made to disseminate the information to reach all the staff students . E mail and other messaging services were used to reach all .

Programmes

June 20

1. Reading of web based information from <http://yoga.ayush.gov.in/>
2. Provided a brief video on history of Yoga. <http://www.youtube.com/watch?v=Cokmb4TioUk>
3. The Government of India ,Ministry of AYUSH had provided a pledge access in the website. All the students and staff were encouraged to take the pledge.
4. Missed call were given to 9711855005 to support International Day of Yoga.(This service was enabled by Government of India).
5. E book on Yoga was mailed to all the students and staff members.(Common Yoga Protocol published by Government of India - AYUSH)





Yoga Practice through Guided Lessons

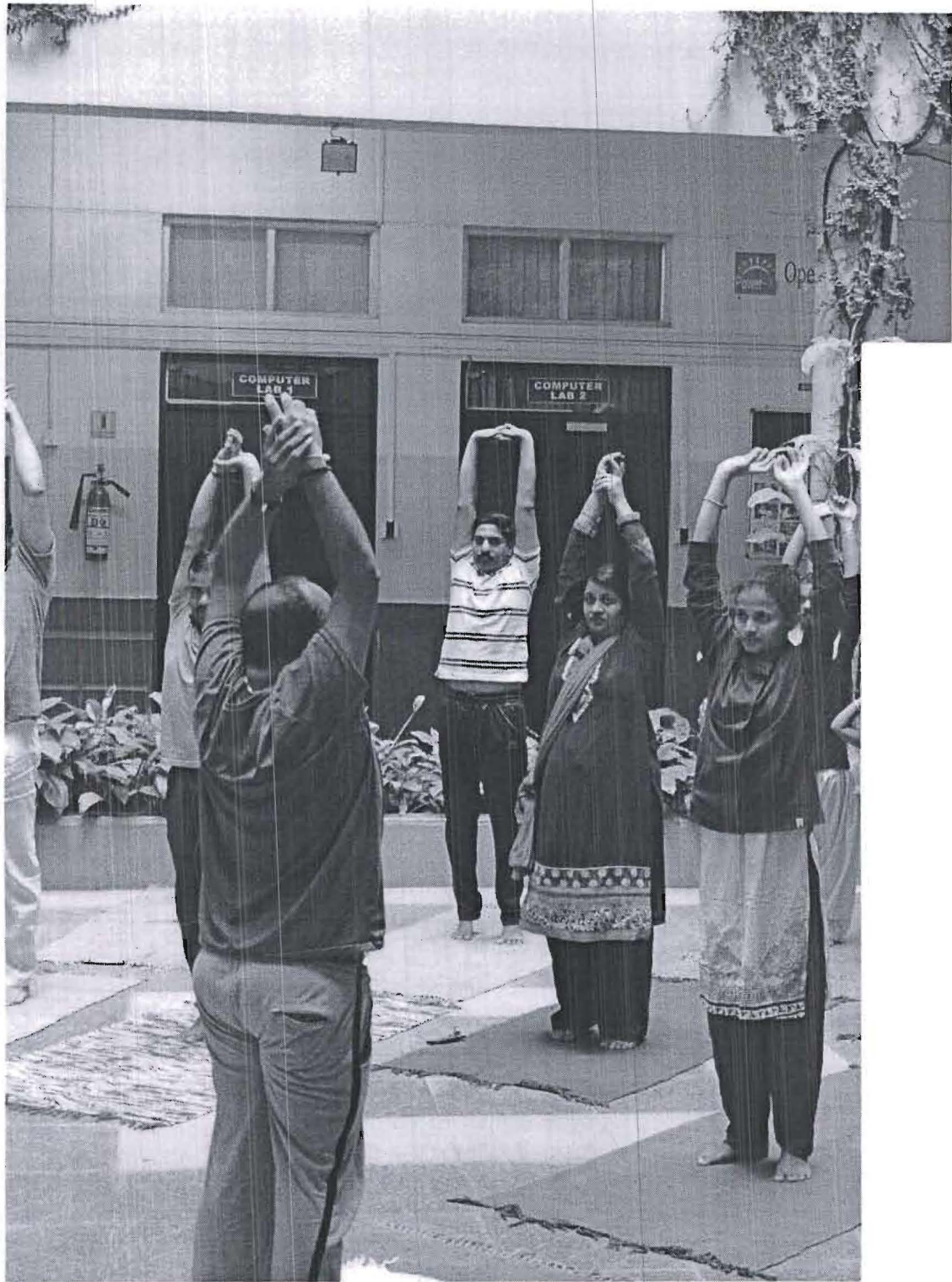
JUNE 21, 2018
Campus

Mass performance of yoga was held in the campus quadrangle. Dr. Purushottam Bung, Director, RVIM provided guided lessons and encouraged all to participate in the mass performance. He also narrated the importance and benefit of each asanas.

Students and faculty members were invited to enroll to the newly formed RVIM YOGA CLUB.



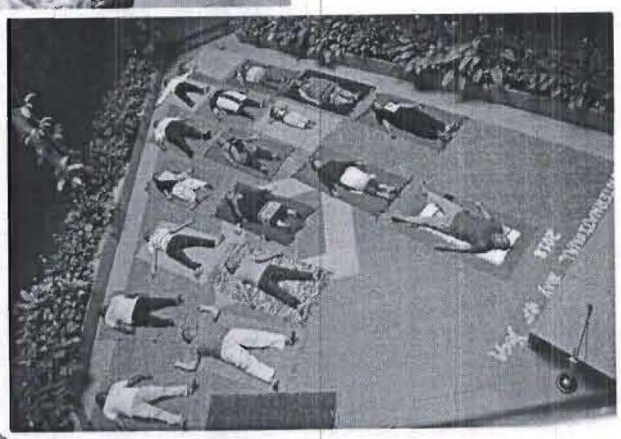
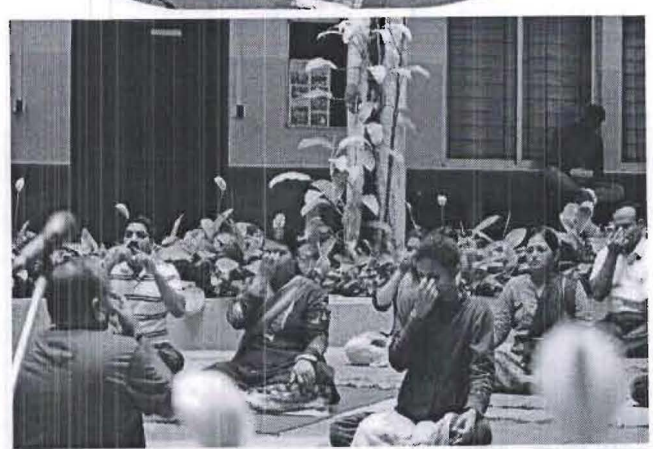
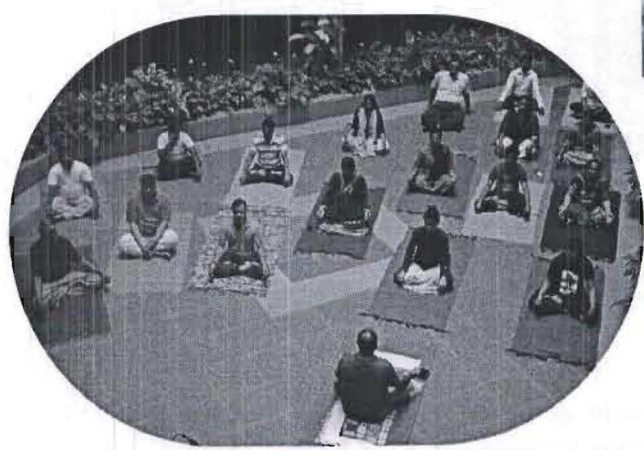
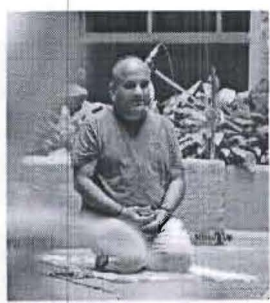
P. Bung



The Eight Limbs of Yoga "Patanjali defines yoga as" Yoga Chitta Vritti Nirodha "- Yoga is the cessation of mental fluctuations." Hence, yoga can be defined as a state of complete stillness of mind. To achieve this goal, Patanjali prescribes the eight limbs or stages every practitioner must master.

Faculty and Students at YOGA prayers

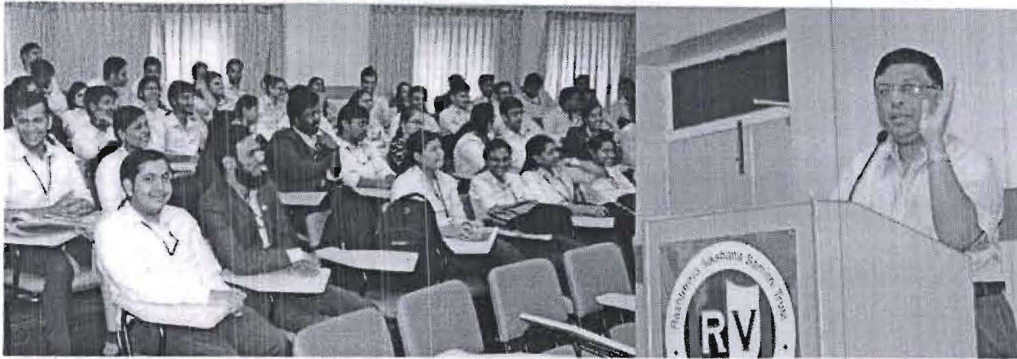




Yoga is not a religion it's a way of life

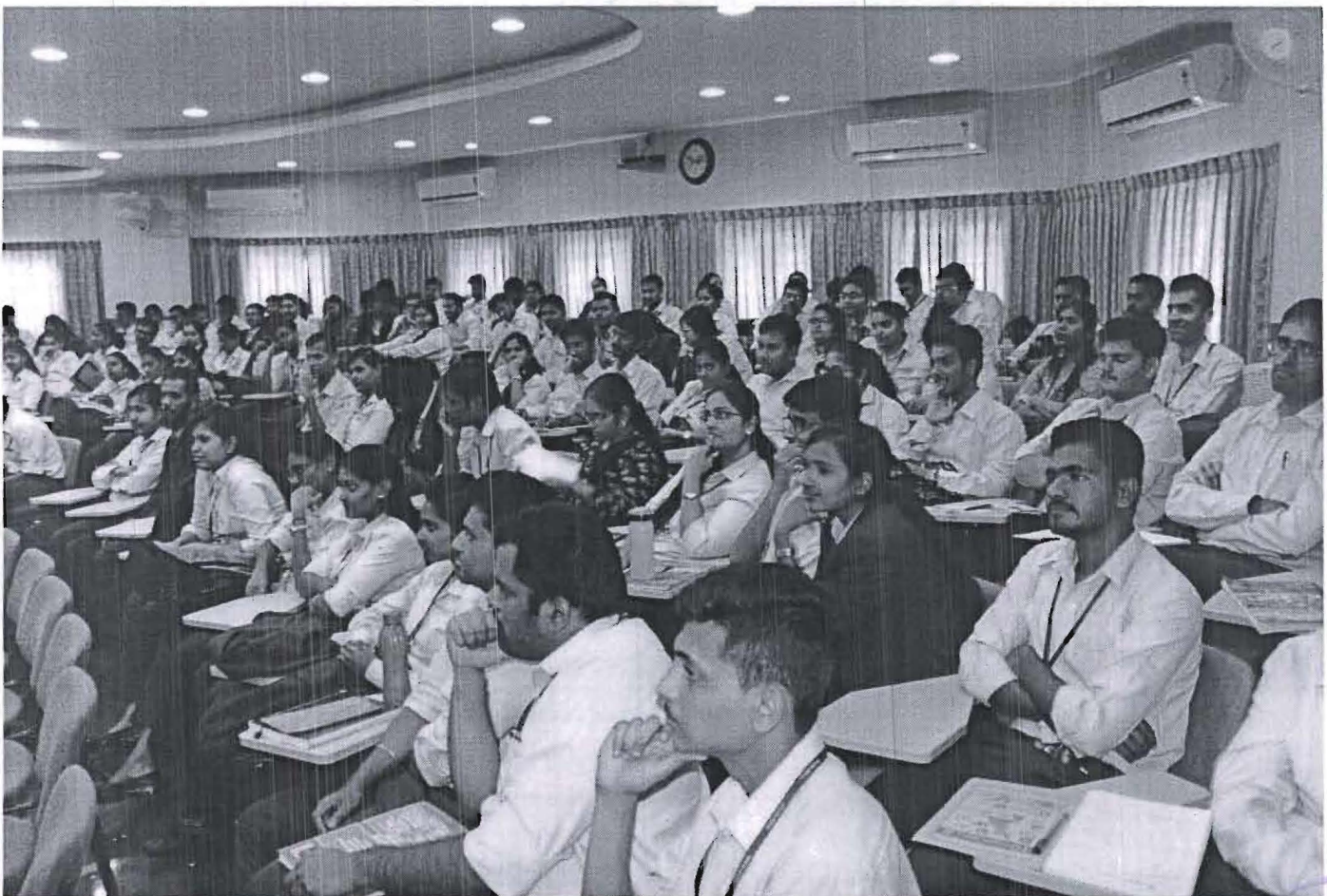


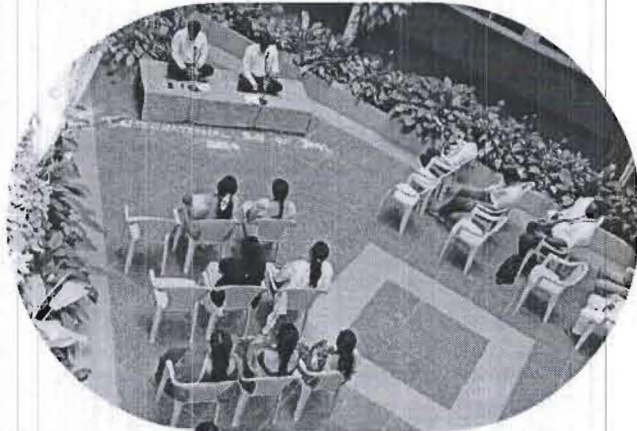
Puli



Enhancing Examination Performance Through Yoga

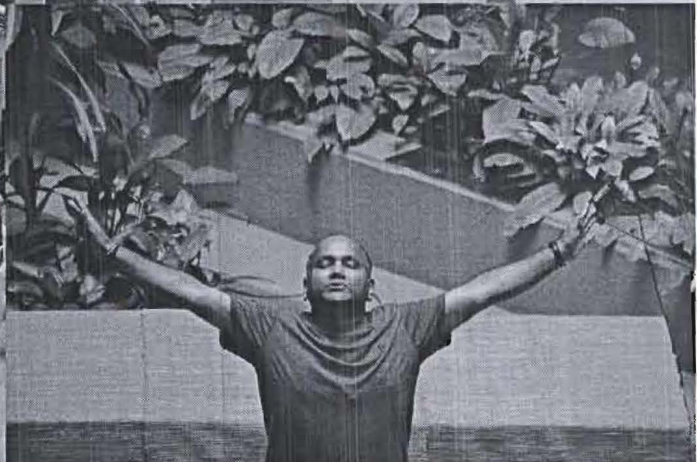
Prof.Suresh addressed the students of II Semester MBA on the benefits of Yoga during examination.



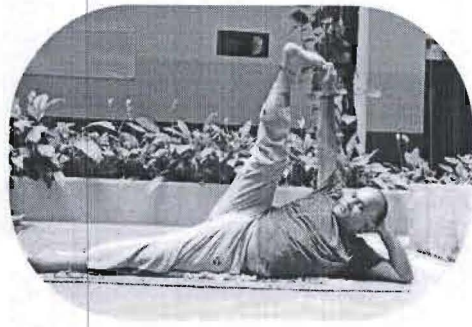
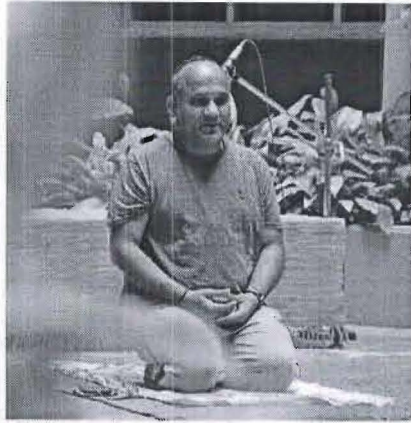


Dr. Maruthi Ram and Prof. Gowrisha offered prayers and highlighted the practice of yoga through story, narration, prayer and DVG's literature Manku Thimanna Kagga.





Concept of 'Health Capsule' as Developed by Dr. Purushottam Bung, Director, RVIM



Dr. Purushottam Bung has designed a "Health Capsule" of around 1 hour which includes 20 minutes of walking and 40 minutes of important exercises, yogasana, pranayama and meditation for every working professional. Everyday practice of this capsule as a ritual will definitely make the practitioner a healthy, happy and successful professional.

One hour "health capsule"

- 20 minutes of walking (5 minutes slow + 10 minutes brisk + 5 minutes slow) or simple warm up, Surya Namaskaar and stretching exercises
- 5 minutes of Shavasana.
- 5 minutes "Bhasrika" Pranayama.
- 5 minutes "Anuloma - Viloma" Pranayama, including Surya Anuloma Viloma and Chandra anuloma Viloma.
- 5 minutes "KapalBhati" Pranayama with left nostril, right nostril, alternate nostril and both the nostril which makes a complete cycle.
- 5 minutes "Agnisarasa" Pranayama and "Shwana" Asana and "Narasimha" Asana.
- 5 minutes "Bhramari" Pranayama and Omkar Dhyana.
- 10 minutes for neck exercises; back exercises; shoulder exercise; knee & ankle exercise; eye exercises to loosen up the entire body.

One hour out of 24 hrs. (4% of time) one has to spend for oneself to remain fit (physically, mentally, emotionally & spiritually) and enjoy the life to fullest.



YOGA CLUB

RVIM Yoga Club was officially inaugurated by Director, RVIM. Members of Staff and Students were invited to complimentary membership. The purpose of the Yoga Club and all its forthcoming activities were narrated to all the members during the briefing session. The staff and students were provided with a printed application form for membership. Initially 10 membership forms were filled and the process of membership invitations shall proceed for greater reach.

RVIM Yoga Club shall have a general group union during the last week of every month for general discussion and action plan to be developed for the forthcoming month. An out bound activity based on the theme 'YOGA FOR PEACE AND HARMONY' shall be arranged every quarterly. The YOGA Club shall be open for every Yoga Enthusiast for Membership at All Times through out the year for staff, students and RVIM well wishers. **Mail : contact@rvim.edu.in Ph: 080-42540300**



Staff

R.V. Institute of Management
Bengaluru

4th INTERNATIONAL DAY OF YOGA-2018

Attendance

Names	Class/Dept.	Phone	E mail	Signature
Anitha Bashe	mkg	9742273574		AD
Dr. A. NARASIMA VENKATESH	HR	9986728377		dayanidhi
Dr Anupama K Malagi	HR	9448079735		AD
Smt Lalitha	Library	7760857155		AD
Rashmi shetty	GM	9632855589	Rashmi.Shetty@gmail.com	AD
Ranjya S	HR	9744949806	ranjyasganda@gmail.com	Ranjya S
ASHOK Kumar Babu	IT Lab Technican	9632218058	ashokbabu@gmail.com	AD
Manjunatha-N	IT Lab Technican	9533792377		Manj
Rajanna.S.C	IT Lab Technican	9901803588		Rajanna S.C
Shivakumar H.C.	ASST Librarian	8767464481	shivakumar.hc@gmail.com	AD
Siddarama B.S	Asst. Prof. CH-R. (P.A.S)	9586062711	siddarama.b.s@gmail.com	AD
G. MAHESH.	Asst. Professor	9901852430	gmaresh@gmail.com	AD
DILEEP.	ASSTANT Prof. Finance	9792309259	dileep.d@gmail.com	DILEEP
Dr Bung	Director	7411339364	bungwas@gmail.com	AD
N. S. R. Reddy	IT	9845492336	nsreddy@gmail.com	AD

Copy of Attendance Sheet -Staff

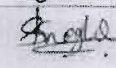

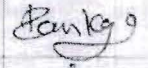
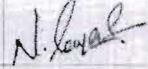


Students
Incharge

R.V. Institute of Management
Bengaluru

4th INTERNATIONAL DAY OF YOGA-2018

Attendance

Names	Class/Dept.	Phone	E mail	Signature
B K Meghana	II Sem-c	9740803376	skmeghana sk@gmail.com	
Pavanam Shetty A	II Sem-c	9739206533		
Pankaj Samraj	II Sem-c	9611850182		
Sowmyashree	II Sem-B	9606350872		

Copy of Attendance Sheet -Student Incharge.



R.V. Institute of Management
Bengaluru

RVIM YOGA CLUB

Application form for Membership to RVIM Yoga Club
Complimentary

Name Pankaj. P. Samaj Age 22 yrs. Gender M / F

Residential/College/Institution Address R V Institute of Management, Jayanagar 4th Block
Bangalore

Phone No 96118 60182 E mail pankaj.samaj@gmail.com

Medical History (If required to be mentioned)

Date: 21/06/2018

Pankaj
Signature

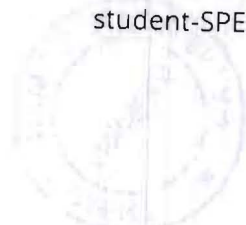
For Office Use

Batch: I
Igoon
Signature of in-charge Staff

Timings: After class

Membership: Approved / Rejected

Copy of Membership Form filled by a
student-SPECIMEN COPY





contact rvim <contact@rvim.edu.in>

Regarding Celebration of International Day of Yoga on 21st June, 2018.

noreply-aishe@nic.in <noreply-aishe@nic.in>

Thu, Jun 14, 2018 at 4:28 PM

To: ssmbscabbacollege@gmail.com, dvsdegreecollege@gmail.com, kbaslingappa@yahoo.com, vpasc_college@yahoo.co.in, bhartiyacollege@gmail.com, rajanaarthur@gmail.com, bcnsmsg@rediffmail.com, principal@vpcscindapur.org, saibed386.ci@unishivaji.ac.in, singhajitvikram@gmail.com, sandeepdetke@gmail.com, imhh.agra@gmail.com, coedu.meduka1@gmail.com, aimmt@yahoo.co.in, jaswantsingh79@yahoo.co.in, Prashantingale2498@rediffmail.com, mgartscomrcldng@gmail.com, jamia_nadawiyya@yahoo.com, albadarbedcollege@rediffmail.com, tmprincipal@gmail.com, saikat.chakraborty@jsggroup.org, pmkarkhele@gmail.com, dodamaniraghavendra@gmail.com, brilliantjose777@gmail.com, ycesohali@gmail.com, rbnandgi@gmail.com, prof.ukgupta@gmail.com, princy_bsp@rediffmail.com, anand.vihar@yahoo.co.in, mvlatte@rediffmail.com, hopeeducational@gmail.com, anilrajnd@gmail.com, tykamble@rediffmail.com, swami.abhyanand@gmail.com, hiperpharmacy@gmail.com, anandbedi590@gmail.com, sreesoriya@yahoo.co.in, 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Intimation from AISHE to Celebrate IYD. Director, RVIM marks the copy to Faculty Mr. A. Chandran for Plan of Action





प्रो. रजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अनुदान आयोग
University Grants Commission

(मानव संसाधन विकास मंत्रालय, भारत सरकार)
(Ministry of Human Resource Development, Govt. of India)
बहादुरशाह ज़फ़र मार्ग, नई दिल्ली-110002
Bahadur Shah Zafar Marg, New Delhi-110002

Ph.: 011-23236264/23239337
Fax : 011-2323 8858
E-mail : secy.ugc@nic.in

D.O.No.F. 14-13/2015(CPP-II)

12th June, 2018

Sub: Celebration of International Day of Yoga – June 21, 2018

Dear Sir/Madam,

As you may be aware, the 4th international Day of Yoga (IDY) will be held on June 21, 2018. In this regard, I hope you have been conducting various activities for dissemination and popularization of IDY-2018.

You are requested to submit the details of all such activities conducted by your esteemed College on the link below latest by 21st June, 2018, 05:00 pm and also upload the same on the college website:-


https://docs.google.com/forms/d/e/1FAIpQLSc24Sei6Ozqkdy8W0x7ciFZ9NQNWpIRLX58t7Dz531AdTm3A/viewform?usp=sf_link

You may also share pictures and videos of IDY-2018 events on UGC's official twitter handle @uge_india.

Look forward to your continued cooperation and active participation in making the IDY-2018 a grand success.

With personal regards,


Yours sincerely,


(Rajnish Jain)

The Principals of all Colleges

Copy to:

The Publication Officer, UGC, New Delhi for uploading on UGC website.


(Rajnish Jain)

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UGC Letter to Celebrate IYD





Central College Campus, Dr. Ambedkar Veedhi, Bengaluru- 560 001.
Ph.No: 080-22961016/22131385

BCU/RP/ 161 /2018-19

Date: 18-06-2018

To
All the Principals of colleges
affiliated to BCU,
Bengaluru.

Sir / Madam,

Sub: Conducting of International Yoga Day on 21st June 2018
Ref: D.O. letter No.GS 09 GUM 2018 dated 14-06-2018 received from the
Special Secretary to Governor of Karnataka, Raj Bhavan, Bengaluru -01

Please find enclosed the letter received from the Special Secretary to Governor of Karnataka, Raj Bhavan, Bengaluru, is self explanatory. The Governor of Karnataka and Chancellor of Universities in Karnataka desires to conduct special programme on Yoga Day on 21st June 2018 in the Universities and Colleges coming under the jurisdiction of concerned Universities. Therefore, I request you to kindly make arrangements to observe and celebrate International Yoga Day on 21st June 2018 in your college.

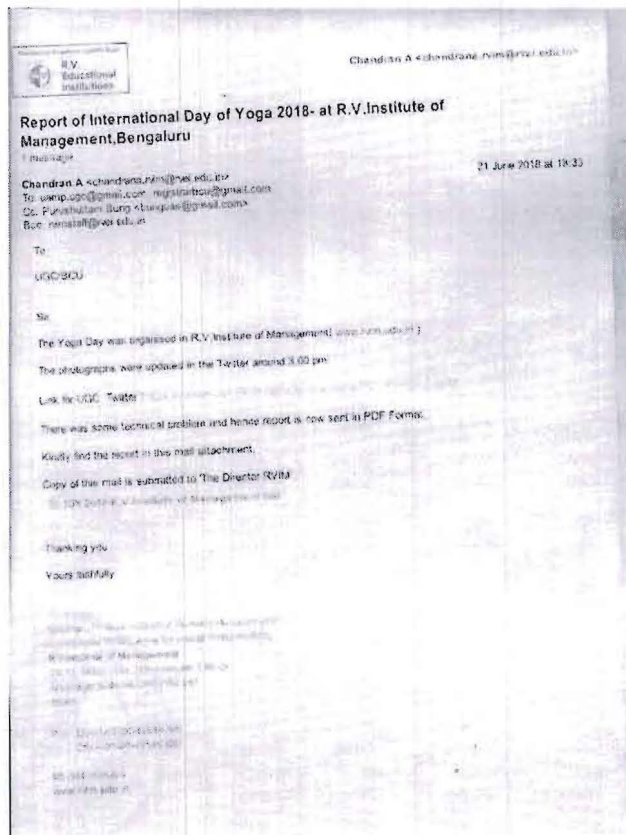
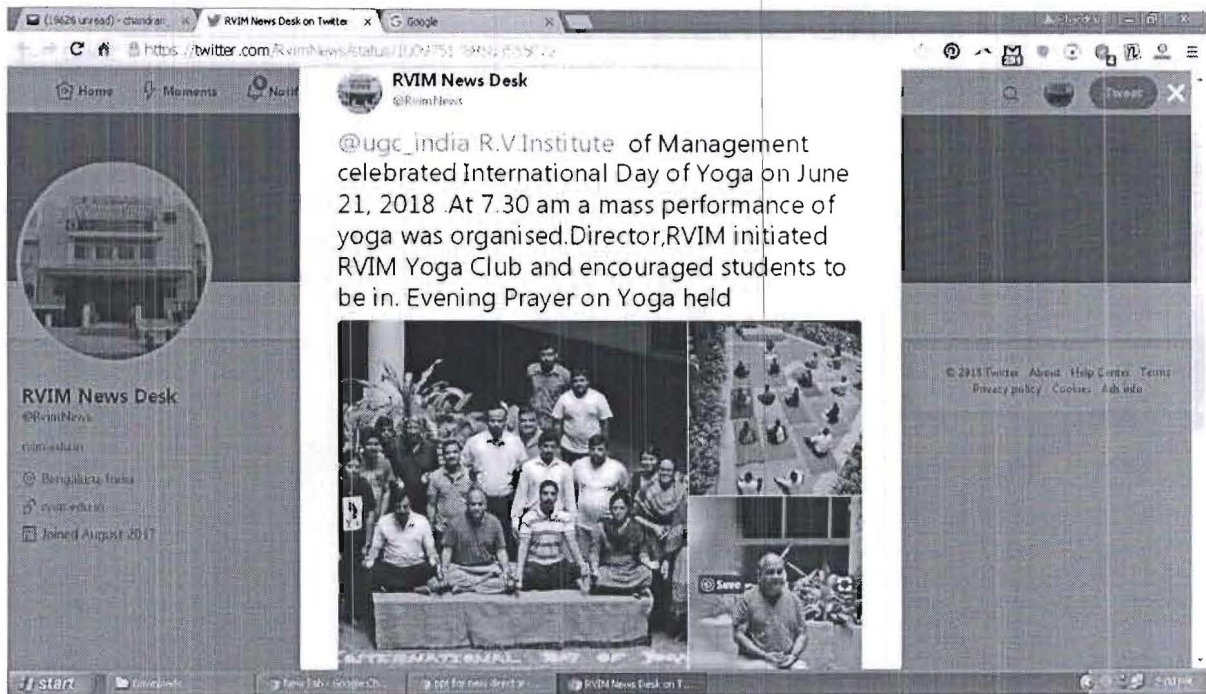
Thanking you,

Yours faithfully,

REGISTRAR

BENGALURU CENTRAL UNIVERSITY
Letter to Celebrate IYD





Report of International Day of Yoga 2018 celebrations in RVIM Campus were documented with photographs by A.Chandran, Assistant Professor, RVIM and submitted by Twitter Link to UGC AND by Mail to BENGALURU CENTRAL UNIVERSITY

Copy of Documents Provided in this page



Chandran



International Yoga Day

Yoga integrates one's mind, body and spirit. The habit of practicing yoga promotes fitness & flexibility, reduces stress and enhances overall health.



Yoga for Harmony & Peace

RVIM

