



RASHTREEYA SIKSHANA SAMITHI TRUST
R V INSTITUTE OF MANAGEMENT
CA 17, 26 Main, 36th Cross, 4th T Block, Jayanagar
Bengaluru, Karnataka 560 041



INTERNATIONAL YOGA 2020 CELEBRATIONS

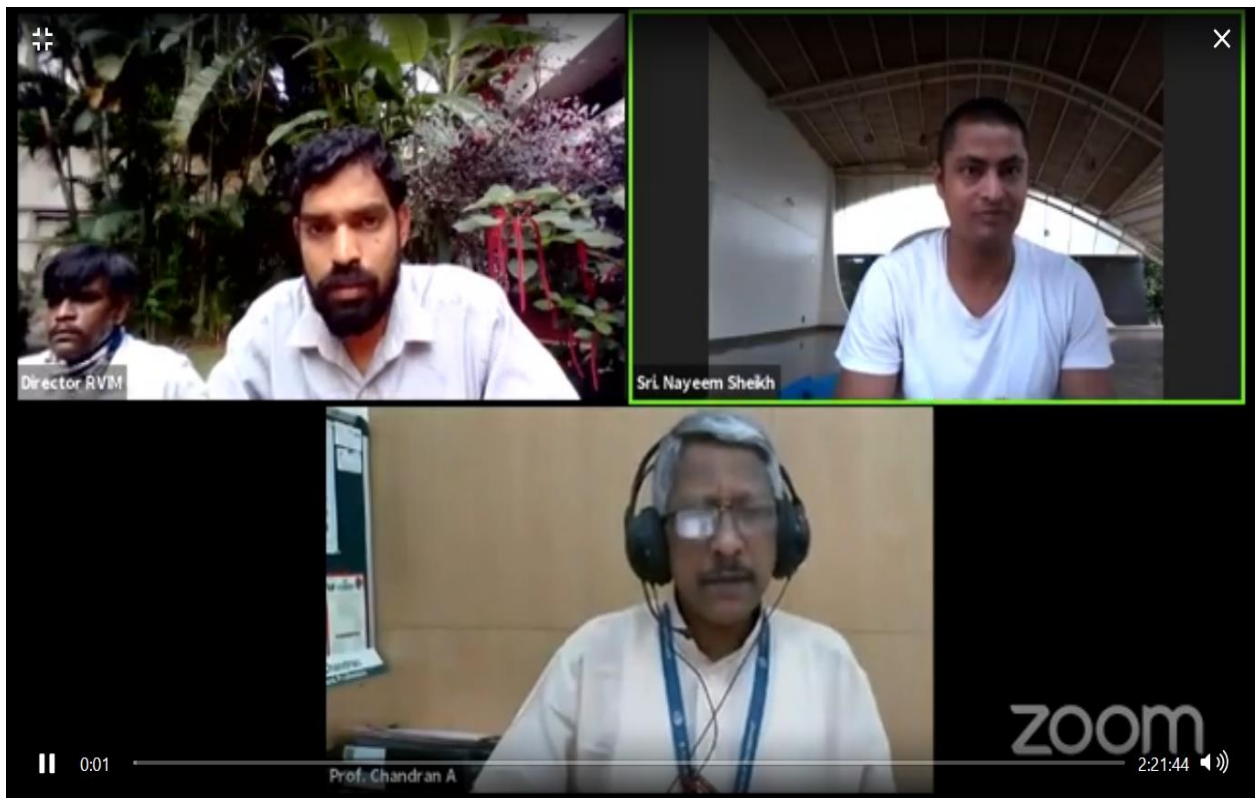
June 16-21, 2020

Motivational push to all youngsters in India and World Over to remain Fit. There is no age for any beginning fitness. RVIM is conducted a week long Yoga Session Online with Certificate. Sessions were conducted from June 16 to June 21, 2020 by Dr. Purushottam Bung, Director, RVIM, Mr. Nayeem M Shaikh, Yoga Instructor, MLIRC Camp, Belgaum and Ms. Ankitha Pandey Yoga Practitioner, Cardio workout and Nutritionist from Delhi. Most of the participants were young and children also participated and performed yoga. The sessions were interesting and the enthusiastic participants logged into Zoom platform for a week. Prof. Chandran A, Assitant Professor, RVIM coordinated the entire session along with the support of technical staff of RVIM

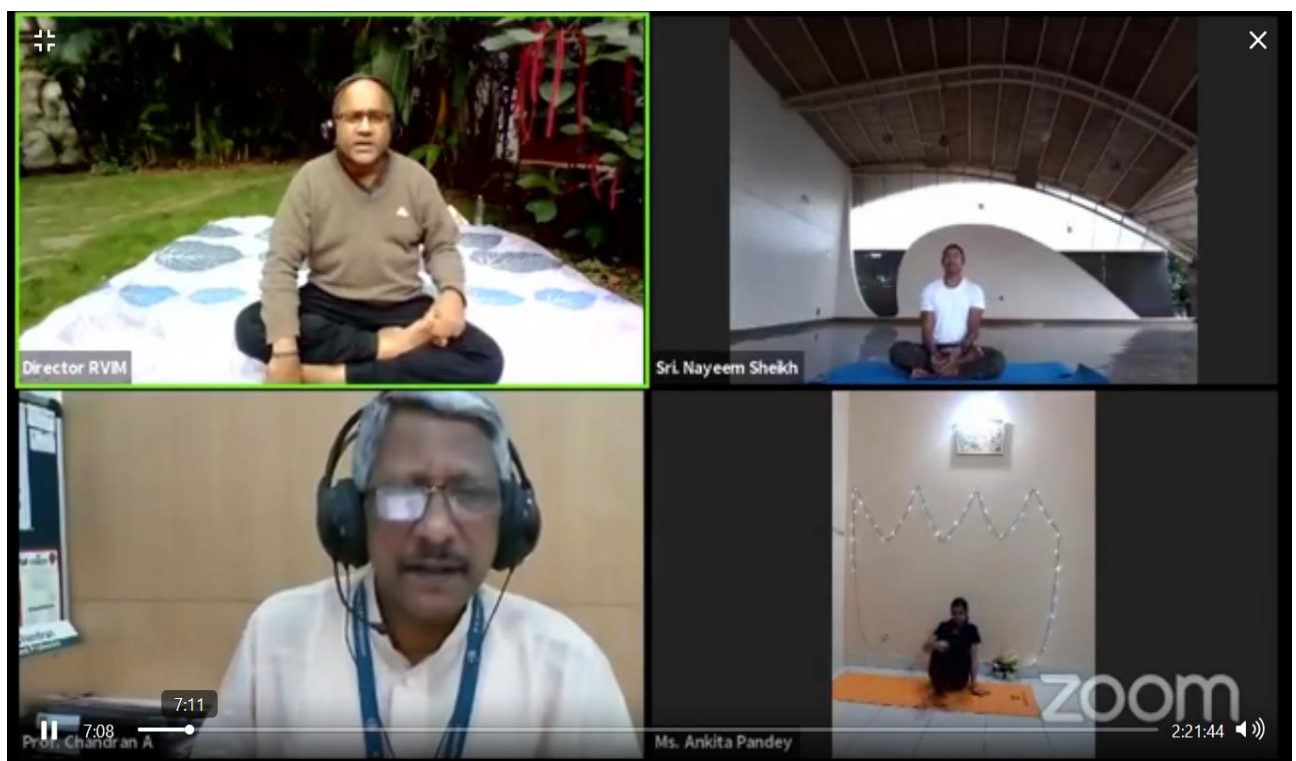


Dr.Purushottam Bung, Director, RVIM conducting Yoga session

Mr. Nayeem M Shaikh, Yoga Instructor, MLIRC Camp, Belgaum and Ms. Ankitha Pandey Yoga Practitioner, Cardio workout and Nutritionist from Delhi.



Prof. A. Chandran Coordinating the yoga session







RVIM teaching and non teaching staff performing yoga at the venue.

Reprot prepared by

Prof. Anitha BM Dsilva