



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



'The Perfect Immunity Booster: COOL YOGA' as part of our Institutional Social Responsibility to live with the pandemic.

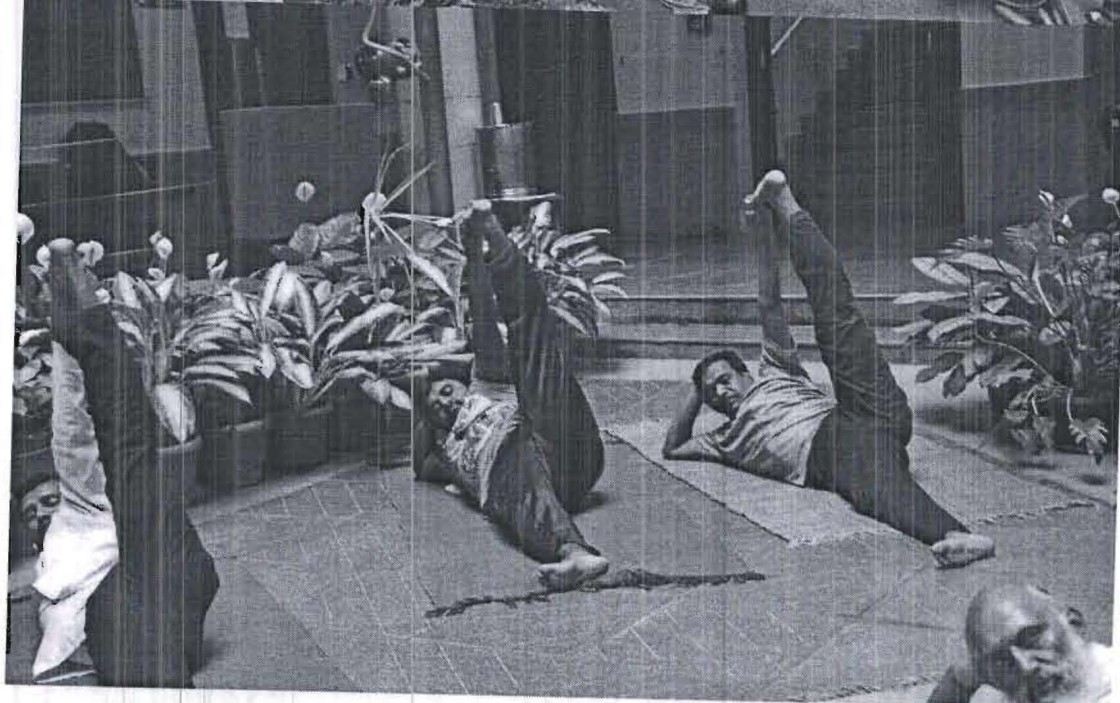
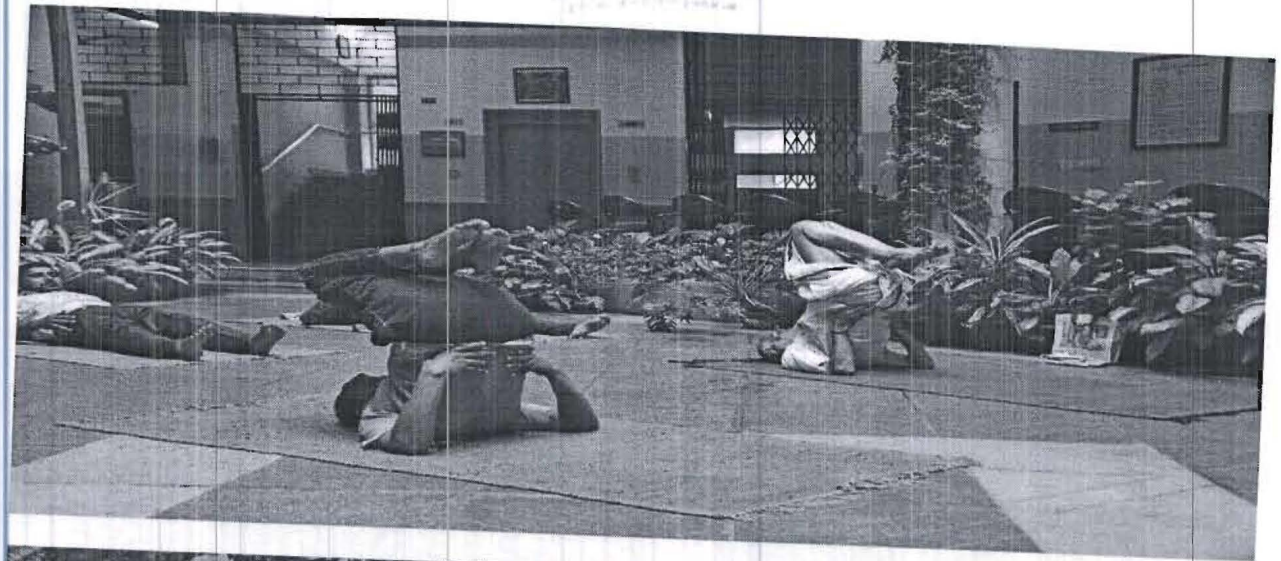
Theme for this year is: YOGA from Home and YOGA with family.

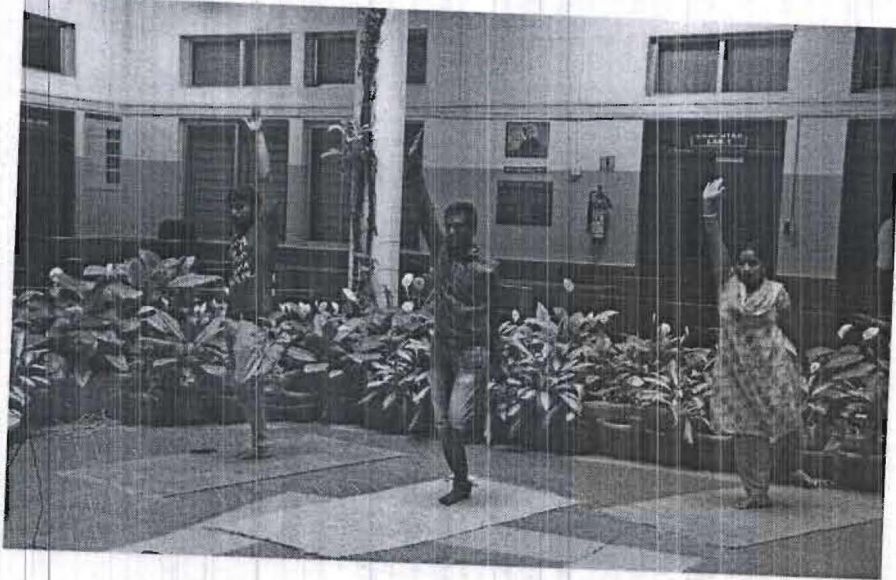
Date: 19-10-2020 to 24-10-2020

- Day 1: Managing one's health – Cool stretching & warm up
- Day 2: Surya Namaskara & Cool Yogasanas
- Day 3: Power Pranayama
- Day 4: Pranayama
- Day 5: Meditation
- Day 6: Practice of one hour health capsule & Graduation









Anitha

Report prepared by
Prof. Anitha BM Dsilva

