

Rashtreeya Siksha Vidyalaya 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.14/2015(CPF-II) dated June 12, 2015 & Mail from
AISHE dated June 14, 2018 & mail directions from
Registrar-Bengaluru Central University dated June 20, 2018

R.V.Institute of Management

CA 17, 36th Cross, 26th Main, Jayanagar 4th 'T' Block
Bengaluru 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.



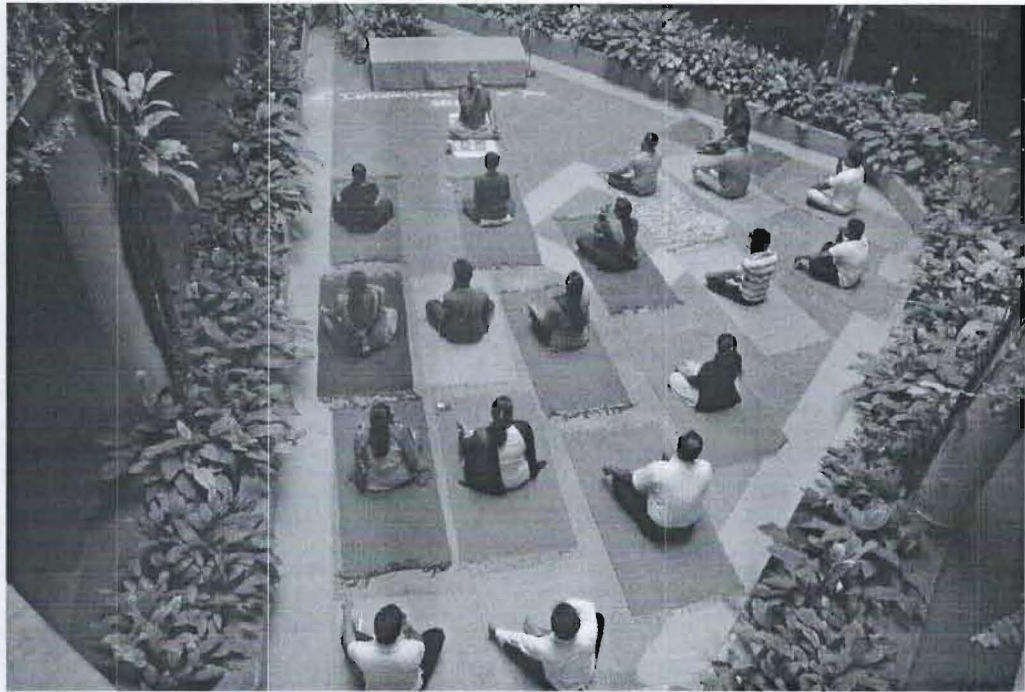


The instructions and procedure for organising International Day for Yoga 2018 was discussed and arrangements were made to disseminate the information to reach all the staff students . E mail and other messaging services were used to reach all .

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

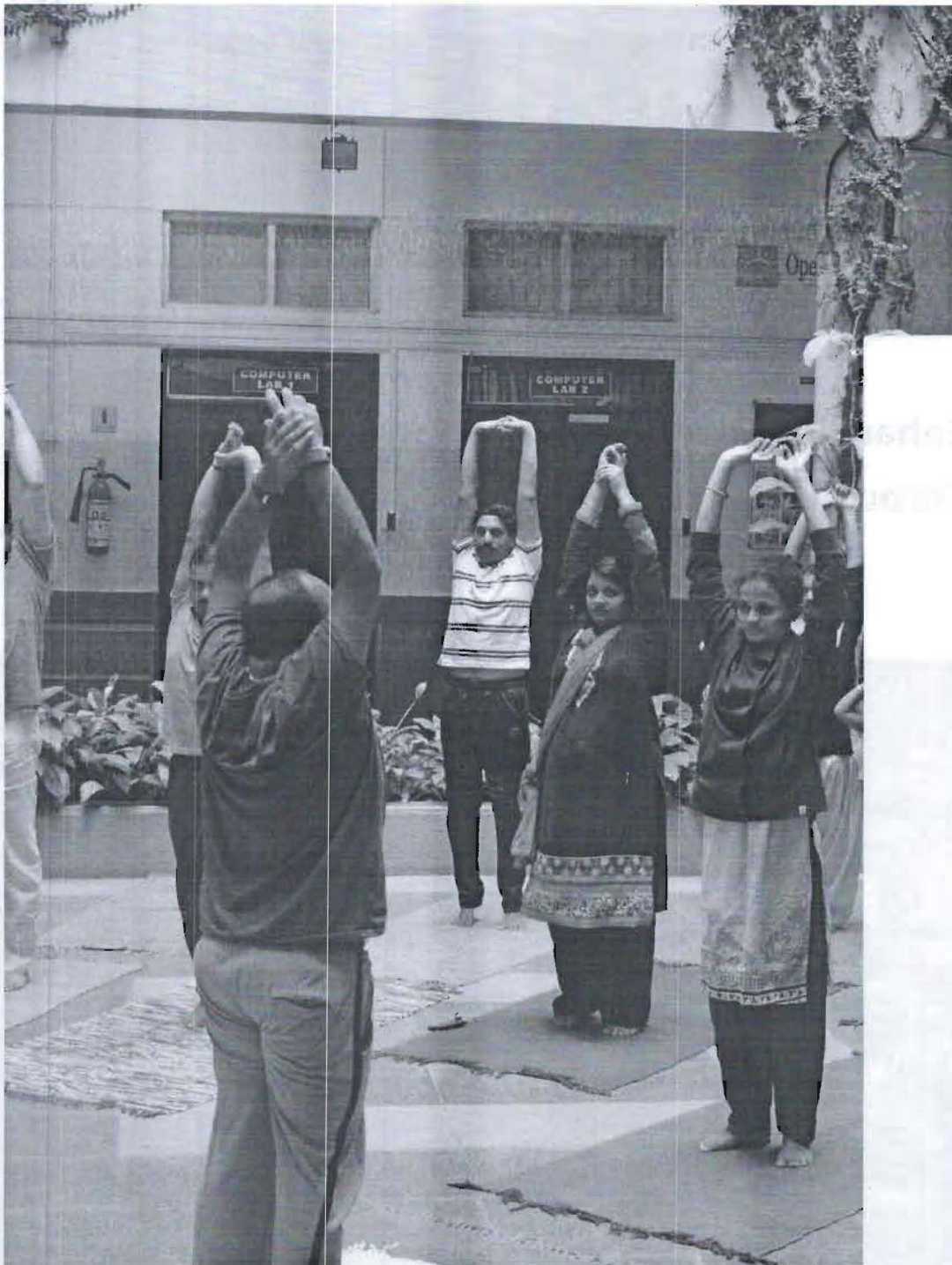
JUNE 21, 2018

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.





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.

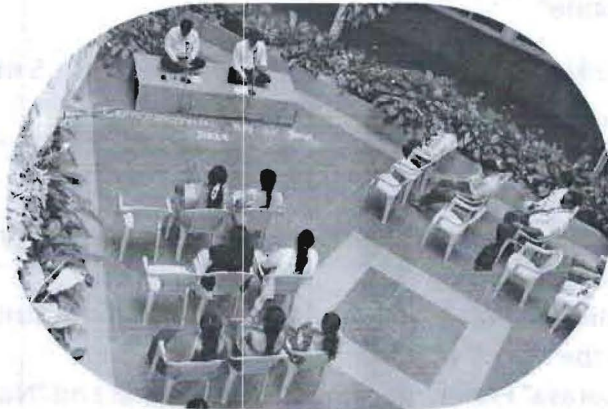
Faculty and Students at YOGA prayers



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. Gowrishankar 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 D Silva	mbg	9742278576		AD
Dr. A.N. ARASIMPA VENKATESH	HR	998672 8377		Arasimpa
Dr Anupama K Malagi	HR	9448029735		Amalagi
Smt Lalitha	Library	7760857155		Lalitha
Rashmi Shetty	GM	9632455569	rashmi.shetty @gmail.com	Rashmi
Ranjana S	HR	974849806	ranjansgunda 25@gmail.com	Ranjana
ASHOK Kumar Babu	IT Lab Technician	9632418028	ashokbabu @gmail.com	Ashok
Manjunatha N	IT Lab Technician	9533792122		Manjunath
Rajanna S C	IT Lab Technician	9708033588		Rajanna S C
Shivakumar H C	Asst Librarian	81674644 83	shivakumar.hc @rvi.edu	Shivakumar
Siddarama B J	Asst. Prof. (H.R. Dept)	9586062211	siddarama.bj @rvi.edu	Siddarama
G. MAHESH.	Asst. Professor	9901852430	gmahesh@ rvi.edu	G. Mahesh
DILEEP	Asst. Prof. Finance	9742304252	dileepd@ gmail.com	Dileep
Dr. Bujy	Director	7411339344	bujyas@ gmail.com	Dr. Bujy
N. Sridddy	IT	9845492386	n.sridddy@ gmail.com	N. Sridddy

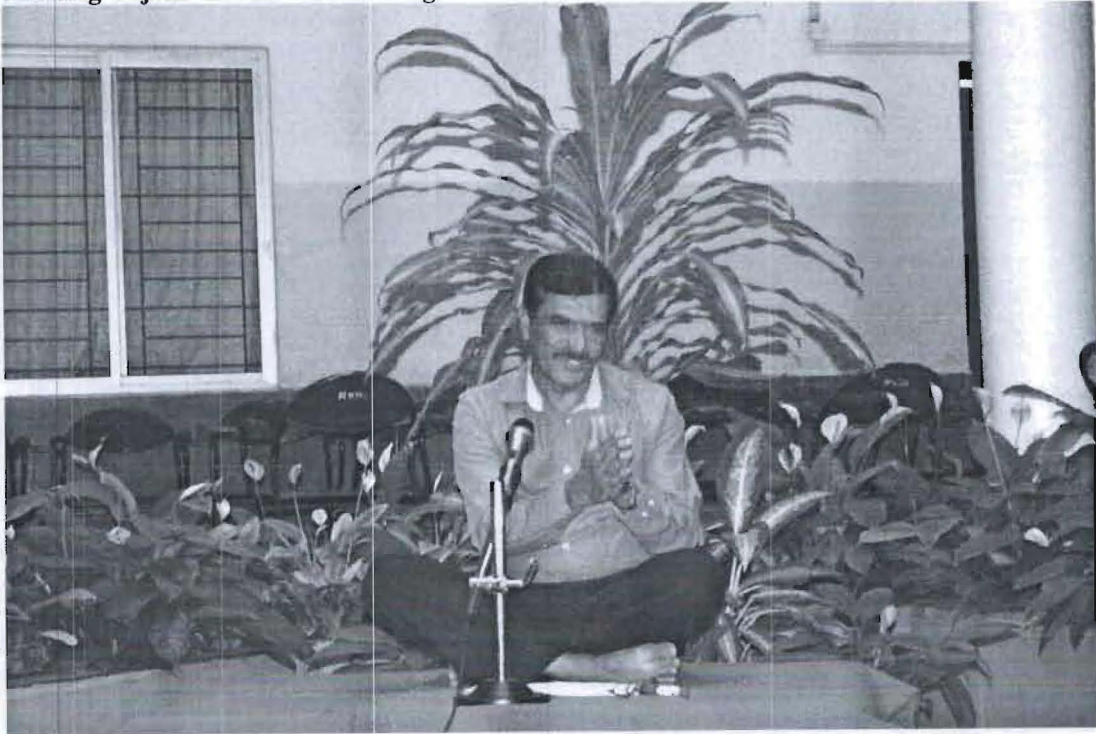
Copy of Attendance Sheet -Staff



Prayer meets on every Thursday between 4.40 to 5.00pm

The students and faculty members organise prayer and meditation on every thursday between 4.40 to 5.00pm respectively. The prayer meet consists of Dyana- meditation, hymns sung from various scritpures etc. All the students actively participate in the programme. Every thursday there will be a roation of prayer from department members and studnets

**Dr. Maruthi Ram R,
Professor, Department of General Management
Reciting Bajans and devotional songs**



International Yoga Day

R.V. Institute of Management associated with many organisations of Bangalore to be part of World Yoga Day 2017. Students of II Semester MBA under the guidance of Prof. N. Suresh performed yoga in the Chandragupta Maurya Stadium (Shalini Grounds) Jayanagar 5th Block. In an another event Director RVIM was part of Yoga Day Celebrations at Pranava Yoga Mandira, Jayanagar.



R V INSTITUTE OF MANAGEMENT

YOGA AND MEDITATION

21-6-2017

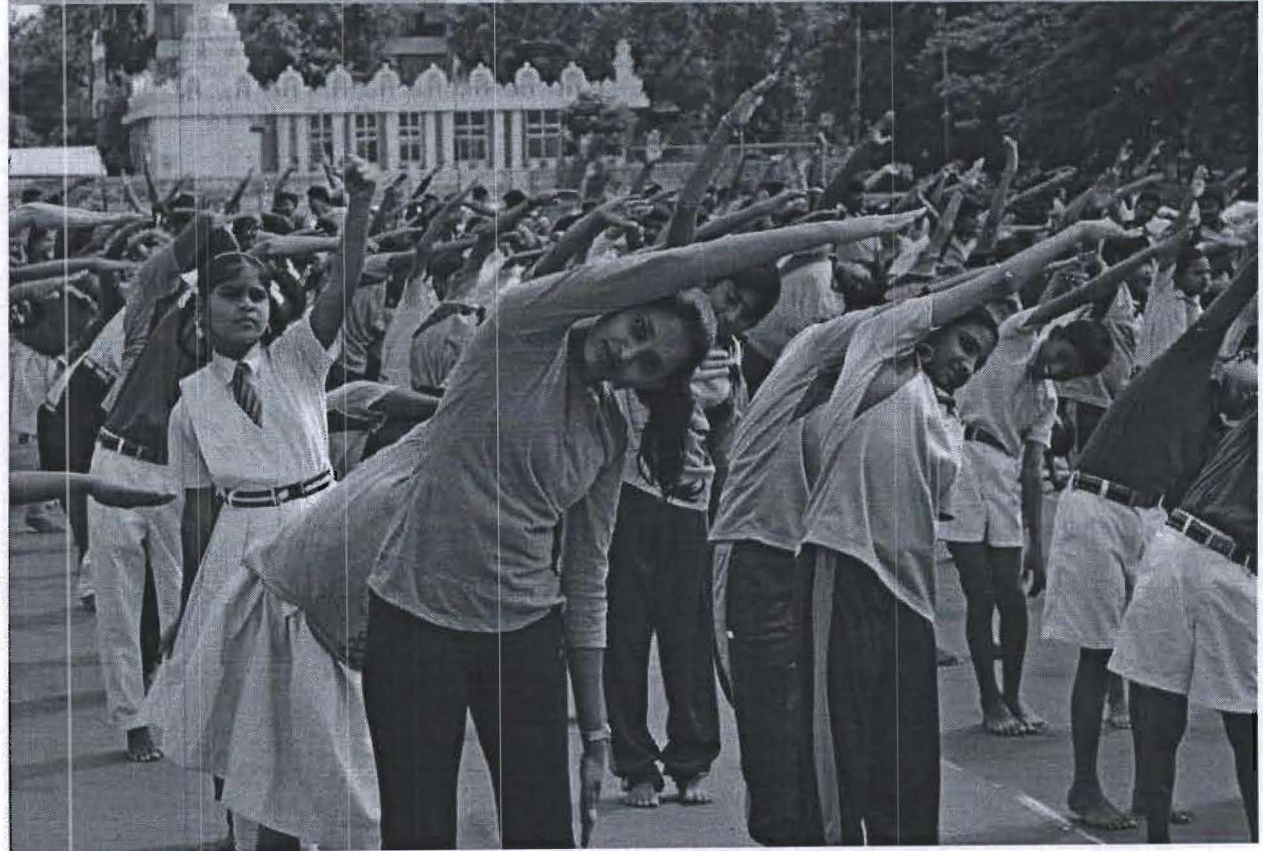
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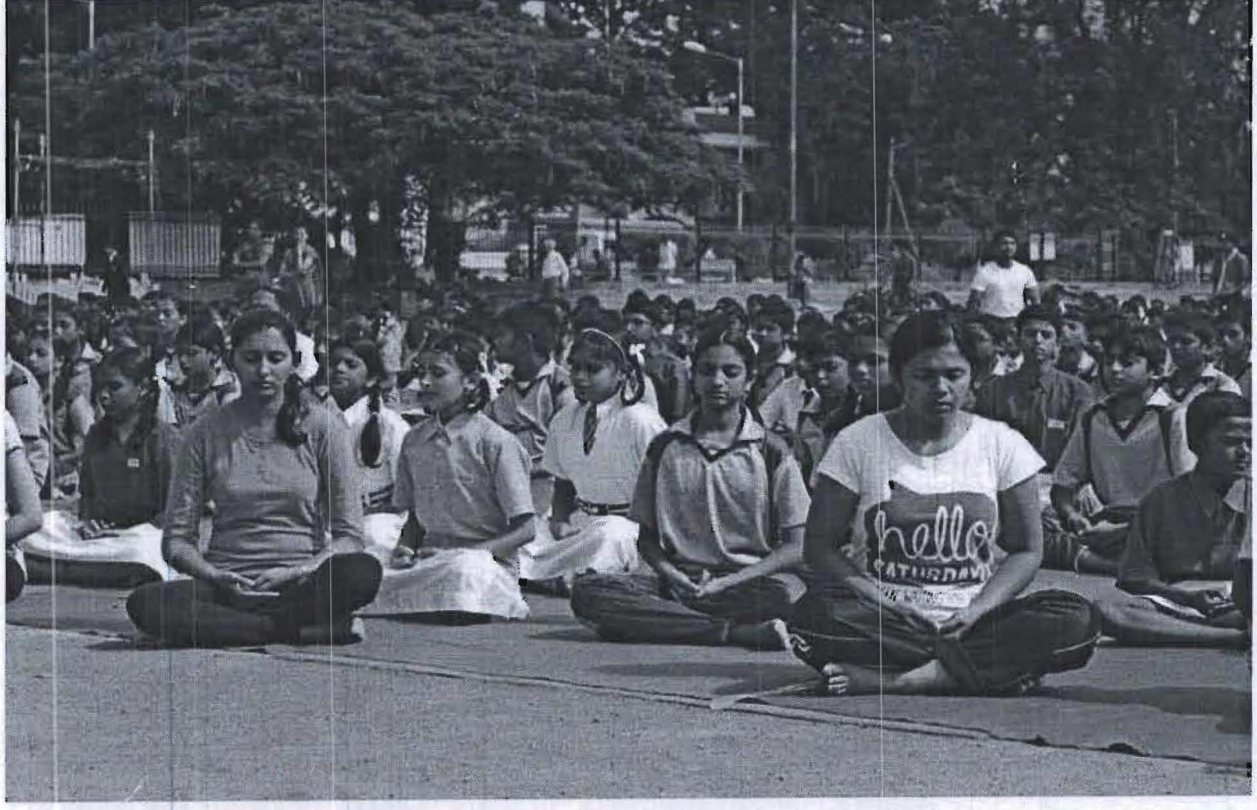
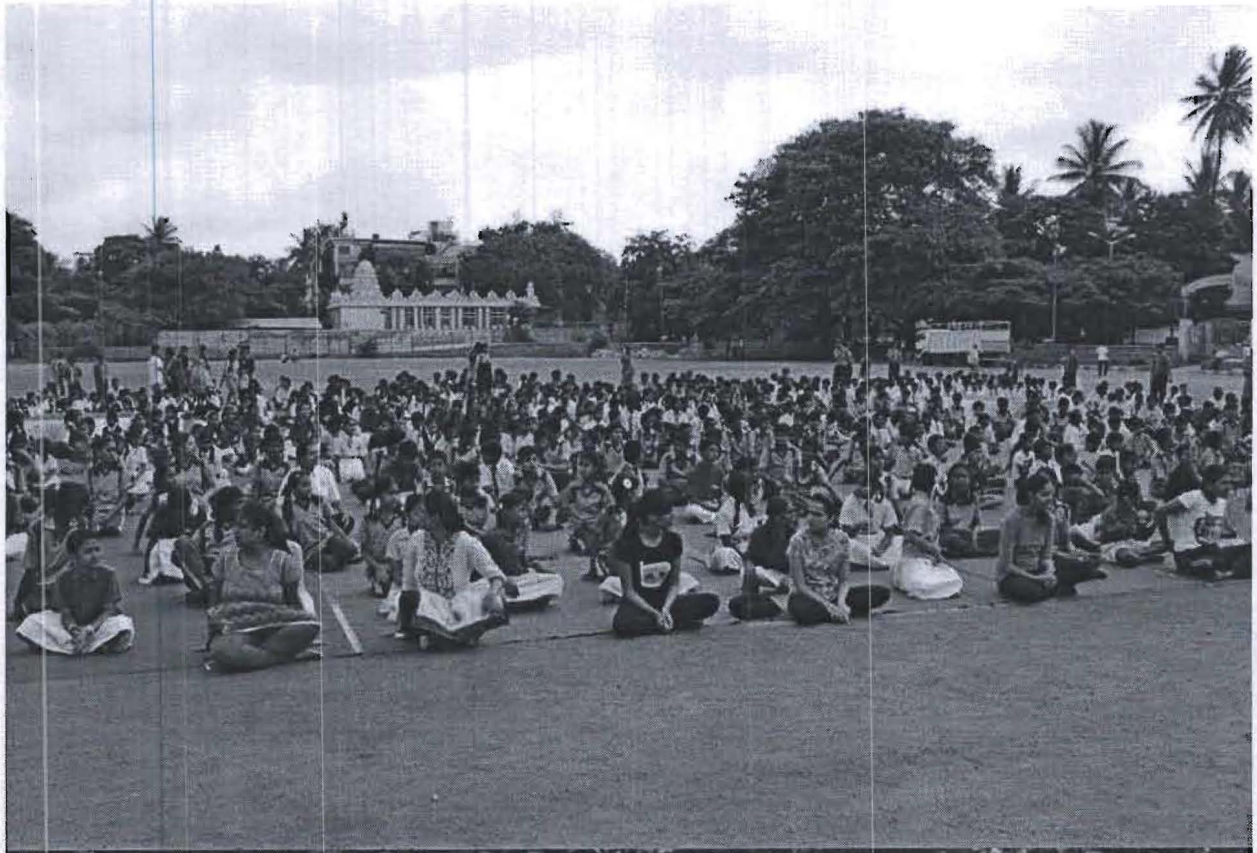


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Sri. Subramanian.A, Director,Adhyatma Yoga made a wonderul display with - Yoga Tree Song. It blends fun,humour, entertainment and yoga. THIS VIDEO WAS CAPTURED DURING THE PROGRAMME By A.Chandran. Assistant Professor,RVIM.









Rashtreeya Sikshana Samithi Trust

R V INSTITUTE OF MANAGEMENT

CA-17, 36TH Cross , 26th Main, 4th "T" Block, Jayanagar, Bangalore-560041

Centre for Yoga and Meditation

A Report on

Guest Lecture

On

"Yoga and Meditation"

Friday, October 09, 2015

Organised by

Centre for Yoga and Meditation

R.V.INSTITUTE OF MANAGEMENT

Phone: 080-26547048 Fax: 080-26654920

Website: www.rvim.in E-mail : contact@rvim.in



Seen

[Signature]

16.10.15

A Lecture was organized for the third semester students on the topic “**Yoga and Meditation**” on October 09, 2015 at 4.30pm in the Seminar hall (III Floor) RVIM. The lecture was organized mainly to make the students aware about the importance of yoga and meditation and also the role of yoga and meditation in human life.

Topic: Yoga and Meditation

Time: 4.30pm to 5.45pm

Resource Person: Dr. S Ranganath

Resource Persons Profile:

Sri. S Ranganath secured first class, first rank in M. A. Sanskrit from Bangalore University. He is the recipient of Hiriyanna Gold Medal and Hebbar Sri Vaishnava Sabha Gold Medal. The title Vedabhooshana was conferred on him by Veda Dharma Paripalana Sabha. American Biographical institute, U.S.A has honoured him with the title The Man of the Year 1996. He has a Vidwan Degree in Advaita Vedanta from Sri Chamarajendra Sanskrit College. He has studied Rigveda traditionally for Eight years. His PhD dissertation was contribution of Vacaspati Misra to Indian Philosophy. He has forty two books and eighty research papers to his credit. His Kannada translation of Prof. Satya Vrat Shastri’s Ramakirti Mahakavyam was published in Bangkok (Thailand). He is Director, R. V. Institute of Sanskrit Studies at N.M.K.R.V College for Women (Autonomous College) Bangalore. He was awarded D.Litt, from Himachal Pradesh University, Shimla in 2005 for his Post-doctoral publications on Post Independence Sanskrit Literature. World Association for Vedic Studies, USA, (Bangalore Branch) has honoured him with the title “Vedashree”. Ministry of Human Resources Development ; Government of India has nominated him as the subject expert (member) to managing committee of Ahobila Mutt, Adarsh Sanskrit Mahavidyalaya, Madhurantakam (Tamil Nadu) for 3 years (2008 – 2011) . He has a Rashtra Bhasha Visharada degree in Hindi from Madras (Chennai).

Report

The session began with introduction to the yoga. Dr. S Ranganath Sir said that Yoga is a physical, mental, and spiritual practice or discipline which originated in India. There is a broad variety of schools, practices and goals in Hinduism, Buddhism and Jainism. The best-known are Hatha yoga and Rāja yoga.

The origin of yoga have been speculated to date back to pre-Vedic Indian traditions, but most likely developed around the sixth and fifth centuries BCE, in ancient India's ascetic and śramaṇa movements. The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to Hindu Upanishads and Buddhist Pāli Canon, probably of third century BCE or later. The Yoga Sutras of Patanjali date from the first half of the 1st millennium CE, but only gained prominence in the West in the 20th century. Hatha yoga texts emerged around the 11th century with origins in tantra.

Yoga gurus from India later introduced yoga to the west, following the success of Swami Vivekananda in the late 19th and early 20th century. In the 1980s, yoga became popular as a system of physical exercise across the Western world. Yoga in Indian traditions, however, is more than physical exercise; it has a meditative and spiritual core. The following topics were also covered

- Tenants of yoga
- Yoga sutras of Patanjali
- Different types of yoga

Further sir covered about what is concentration and how to control mind and the science of mind control. He explained in detail the steps to control mind.

Further sir explained about meditation. He told that Meditation is a practice in which an individual trains the mind or induces a mode of consciousness, either to realize some benefit or for the mind to simply acknowledge its content without becoming identified with that content, or as an end in itself. Sir said that *meditation* refers to a broad variety of practices that includes techniques designed to promote relaxation, build internal energy or life force and develop compassion, love, patience, generosity and forgiveness. A particularly ambitious form of meditation aims at effortlessly sustained single-pointed concentration meant to enable its

practitioner to enjoy an indestructible sense of well-being while engaging in any life activity. He also covered in his lecture the AIDS to Meditation and gave hints for practicing meditation.

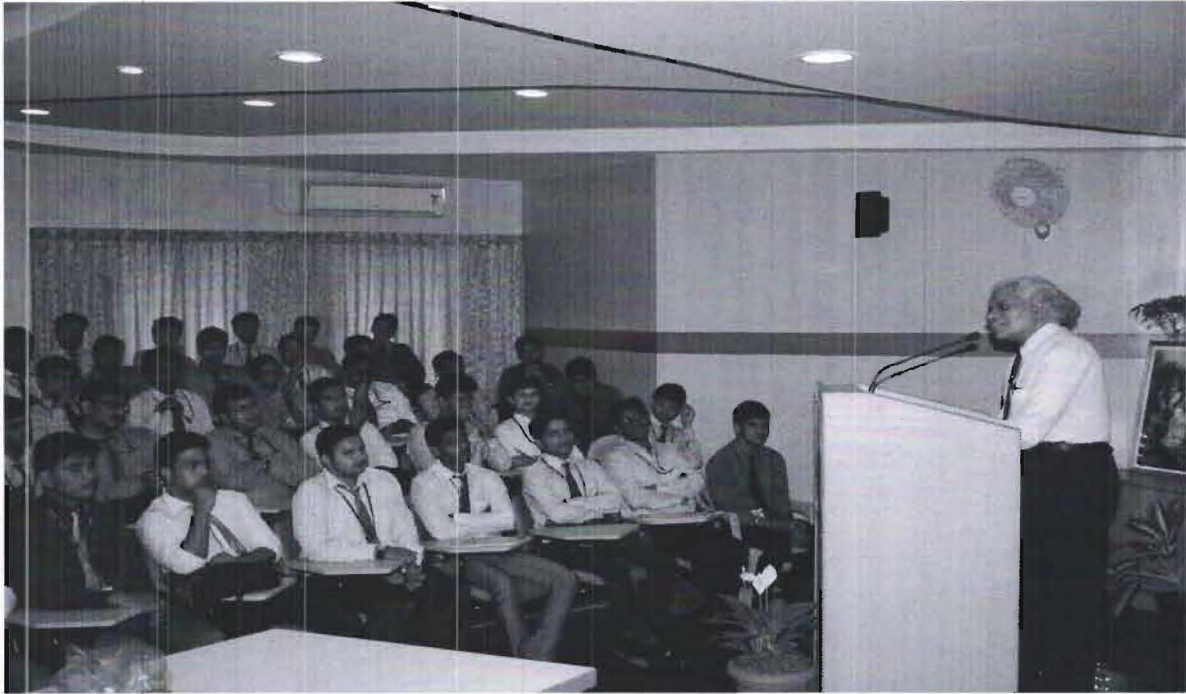
He concluded his lecture saying that by practicing yoga and meditation, one can cure and overcome many diseases and it helps in maintaining our health.

The session was interactive and lot of examples was given during the session. The session concluded with question and answers. The students have benefitted from the lecture, as they were given hints on how to maintain good health.



Mr. N N S Reddy, Assistant Professor welcoming the resource person Dr. S Ranganath for the session





The resource person Dr. S Ranganath addressing to the III semester students on Yoga and Meditation



pThe resource person Dr. S Ranganath addressing to the III semester students on Yoga and Meditation



Rashtreeya Sikshana Samithi Trust



R.V. Institute of Management

CA-17, 36th Cross, 26th Main, 4th T Block, Jayanagar, Bangalore - 560 041.

Affiliated to Bangalore University, Recognized by Government of Karnataka, Approved by AICTE, New Delhi

ACCREDITED BY NAAC WITH "A" GRADE

October 9, 2015

Dr. S Ranganath,
Director,
R V Institute of Sanskrit Studies,
NMKRV College for Women,
Bangalore.

Dear Sir,

We thank you very much for having delivered a talk on "Yoga & Meditation" for the III Semester MBA Students of our institution on Friday, October 9, 2015.

It was pleasure learning from you. It was very informative. Your talk has inspired and motivated our students to practice yoga and meditation to perform better in their future endeavours.

Please accept our heartfelt gratitude for sharing your most valuable knowledge and wisdom. Thank you very much for the support you have extended in making the session a highly memorable one.

With warm regards,

Dr. T V Raju

Professor & Director



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Rashtreeya Sikshana Samithi Trust
R V INSTITUTE OF MANAGEMENT
MBA PROGRAMME

III semester

Section A

Attendance Sheet - Lecture on Yoga and Meditation

Friday, October 09, 2015

Sl. No	University registration Number	Name of the Student	Attendance
1	141GCMD002	Abhina Prasad C	P
2	141GCMD004	Abhishek Gowda R N	P
3	141GCMD007	Amrutha M A	P
4	141GCMD015	Athira Prasannan	P
5	141GCMD016	Basavaraj Mahadappa	P
6	141GCMD017	Bassamma Sharanappa	P
7	141GCMD026	Daniel Methuselah	P
8	141GCMD032	Farooq Anwar Shaik Abdul Waheed	Ab
9	141GCMD034	Govinda P	P
10	141GCMD037	Jaffar Sadique	P
11	141GCMD041	Jyothi H R	P
12	141GCMD043	Kavitha G	P
13	141GCMD050	Kurva Akash Bau Shanta	P
14	141GCMD052	Maddaraki Rekha Siddu Sumitra	P
15	141GCMD053	Madhu Prasad S	P
16	141GCMD054	K Maharani	P
17	141GCMD059	M D Ifthikhar Ahmed S	P
18	141GCMD061	Meghana S	P
19	141GCMD062	Mir Baquar Hussain	P
20	141GCMD063	Mohammed Fayazuddin Pyare Mohd Qutbuddin	P
21	141GCMD069	Nawal Ehesan	P
22	141GCMD070	Nishant M	P
23	141GCMD071	Nithin Kumar D	Ab
24	141GCMD073	Padmanabha S P	P

Signature of the Faculty





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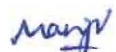
III semester

Section A

Attendance Sheet - Lecture on Yoga and Meditation

Friday, October 09, 2015

Sl. No	University registration	Name of the Student	Attendance
25	141GCMD074	Piyush Sarolia	P
26	141GCMD075	Pooja	Ab
27	141GCMD079	Praveen Kumar Mallikarjun	P
28	141GCMD083	Raghavendra Shreyas	P
29	141GCMD085	Rajan Kalal	P
30	141GCMD089	Ramdas M D	Ab
31	141GCMD091	Ravi Chalawadi	P
32	141GCMD093	Ravikiran Shantveer	P
33	141GCMD096	Sachin Sebastian	P
34	141GCMD101	Sahana S R	P
35	141GCMD107	Sayamanta Achom Singh	P
36	141GCMD111	Sharath Kumar	P
37	141GCMD114	Shoaib Ahamed Khan	P
38	141GCMD115	Shridhar Yaligar	P
39	141GCMD117	Sindhu S	P
40	141GCMD119	Smitha Kote	P
41	141GCMD120	Sougata Banik	P
42	141GCMD121	Soumya A Deshpande	P
43	141GCMD133	Sushmita M	P
44	141GCMD135	Swathi K V	P
45	141GCMD136	Swathi C M	P
46	141GCMD139	Tejaswini V Murthy	P
47	141GCMD142	Uma Maheshwari G	P
48	141GCMD151	Zeeba Syed	P


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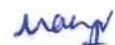
III semester

Section B

Attendance Sheet - Lecture on Yoga and Meditation

Friday, October 09, 2015

Sl. No	University registration Number	Name of the Student	Attendance
1	141GCMD001	Abhay Raj N Zala	P
2	141GCMD003	Abhishek A V	P
3	141GCMD005	Akshay Subray Hegde	P
4	141GCMD006	Amith Kumar Tiwari	P
5	141GCMD008	Anjanidevi Y	P
6	141GCMD009	Anusha R	P
7	141GCMD010	Anushka Ram Kumar Bhakta	P
8	141GCMD011	Arpitha B R	Ab
9	141GCMD012	Arpitha S Shetty	P
10	141GCMD013	Ashish Dixit	P
11	141GCMD019	Bharath Kumar H S	P
12	141GCMD020	Bharath T M	P
13	141GCMD021	Bhavana Hegde	Ab
14	141GCMD022	Bhavana M	P
15	141GCMD023	Chaluvaraju H S	P
16	141GCMD024	Channmallappa Ghalleppa	P
17	141GCMD025	Chetan Sonnad	P
18	141GCMD027	Darshan Kumar S Naik	P
19	141GCMD029	Deepak B G	Ab
20	141GCMD030	Devaraj	P
21	141GCMD031	Fahad Gaima	P
22	141GCMD033	G Rajagopal	P
23	141GCMD035	Harish K V	P
24	141GCMD036	Harish M	P


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Rashtriya Vaidika Sikshana Samithi Trust
R V INSTITUTE OF MANAGEMENT
MBA PROGRAMME

III semester

Section B

Attendance Sheet - Lecture on Yoga and Meditation
Friday, October 09, 2015

Sl. No	University registration	Name of the Student	Attendance
25	141GCMD038	Jagath G M	P
26	141GCMD039	Jalaluddeen	P
27	141GCMD040	Jayavaram Suma Meghana	P
28	141GCMD044	Kavitha M C	Ab
29	141GCMD046	Kiran Raj Patil Ravi Raj Patil	P
30	141GCMD047	Kiran S	P
31	141GCMD048	Koushik Y	P
32	141GCMD049	Kumar Swamy T U	P
33	141GCMD051	Lohit M Patagar	P
34	141GCMD055	Mallikarjun L	P
35	141GCMD056	Mandala Sravan Kumar	P
36	141GCMD057	Manohar Reddy CH	P
37	141GCMD058	Marathi Yamini	Ab
38	141GCMD060	Megha U S	P
39	141GCMD064	Mohan R	P
40	141GCMD065	Mohan T	P
41	141GCMD066	Monalisha Gupta	P
42	141GCMD067	Namita Crystle D'cunha	P
43	141GCMD068	Namratha B N	Ab
44	141GCMD072	Noor Fathima K	P
45	141GCMD076	Prashanth K	P


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MBA PROGRAMME

III semester

Section C

Attendance Sheet - Lecture on Yoga and Meditation

Friday, October 09, 2015

Sl. No	University registration Number	Name of the Student	Attendance
1	141GCMD077	Praveen K N	P
2	141GCMD078	Praveen Kumar S	P
3	141GCMD080	Premakumari P	P
4	141GCMD081	Pruthvi M J	P
5	141GCMD082	Radhika S	P
6	141GCMD084	Rahul K R	P
7	141GCMD086	Rajasha M	P
8	141GCMD088	Ramachandra V Y	P
9	141GCMD090	Ranjith M	P
10	141GCMD092	Ravi Kiran Tammineedi	P
11	141GCMD094	Raviraj Biraj	P
12	141GCMD095	Rupesh Reddy B	P
13	141GCMD097	Sagar Aravind Kabbur	P
14	141GCMD098	Sagar Hanchate Shailendra Hanchate	P
15	141GCMD099	Sagar Kattimani	P
16	141GCMD100	Sagar Sheelvant	P
17	141GCMD102	Sandeshkumar N.	P
18	141GCMD103	Sanmesh Sadanand Naik	P
19	141GCMD104	Sannidhi A S	P
20	141GCMD105	Santhosh K	P
21	141GCMD106	Santhosh P	P
22	141GCMD108	Shabreesha H N	P
23	141GCMD109	Shafeeq Ahmed	P
24	141GCMD110	Sharan S Hulmani	P

Manji
Signature of the Faculty





Rashtriya Sikshana Samithi Trust
R V INSTITUTE OF MANAGEMENT
MBA PROGRAMME

III semester

Section C

Attendance Sheet - Lecture on Yoga and Meditation
Friday, October 09, 2015

Sl. No	University registration	Name of the Student	Attendance
25	141GCMD112	Sheldon Charlson Sequeira	P
26	141GCMD113	Shivaprasad S	P
27	141GCMD122	Sourabh Kadam	P
28	141GCMD124	Sridhar N Mulgund	P
29	141GCMD125	Sudarshana K	P
30	141GCMD126	Sudhakar	P
31	141GCMD127	Sujarani Chilakuri	P
32	141GCMD128	Sumukh Raghu Tilak	P
33	141GCMD129	Sunilkumara Basavaraja	P
34	141GCMD130	Surabhi G Prasad	P
35	141GCMD131	Suraksha Kudlekar	P
36	141GCMD132	Suresh Thalla	P
37	141GCMD134	Susmita Roy	P
38	141GCMD140	Tippusulttan Husen Sab	P
39	141GCMD141	Uday P	P
40	141GCMD143	Umesh Navade	P
41	141GCMD144	Vaibhav V Desai	P
42	141GCMD147	Venkatesh Marda	P
43	141GCMD148	Vennela T	P
44	141GCMD149	Vikesh Vishwakarma	P
45	141GCMD150	Vinay Prabhu M	P


Signature of the Faculty





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R V INSTITUTE OF MANAGEMENT
MBA PROGRAMME

III semester

Section D

Attendance Sheet - Lecture on Yoga and Meditation

Friday, October 09, 2015

Sl. No	University registration Number	Name of the Student	Attendance
1	141GCMD014	Ashwini Raman A	P
2	141GCMD018	Bhagyashri Apparao	P
3	141GCMD028	Deepak B	P
4	141GCMD042	Kavitha D A	P
5	141GCMD087	Rakshith Jain R	Ab
6	141GCMD118	Sivakumar R	P
7	141GCMD123	Sri Saradha M	P
8	141GCMD137	Swati Deshpande	Ab
9	141GCMD138	Swetha V	P
10	141GCMD146	Venela P	P

Mangli
Signature of the Faculty





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R V INSTITUTE OF MANAGEMENT

CA-17, 36TH Cross , 26th Main, 4th "T" Block, Jayanagar, Bangalore-560041

Centre for Yoga and Meditation

A Report on

Guest Lecture

On

"Stress Management through Yoga and Meditation"

Monday, March 16, 2015

Organised by

Centre for Yoga and Meditation

R.V.INSTITUTE OF MANAGEMENT

Phone: 080-26547048 Fax: 080-26654920

Website: www.rvim.in E-mail : contact@rvim.in

Paul

A Lecture was organized for the fourth semester students on the topic “**Stress Management through Yoga and Meditation**” on March 16, 2015 at 3pm in the Seminar hall (III Floor) RVIM. The lecture was organized mainly to make the students aware about how to overcome stress using yoga and meditation techniques.

Topic: Stress Management through Yoga and Meditation

Time: 3.00pm to 4.00pm

Resource Person: Sri Jayasimha

Resource Persons Profile:

Jayasimha

Jayasimha has a Bachelor's degree in engineering from Mysore University and MSc. in yoga from Swamy Vivekananda Yoga University, Jigani, Bangalore. He has 20 years of teaching experience in yoga at Rashstrotthana Shareerika Shikshana Kendra. He conducts yoga classes at many companies and also conducted yoga class in JSS-under [SGS] international yoga research foundation.

He had conducted a Research project work in association with Department of Epidemiology NIMHANS, Bangalore with General Practitioners (MBBS) as subjects .

Credentials:

- Certified by Rashstrotthana Shareerika Shikshana Kendra to teach yoga and pranayama
- Certificate of Appreciation from Rashstrotthana Shareerika Shikshana Kendra
- Trained as a lay counselor from Prasanna Counseling Center.

His objective: is to o create awareness about yoga and influence professionals to promote positive health in them by simple yoga techniques, which is most essential in the stressful modern life and bring harmony in the society [work].

Presently conducting yoga sessions at own premises [Asana, Suryanamaskara, Pranayama, Meditation, Special yoga techniques class].

Report

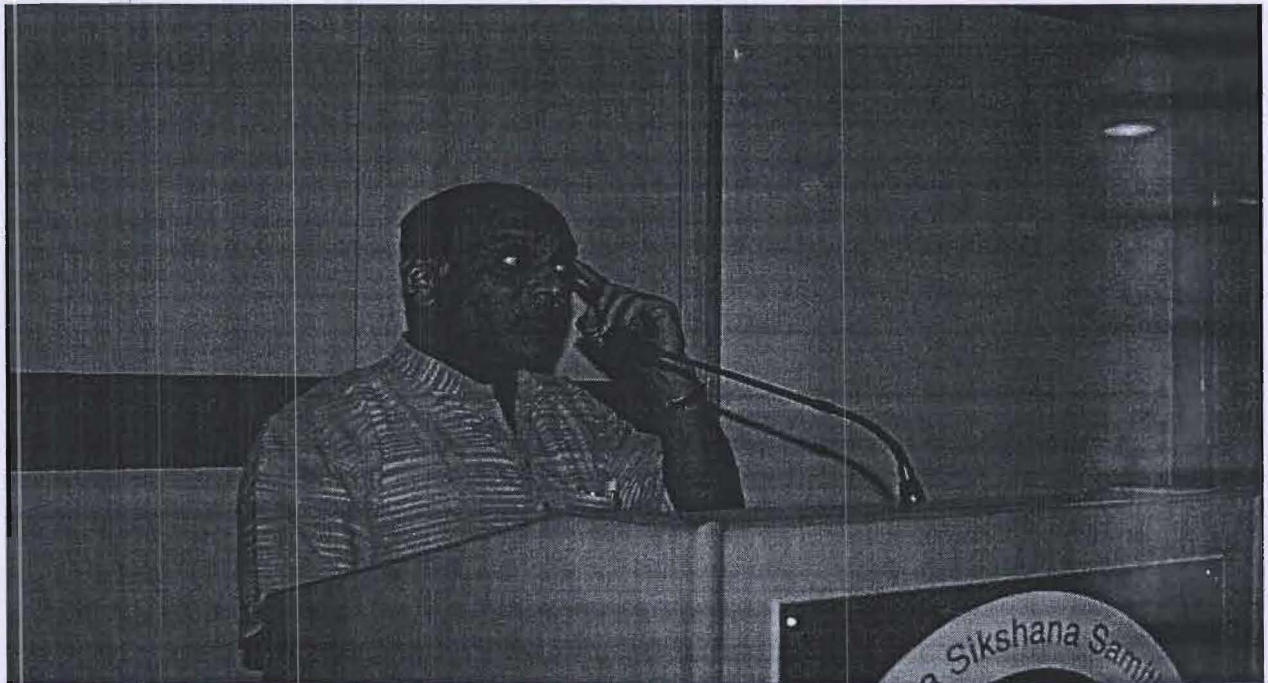
The session began with introduction to the stress and the factors which lead to stress. Further sir explained how to do the job without stress. He also explained root cause for the stress. In addition to the above, the following topics were also covered in the lecture:

- Stress Management
- Managing anger
- Maintaining good health
- Importance of yoga and meditation in managing stress
- Yoga and meditation Techniques to overcome stress.

The following techniques were practiced during the session:

- Kapalbhati – The resource person explained how Kapalbhati pranayama is the only physical and breathing technique useful for mind detoxification and purification. Further he told that in all of the cleansing routines of yoga, kapalbhati is the only one which can cleanse both the mind and the body using only breath. As a de-stressing tool, kapalbhati breathing has shown remarkable results. Further he told that some people perform kapalbhati for weight loss as well because it works up the respiratory system and the abdominal muscles, helping us tone out our musculature and improve body tone.
- Basti Pranayam – He explained in detail how Basti is the Hatha Yoga method of performing an enema. He told that Basti is one of the Shatkarma or the six purification techniques mentioned in the yogic texts –Hatha Yoga Pradeepika and the Gheranda Samhita. It is aimed at cleaning the lower intestines and the colon, removing toxins and cooling the body. This method is also used with its variations in traditional medicine practice of Ayurveda and Naturopathy. T
- Bhramari Pranayama – Sir explained how Bhramari Pranayama is very effective in instantly calming our mind down. It is one of the best breathing techniques to release the mind of agitation, frustration or anxiety and get rid of anger. He further explained that it is a simple to do technique, can be practiced anywhere at work or home , and an instant option available to distress our self. This breathing technique derives its name from the black Indian bee called Bhramari.

The session was interactive and concluded with question and answers. The students have benefitted from the lecture, as they were given how to maintain good health.



The resource person Mr. Jayasimha addressing the IV semester students

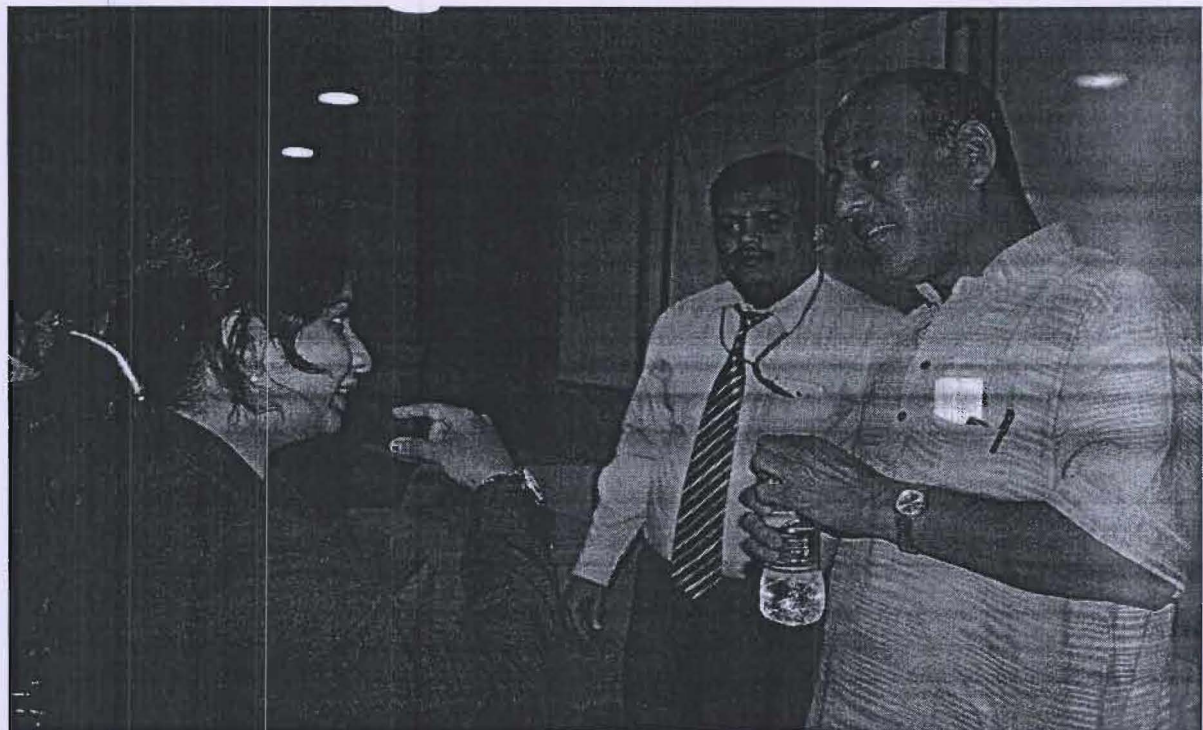


The resource person Mr. Jayasimha guiding the Students for practicing meditation during the session





Students practicing meditation during the session



Students interacting with the resource person Sri Jayasimha after the lecture




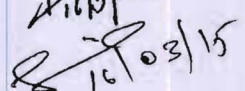
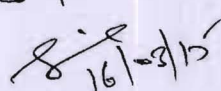

Rashtreeya Sikshana Samithi Trust
R V Institute of Management

March 13, 2015

CIRCULAR

This is to inform all the students of IV semester that a lecture on "Stress Management through Yoga" is organized by the Centre for Yoga and Meditation at 3.00pm on Monday, March 16, 2015 in the Seminar Hall [III Floor] of the institute.

All the students are required to attend the session without fail.

See - A  16/3/15.
See - B  16/03/15
See - C  16/3/15
See - D - 


Director




Rashtriya Vaidika Sikshana Samithi Trust
R V Institute of Management

March 13, 2015

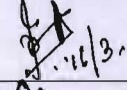

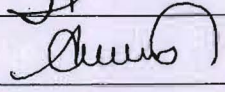

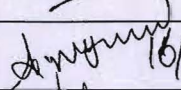
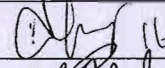

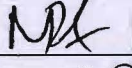
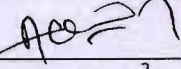
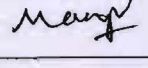
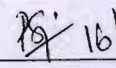
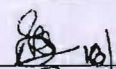
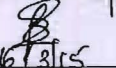
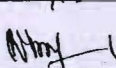


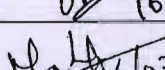


CIRCULAR

This is to inform all the faculty members that a lecture on “Stress Management through Yoga” is organized by the Centre for Yoga and Meditation for the students of IV semester at 3.00pm on Monday, March 16, 2015 in the Seminar Hall [III Floor] of the institute.

Further, faculty members who are interested and do not have class during the above said time can attend the session.


Director

Teaching Staff List

Sl.No.	Name	Signature
1	Dr. Jyotirmoy Ghosh	 16/3/15
2	Dr. Noor Firdoos Jahan	
3	Mr. N. Suresh	
4	Ms. Anitha. B.M. D'Silva	
5	Dr. A. Narasima Venkatesh	 16/03/15
6	Dr. Anupama K Malagi	 16/3/15
7	Mr. Pradeep M.P.	 16/3/15
8	Mr. G. Mahesh	 16/3/15
9	Mr. A. Chandran	
10	Mr. Manjunath S. Menedhal	
11	Ms. Pavithra. S. T	 16/03/15
12	Ms. Sowmya. D. S	 16/03/15
13	Ms. Bhavya Vikas	 16/3/15
14	Mr. Nagasubba Reddy	 16/03/15
15	Mr. Gowrishha	 16/03/15
16	Ms. Rashmi Shetty	 16/03/15
17	Ms. M. Pushpa	 16/03/2015
18	Ms. Das Sangita Hemant	 16/03/15
19	Ms. Maithri R	
20	Ms. Bindu K	

Rashtreeya Sikshana Samithi Trust
R V INSTITUTE OF MANAGEMENT
MBA PROGRAMME
IV Semester

Lecture on Stress Management through Yoga and Meditation

March 16, 2015 - Attendance sheet

Section A

Sl. No	Regd No.	Name of the Student	Attendance
1	131GCMA002	ABHISHEK B	A
2	131GCMA006	AKHILA R	P
3	131GCMA008	AKSHAY YOGENDRA N SHUKLA	P
4	131GCMA013	ASHA P	P
5	131GCMA018	AYUSHI SINHA	P
6	131GCMA021	BHAGAVANTAPPA	P
7	131GCMA024	BINU E HARIDAS	A
8	131GCMA025	C KAVYA	P
9	131GCMA027	CHANDANA L	P
10	131GCMA028	CHANDRASHEKAR SHANTAPPA	A
11	131GCMA030	CHETAN VEERANNA	A
12	131GCMA031	CHETHAN K M	P
13	131GCMA032	DARSHAN GOGGA	A
14	131GCMA039	G RANJITH KUMAR REDDY	P
15	131GCMA041	GOKUL KATAKWAR	A
16	131GCMA043	GREESHMA S	P
17	131GCMA048	JAGADISH VEERANNA	P
18	131GCMA049	JAKARAIAH J B	A
19	131GCMA050	JUI ROY	P
20	131GCMA051	JUJAR VIRANJAN	A
21	131GCMA055	KEERTHI RAJ R	P
22	131GCMA056	KEERTHY K S	A
23	131GCMA064	LAXMI R IJERY	P
24	131GCMA066	LOSHINI LOGANATHAN	A
25	131GCMA074	MANJUNATH JIDDIYAVAR	P
26	131GCMA076	MANJUNATH NINGAPPA HATTI	P
27	131GCMA077	MD ASRAR AHMED ABDUL NASIR	P
28	131GCMA078	MD RIZWAN	A
29	131GCMA079	MD WAJEED GUDU SAB	A
30	131GCMA085	N ASHOK	A
31	131GCMA091	NIKIN RAJ K N	A
32	131GCMA095	NITIL KASHYAP	P
33	131GCMA098	PAWAN RATNAKAR HAJARE	A
34	131GCMA099	PENUBARTHI V AMULYA	A
35	131GCMA100	POOJA A	A
36	131GCMA108	PRIYANKA M	A
37	131GCMA109	PRIYANSHU MUKHERJEE	P
38	131GCMA110	PUTTURAJ MANJUNATH S	P
39	131GCMA113	RAKESH L K	A
40	131GCMA115	RAMESH DHARMANNA	P
41	131GCMA117	RAVIRAJ BHATT	A

42	131GCMA119	ROHAN HEMANT KUMAR M	A
43	131GCMA124	SATISH BHEEMARAYA BANGAR	A
44	131GCMA126	SHANKAR MALLINATH TAMBAKE	P
45	131GCMA127	SHASHI KUMAR V	P
46	131GCMA132	SHRIKANT THAKRE	A
47	131GCMA133	SHRUTHI J M	A
48	131GCMA136	SNEHA BANERJEE	A
49	131GCMA141	SRI HARSHA SADHU	A
50	131GCMA144	SUDHANSHU SHEKHAR	A
51	131GCMA145	SUGANTH S T	A
52	131GCMA151	SUSMITHA C S	P
53	131GCMA152	SYED VIQAR AHMED	P
54	131GCMA154	VIDYULLATHA SHRIDHAR	P
55	131GCMA156	VIKRAM SUHAS MANSABDAR	A
56	131GCMA157	VINANTHI B V	P
57	131GCMA161	VINAYAK VENKATRAO GAWALI	P
58	131GCMA163	M ANAND PRABHU	A



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Lecture on Stress Management through Yoga and Meditation

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Section B

Sl. No	Regd No.	Name of the Student	Attendance
1	131GCMA003	ADITHYA S	P
2	131GCMA004	ADITYA VISHWANATH HEGDE	P
3	131GCMA005	AJEET S LONI	A
4	131GCMA007	AKSHATA R Y	A
5	131GCMA010	ANKIT GHOSE	P
6	131GCMA011	ANUDEEPA T	P
7	131GCMA012	ARUNPRIYA G	P
8	131GCMA014	ASHWIN H R	A
9	131GCMA017	AVINASH M R	A
10	131GCMA020	BEULAH P	P
11	131GCMA029	CHETAN BURLI	P
12	131GCMA033	DEEPIKA K	A
13	131GCMA034	DEEPIKA RAMACHANDRA HEGDE	A
14	131GCMA040	GITA KUMARI	P
15	131GCMA042	GOWTHAMI B U	A
16	131GCMA044	GURUPRASAD UPADHYA	A
17	131GCMA045	HANUMANTHAPPA V HADARAGERI	A
18	131GCMA046	HENNA TASKEEN	A
19	131GCMA047	ISWAR MUDHOL	P
20	131GCMA053	KASHINATH LAXMAN	A
21	131GCMA054	KAVYA C	P
22	131GCMA057	KEERTI B UDAPUDI	A
23	131GCMA059	KIRAN S	A
24	131GCMA060	KRISHNAPRASAD M R	A
25	131GCMA061	KULKARNI SNEHA NARAYAN	A
26	131GCMA062	KURMADASU BALAJI	P
27	131GCMA065	LIKITHA CHANDRASHEKAR HEGDE	P
28	131GCMA067	MAHANTAGOUD	A
29	131GCMA068	MAHENDRAKUMAR RAMSHETTY	P
30	131GCMA069	MAHESH M V	A
31	131GCMA071	MALATESH HOLI	A
32	131GCMA072	MALLESH P	A
33	131GCMA073	MANASA V	A
34	131GCMA075	MANJUNATH KANAVALLI	A
35	131GCMA080	MD ZEESHAN SAQIB	A
36	131GCMA083	MOHAMMED IBRAHIM MH	A
37	131GCMA084	MONIKA S	P
38	131GCMA086	NARASAPPA KARBASAPPA	P
39	131GCMA087	NAVEEN KUMAR D L	A
40	131GCMA088	NAVEENKUMAR DAYANAND	A
41	131GCMA089	NAVEENKUMAR K N	A
42	131GCMA090	NEMANPASHA H A	A
43	131GCMA093	NISHA	A
44	131GCMA094	NITESH T	P
45	131GCMA097	PAVAN KUMAR K	P



R V INSTITUTE OF MANAGEMENT**MBA PROGRAMME****IV Semester****Lecture on Stress Management through Yoga and Meditation**

March 16, 2015 - Attendance sheet

Section C

Sl. No	Regd Nos	Name of the Student	Attendance
1	131GCMA009	AMRUTHA K G	P
2	131GCMA015	ASHWINI	A
3	131GCMA023	BHAVANA NARAYAN HEGDE	A
4	131GCMA026	CHAITRA D V	P
5	131GCMA036	DIVYA N	P
6	131GCMA052	KARTHICK A	P
7	131GCMA081	MEGHASRI K S	P
8	131GCMA082	MOHAMMAD IRFAN YATOO	P
9	131GCMA092	NISCHITHA P C	P
10	131GCMA096	PANDHARINATH LAXMAN	A
11	131GCMA101	POORNASVI H V	A
12	131GCMA103	PRASHANTH KUMAR K R	A
13	131GCMA104	PREMKUMAR C	P
14	131GCMA105	PRIYA K DHARAMADASANI	P
15	131GCMA106	PRIYANKA	A
16	131GCMA107	PRIYANKA C	A
17	131GCMA112	RAJA UMAR KHAN	A
18	131GCMA114	RAKESH RAMESH BABU	P
19	131GCMA116	RAMKUMAR	P
20	131GCMA118	REDDY PANDU	A
21	131GCMA120	ROHINI M	A
22	131GCMA121	SACHIN BHIMASHANKAR	P
23	131GCMA122	SANTHOSH K	A
24	131GCMA123	SATHISH KUMAR K	A
25	131GCMA125	SATVIK KAMATH S	P
26	131GCMA128	SHASHIDHARA A O	A
27	131GCMA129	SHILPA G KULKARNI	P
28	131GCMA130	SHILPA HUSSAINI	A
29	131GCMA131	SHIVAYOGI JOTAWAR	A
30	131GCMA137	SOUMYA A S	P
31	131GCMA138	SOUMYA S V	P
32	131GCMA139	SOURABH KULKARNI	P
33	131GCMA140	SRAVANI KARANAM	P
34	131GCMA146	SUHAIB RASHID BHAT	A
35	131GCMA147	SUHAS S	A
36	131GCMA148	SUNDAR M	P
37	131GCMA149	SUREKHA	A
38	131GCMA150	SURESH BUDEPPA	P
39	131GCMA153	VAIVIDYA K V	P
40	131GCMA155	VIJAYKUMAR TIRTHAPPA	P
41	131GCMA158	VINAYA M	A
42	131GCMA159	VINAYAK A NADIGER	P
43	131GCMA160	VINAYAK C NAVALGUND	A
44	131GCMA162	VINUTH KUMAR	P
45	131GCMA164	PAVITRA SIDDAMALLAPPA	A

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R V INSTITUTE OF MANAGEMENT

MBA PROGRAMME

IV Semester

Lecture on Stress Management through Yoga and Meditation

March 16, 2015 - Attendance sheet

Section D

Sl. No	Regd Nos	Name of the Student	Attendance
1	131GCMA001	ABHILASH T	A
2	131GCMA016	ASIF MAINUDDIN NIDGUNDI	A
3	131GCMA019	BASAWARAJ N G	P
4	131GCMA022	BIHAGAVANTRAYA HAWALGI	A
5	131GCMA035	DHEERAJ SRINATH NIRMALA	P
6	131GCMA037	DON PHILIPS	P
7	131GCMA038	ESHAN TANDON	P
8	131GCMA058	KIRAN KUMAR VITHALREDDY	A
9	131GCMA070	MAIMOM SUNDAR SINGH	A
10	131GCMA102	PRADEEP KUMAR K	P
11	131GCMA135	SIDDESH H V	A
12	131GCMA142	SRIDATTA	A
13	131GCMA143	SUDEEP SAMUEL S	P

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March 14, 2015

Pavithra S T,
Faculty,
R V Institute of Management,
Jayanagar, Bangalore.

The Director,
R V Institute of Management,
Jayanagar, Bangalore.

Respected Sir,

Sub : Request for Payment of honorarium

With reference to the above, I request your goodself to kindly sanction an amount of Rs. 1,500/- towards the honorarium to be paid to the resource person Sri. Jaisimha, Yoga Expert, Bangalore for the lecture to be conducted on Monday, March 16, 2015 on the topic "Stress Management through yoga".

Kindly do the needful & oblige Sir.

Thank you,

Yours faithfully,

Pavithra S T
14/03/15

Approved

pay from the DVA

U

14/03/15