



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



Report on Certificate Course In YOGA	
Date: 16th June to 20st June'20	Venue: Online
Time: 4.00 to 5.00pm	Faculty In charge – Prof. Chandran A.
About the Programme:. <p>Certificate Program on Yoga – organized by Center for wellness of RV. Institute of Management, the programme was open for all general public; a week-long online session was organized. To inform on the importance of YOGA during the pandemic this certificate course in Yoga was organized.</p> <p>The sessions were conducted by Dr. Purushottam Bung, Director and Professor RV. Institute of Management, Mr. Nayeem M Shaikh, Yoga Instructor, Maratha Light Infantry Regimental Centre Camp, Belgaum and Ms. Ankitha Pandey Yoga Practitioner, Cardio workout and Nutritionist from Delhi.</p>	

Details of the Programme:

Centre for Wellness at RV Institute of Management conducted a week-long Yoga session online leading to Certification. Sessions were conducted from June 16 to June 21, 2020. Each of the sessions was led by Dr. Purushottam Bung, Director RV Institute of Management, Mr. Nayeem M Shaikh, Yoga Instructor, Maratha Light Infantry Regimental Centre Camp, Belgaum and Ms. Ankitha Pandey Yoga Practitioner, Cardio workout and Nutritionist from Delhi, with practice of all important asanas for the entire week.

Take away for the participants:

In these sessions the participants practiced various postures and learnt its benefits. The concept of Cool Yoga made the practice session easier for participants which comprised of people from all walks of life. Yoga asanas learnt here was easy to adopt as it was particularly designed for participants with busy schedule and by adopting this method it is possible to receive therapeutic benefits in a short span of time.

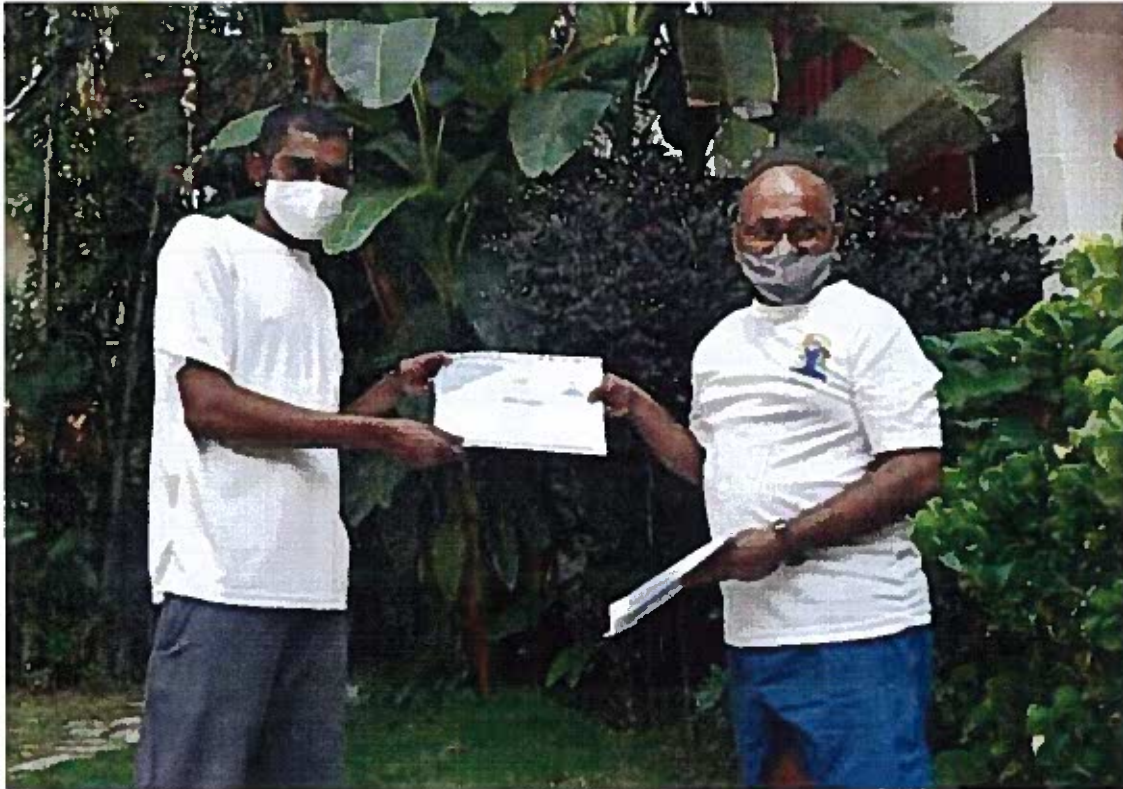
Certification:

On the concluding 7th day of the programme graduation certificates were handed to participants in the valedictory sessions attended by Sri. A.V.S.Murthy - Hon. Secretary, RSST who addressed the

valedictory session. The yoga sessions reached to more than three hundred participants all over India and Abrod, general public and the villages that is adopted by the institution under the Unnat Bharat Abhiyan working on health initiatives and to improve fitness and immunity during the pandemic.

Video Link for all the sessions:

<https://youtu.be/9EVmJHd58ug>



A handwritten signature in black ink, appearing to read 'Chandran A.', written over a horizontal line.

Faculty In-charge
Prof. Chandran A.

A handwritten signature in green ink, appearing to read 'H. S. S.', written over a horizontal line.

Director
RVIM