



Organized by RVIM
Common Yoga Protocol Classes
For Senior Citizens

Date: 11 th March 2024 to 06 th April 2024	Venue: RV Institute of Management
Time: 05:00 pm to 06:00 pm (Mon – Fri)	Event: Common Yoga Protocol Classes For Senior Citizens
No. of Participants: 21	Event Coordinator: Prof. Nagasubba Reddy Student Assistants: Ms. Anupama B Ms. Sahana Patil

Objectives

- To impart knowledge on guided meditation.
- To brief about all importance of meditation in life.
- To understand ways through yoga and meditation towards holistic development.

The flow of the Event

Common Yoga Protocol includes:

- Sookshma Vyayama Practices
- Yogasana
- Kriyas
- Pranayama
- Meditation

Outcome Achieved:

The "Common Yoga Protocol Classes for Senior Citizens" have empowered participants to take a proactive role in their health and well-being. Many seniors have expressed a newfound sense of confidence in their ability to manage chronic conditions, such as arthritis and hypertension, through regular yoga practice. The classes have also encouraged a more mindful approach to everyday life, fostering greater awareness of the body's needs and promoting healthier lifestyle choices. As a result, participants have not only improved their quality of life but have also inspired their peers and family members to explore yoga and other wellness activities. This ripple effect has further enhanced the overall well-being of the community, highlighting the program's positive impact beyond the individual participants.

Additionally, the program has provided a calming environment that helps reduce stress and anxiety. Socially, the classes have created a sense of community, allowing seniors to make new friends and feel more connected, reducing feelings of loneliness and isolation.

Feedback & Coordinator Comment:

The senior citizens who participated in the "Common Yoga Protocol Classes" extended their sincere gratitude to Dr. Purushottam Bung, Director of RVIM, for his outstanding leadership and instruction. Dr. Bung's expertise in yoga and his compassionate teaching approach made the classes immensely beneficial and enjoyable for all attendees. His patience and ability to customize exercises to meet their unique needs was greatly contributed to participants physical and mental well-being. Many participants reported significant improvements in flexibility, balance, and overall health, which they attributed to Dr. Bung's dedication and guidance. Moreover, his classes fostered a strong sense of community and connection among them. Participants were deeply appreciative of Dr. Bung's commitment to their well-being and look forward to continuing this rewarding journey under his guidance.

Event Coordinators**Prof. Nagasubba Reddy****Director**

Annexure 1	Brochure
Annexure 2	Brief profile of the instructor
Annexure 3	Attendees list
Annexure 4	Photo Gallery



RASHTREEYA SIKSHANA SAMITHI TRUST®

RV INSTITUTE OF MANAGEMENT

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Bengaluru, Karnataka 560 041

(Autonomous Institution Affiliated to BCU)



CERTIFICATE COURSE ON

COMMON YOGA PROTOCOL FOR SENIOR CITIZENS

**Led By Dr. Purushottam Bung**Professor and Director
Yoga Enthusiast and Practitioner**11 MARCH ,2024
TO
6 APRIL ,2024****05:00PM – 06:00PM
MONDAY THROUGH FRIDAY****Common Yoga Protocol
Includes:**

- Sookshma Vyayama Practices
- Yogasana
- Kriyas
- Pranayama
- Meditation

REGISTRATION FEES: RS. 1000 EACH**SPACES ARE FILLING UP FAST! RESERVE YOUR SPOT TODAY.**

For Any queries, please contact student coordinators

Ms. Anupama B 7338662960 Ms. Sahana Patil 9353095056

Annexure 2

Brief Profile of the Instructor

Professor and Director of RV Institute of Management, Dr. Purushottam Bung, is a distinguished academic leader with a diverse range of interests spanning strategy, entrepreneurship, innovation, and yoga. Recognized for his exceptional contributions to academia, Dr. Bung was conferred the "Best Academic Leader of the Year" award by the Bangalore Management Association (BMA) in 2022. He was elected a Fellow of the World Academy of Productivity Sciences in Beijing, China, in 2019, and he also serves as a Research Fellow at the Institute of Productivity in the UK. In addition to his academic achievements, Dr. Bung is a qualified yoga instructor and a certified Yoga Teacher and Evaluator by the Yoga Certification Board, Ministry of AYUSH, Government of India.

Annexure 3
Participant list

Participants list:

S.No	Name of the participant
1	Ashok P Bhoopalam
2	D Eshwaraiah
3	K Manohar
4	Lakshmi Kanth H
5	LakshmiKanth A
6	Lakshminarayan Reddy
7	M D Vardhamanaiah
8	N Shashidhara
9	Nandavardhaman
10	Prabha
11	R C Shantha Gupta
12	S Anjana
13	S K M Gupta
14	Shaila
15	Sham Rao
16	Shiva Kumar
17	Shrimati
18	T R Shob
19	V Narayanappa
20	Y K Sujatha
21	D H Guru

Annexure 4
Photo Gallery



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