



## Seminar Organized by RVIM

on

### Surya Namaskar Challenge for (MBA Batch 2022-24)

Date: April 12, 2023 to April 17, 2023	Venue: Quadrangle (RV Institute of Management)
Time: 07:30 am to 09:30 am	Event: Surya Namaskar Challenge for (MBA Batch 2022-24)
No. of Participants: 180	Event Coordinator: Asst. Professor Ankita Shrivastava
Section: A, B and C (MBA Batch 2022-24)	

#### Objectives

In order to enhance the appeal of yoga practice and instil a sense of enthusiasm among students to incorporate yoga into their daily routines, we organized the "Surya Namaskar Challenge - MBA (2022-24)" for our first-year students. The challenge took place from April 12, 2023, to April 17, 2023, and involved the students performing 11 rounds of Surya Namaskar within 11 minutes, encompassing 12 asanas within the Surya Namaskar sequence.

#### The flow of the Event

- A total of 42 participants registered for the challenge, undergoing a section-wise Surya Namaskar challenge. Among them, 6 girls and 6 boys were chosen to compete against each other in the final round.
- The winners from the three distinct sections, were awarded thrilling cash prizes, in addition to the opportunity to compete against each other in the final round.

#### Outcome Achieved:

In order to enhance the appeal of yoga practice and instill a sense of enthusiasm among students to incorporate yoga into their daily routines, we organized the "Surya Namaskar Challenge - MBA (2022-24)" for our first-year students. The challenge took place from April 12, 2023, to April 17, 2023, and involved the students performing 11 rounds of Surya Namaskar within 11 minutes, encompassing 12 asanas within the Surya Namaskar sequence.

The participants underwent evaluation based on various criteria, including rhythm, style, final posture in each asana, overall stamina, and time management.

A total of 42 participants registered for the challenge, undergoing a section-wise Surya Namaskar challenge. Among them, 6 girls and 6 boys were chosen to compete against each other in the final round.

The winners from the three distinct sections, were awarded thrilling cash prizes, in addition to the opportunity to compete against each other in the final round.

The winners of the Finale round, comprising one boy and one girl, were honored with the prestigious titles of Mr. Yogi and Ms. Yogi of RVIM, accompanied by enticing cash prizes.

**Feedback & Coordinator Comment:**

The activity was designed to enhance the appeal of yoga practice and instil a sense of enthusiasm among students to incorporate yoga into their daily routines

  
**Event Coordinators**

**Prof. Ankita Shrivastava**

  
**Director**



Annexure 1	Mail communication
Annexure 2	Photo Gallery

Annexure 1

Mail communications

 **RVIM MBA 2022-24**  
Aditi, Anita Mam , Ashok SIR, Chetan Sir RV, Deepika CR , Dilip Sir RV, Dr. Tamizharasi, Dr. Bung Sir RV Institute , Dr. Anupama Mam RV, Dr. Jahnvi, Dr. Padmali...

 Surya Namaskar Challenge.pdf  
62 KB, Adobe Acrobat Document

[Download](#)

**"Surya Namaskar" CHALLENGE 2023-24 (Let's Stretch & Relax).**

Register yourself and participate to give yourself a chance to win exciting prizes while attending class. - Use below link to register your name for competition.

Google Form Link- [https://docs.google.com/forms/d/e/1FAIpQLSeu8Wv5\\_gDYbNG4D4\\_A8MMYlTHVtBdcmg9xTbVS8xb0u\\_s9fA/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSeu8Wv5_gDYbNG4D4_A8MMYlTHVtBdcmg9xTbVS8xb0u_s9fA/viewform?usp=sf_link)

**FIRST ROUND** - Dates : Section A (12.04.2023), Wednesday  
Section B (13.04.2023), Thursday  
Section C (15.04.2023), Saturday

**FINALE ROUND** - Dates : All Three Sections (A+B+C) - 17.04.2023

For any query related to challenge, Please Contact:  
Student Co-ordinator : Hema 9071684021  
Manoj 8618320379  
Faculty Co-ordinator : Ankita Shrivastava 7045354073.

Thanks & Regards 14:15 ✓

**Section A - Kind Attention Section A students.**

This is to inform that Yoga Session is scheduled tomorrow for your section at usual timing i.e. 07:30 am to 09:30am.

All the participants of Surya Namaskar Challenge from Section A. Kindly be in readiness for the event tomorrow and perform your best to win exciting cash prize .

Regards 14:18 ✓

 **RVIM MBA 2022-24**  
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**Section B - Kind Attention Section B students.**

This is to inform that Yoga Session is scheduled tomorrow for your section at usual timing i.e. 07:30 am to 09:30am.

All the participants of Surya Namaskar Challenge from Section B Kindly be in readiness for the event tomorrow and perform your best to win exciting cash prize .

Further to this message.

This is to inform that tomorrow's yoga session is the usual yoga class and has to be attended by all students of Section B.

Thanks and Regards 16:04 ✓



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Section C - Kind Attention Section C students.

This is to inform that Yoga Session is scheduled on Saturday i.e. 15.04.2023 for your section at usual timing i.e. 07:30 am to 09:30am.

All the participants of Surya Namaskar Challenge from Section C, kindly be in readiness for the event on Saturday and perform your best to win exciting cash prize .

Further to this message.

This is to inform that Saturday's yoga session is the usual yoga class and has to be attended by all students of Section C

Thanks and Regards

16:15 ✓



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Kind Attention All students – Sec (A + B + C).

This is to inform that Yoga Session for all Sections (A + B + C) is scheduled on Monday i.e., 17.04.2023 at usual timing i.e., 07:30 am to 09:30 am for next week.

All the finalists of Surya Namaskar Challenge from All Sections, kindly be in readiness for the event and perform your best to win exciting cash prize.

Further to this message.

This is to inform that Monday's (17.04.2023), yoga session is the usual yoga class (combined on one day for all sections) and has to be attended by all students of all Sections (A + B + C).

Kindly be present in yoga attire (received from college), carry your yoga mats and water bottles.

**Instructions for Final Round of Surya Namaskar Challenge on Monday (17.04.2023):**

**For BOY Participants:** 11 Rounds in 11 minutes

**CONDITION:** BOY Participants should stay for 30 seconds in each asana only for the FIRST ROUND and then maintain the flow from 2nd ROUND till 11th ROUND.

**For GIRL Participants:** 11 Rounds in 11 minutes

**CONDITION:** GIRL Participants should stay for 20 seconds in each asana only for the FIRST ROUND and then maintain the flow from 2nd ROUND till 11th ROUND.

Kindly take a note.

Thanks and Regards

14:23 ✓

**Annexure 2**

**Photo Gallery**



