



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

Surya Namaskara Challenge Competition- An Experiential Learning (As part of Health and Wellness Subject)	
Date: May 14th to 17th, 2024	Venue: RVIM Seminar Hall and Quadrangle
Time: 7:30 a.m. to 10:30 a.m.	Semester & Section/: I semester (All Sections)
No. of Participant: 180	Event Coordinator: Prof. Ramya S
Objectives <ul style="list-style-type: none">▪ To help students in revitalize the body and the mind.▪ To help students in increasing body flexibility, builds muscle tone, cardiovascular health and can aid in weight loss.▪ To engage students in Healthy competition.	
About the event: Surya Namaskar Challenge <p>Surya Namaskar is an ancient form of yoga that combines 12 different poses in a sequence along with breathing and chanting mantras. It is a complete yoga practice that provides physical, mental, and spiritual benefits. Regular practice of Surya Namaskar can improve flexibility, balance, posture, and strength while also reducing stress, improving sleep, and supporting various body systems like the heart, lungs, and digestion. Performing the 12 poses in order while breathing and chanting specific mantras associated with each pose is recommended for receiving the full benefits of the sun salutation practice.</p> <p>The challenge invited participants from all 3 sections of first semester students (Batch 2023-25) to perform several rounds of surya namaskar at different time pace. A total of 38 students accepted the challenge at the main event that began at 7:30 a.m. from May 14th to 16th, 2024. In First round, students participated section-wise and a separate rounds were given for both boys and girls. One male and one female participant was selected from round one based on the jury decision and audience poll.</p> <p>Final round was conducted on May 17th, 2024. Section-wise winners participated in the final round of competition and one male and one female was declared as winners. Winners was given a title of Mr. and Ms. Yogi 2024.</p> Section-wise participants list: Section A: Male participants- Harshith G, Prajwal S Patil, Niranjan Hebbar M, Vishal Dhage, Hrisikesh Dabade and Pramath Gopal Hegde Female participants- Y Veda Reddy, Aishwarya Narayanan, Neha Chougale, Reshmi S, Sadana V, Medha B and Pooja R Belakere	

Section B:

Male participants- BN Satya Praneeth, Hrithik N, Manjunath D Neelgund, Narendra, Karthik GR, Adithya N Shetty and Lakshmi Prasad MN

Female participants- Bhargavi C, Lakshmi Muvvala, Kavya D, Namitha, Shilpa R, Saumya Sanchita and Sadwi P Shetty

Section C:

Male participants- Vinay R, Sharath Kumar s, Veeresh Gorawar, Sanjay Kumar N, Varun R and Karthik HN

Female participants- V Rashmi, Sahana Madhukar, Arpita Deshpande, Rutuja Pawar and Mamatha S

Section-wise Winners name list:

Section A- Niranjan Hebbar and Reshmi

Section B- Karthik GR and Sadwi P Shetty

Section C- Sharath Kumar S and Rutuja Pawar

Final round winners:

Mr. Yogi- Niranjan Hebbar

Ms. Yogi- Reshmi

Jury for the event:

1. Dr. Purushottam Bung, Professor and Director RVIM
2. Prof. Ramya S, Assistant Professor, RVIM
3. Ms. Deepika, Yoga Trainer
4. Mr. Manjunath N, Lab Technician
5. Mr. Manjunath L, Office Admin
6. Vinay Kumar, Yoga Volunteer
7. Bhavishya, Yoga Volunteer
8. Chintan, Yoga Volunteer
9. Anupama, Yoga Volunteer

Students poll on WhatsApp:

< 3 RVIM MBA 2023-25 Anitha Mam, Ankita Finance Department

Surya Namaskar Challenge- Final Round- Select one male participant based on your judgement

Select one or more

<input type="radio"/>	Niranjan Hebbar	59
<input type="radio"/>	Karthik GR	44
<input type="radio"/>	Sharath Kumar S	55

9:21 AM

View votes

Surya Namaskar Challenge- Final Round- Select one female participant based on your judgement

Select one or more

<input type="radio"/>	Reshmi	56
<input type="radio"/>	Sadwi P Shetty	57
<input type="radio"/>	Rutuja Pawar	57

9:22 AM

Circular copy:

RVIM MBA 2023-25 Anitha, Ankita, Anupama, Anupama, Ashick, Chethan, Jahnvi, Kiran...

You deleted this message

forms.gle
<https://forms.gle/HhpEnfMogY1Dsiam8>
<https://forms.gle/HhpEnfMogY1Dsiam8>

Dear students,
 Surya Namaskara Challenge Competition is scheduled for next week. Please refer to the PDF copy for more details and interested students are requested to fill the google form on or before Monday, 13th May 2024.
 The winners of the competition will be receiving a title- Mr or Ms. YOGI with a cash prize of Rs. 5000/- each.
 Thank you.

Surya Namaskar Challenge 2023-25
 The Surya Namaskar Challenge Competition is scheduled for next week. Please refer to the PDF copy for more details and interested students are requested to fill the google form on or before Monday, 13th May 2024.
 The winners of the competition will be receiving a title- Mr or Ms. YOGI with a cash prize of Rs. 5000/- each.
 Thank you.

Surya Namaskar Challenge- Details.pdf
 Please note the dates: Its on 14th, 15th and 16th of May.

Copy of the certificate:



Certification of Participation for all the participants of the challenge



Certificate of Excellence for all the Section-wise Winners



Certificate of Achievement for Mr. and Ms. Yogi- Final Winners of the Challenge

Outcome Achieved/ Attained:

Surya Namaskar is a holistic practice that not only aids in weight loss but also promotes physical and mental well-being. By following the simple steps and maintaining a sense of gratitude, participants can embark on a journey towards a healthier, disease-free body and a calm, relaxed mind.

Participants of the Surya Namaskar Challenge showcased a great stamina, physical fitness, and above all mental resolve and discipline.

Photo Gallery







Event Coordinator

Director