



RASHTRVEEYA SIKSHANA SAMITHI TRUST
R V INSTITUTE OF MANAGEMENT
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Bengaluru, Karnataka 560 041



Health and Wellness Program in collaboration with Ayur Yoga Life Institute

Centre for Health and Wellness of RV Institute of Management added health management courses on Yoga practice in its curriculum. The center conducts Yoga sessions for 1st semester students as part of MBA Curriculum as a 2 credit Course. Practice classes are conducted for students every week for two hours. Three batches are conducted for three days in a week. The practice sessions are scheduled between 7.30 am to 9.00am in the morning. Each of these sessions there are instructor guided sessions.

Yoga as a practice is essentially a spiritual discipline for healthy living. The word "Yoga" is derived from the Sanskrit root *yuj* meaning "to join", "to yoke" or "to unite". According to Yogic scriptures, the essential benefits of practicing Yoga leads to the union of individual consciousness with universal consciousness. According to modern scientists, everything in the universe is just a manifestation of the same quantum firmament science which focuses on bringing harmony between mind and body

Objective of the Program:

1. Help the students get a holistic view of the yogic way of living, per our scriptures.
2. Instil our young minds with the awareness & benefits of a strong mind and body.
3. Promote focus on understanding the scientific knowledge for enhanced benefits behind the healthy living.

Actual Practice:

All first year MBA students attend and participate in 2-hour yoga session every week under professional guidance.

These sessions include:

- Practice of common Yoga protocol (Sookshma Vyayama, Yogasanas, Kriyas, Pranayam and Meditation) developed by Ministry of Ayush.
- Imparting knowledge on Yogic Diet and First-Aid.
- Dos and Don'ts in yogic way of living.
- Importance of Sports in overall wellbeing.
- Demonstration by the students.

Evaluation plan for the Course:

For each student grades are given on two aspects - practical viva on the asana learnt and demonstration of the asanas by the students.

Evidence of Success: Academic Student Feedback: Faculty Feedback – Yoga, student can be healthy in body and mind and, consequently, excel in his/her academics.

1. Improved Physical and Mental Health and brain development

Researches reveal that Yoga is a highly recommended approach for achieving optimal physical health. Yoga improves the production of FNDC5 proteins and releases it to the bloodstream. This type of protein facilitates existing brain cells to continuously reproduce

2. Enhanced Memory and Better Concentration

The protein that our body generates during Yoga responds well with the region in the brain that is responsible for memory retention. According to studies, a 20 minutes Yoga before studying can enhance concentration. Intense Yoga encourages better circulation of the blood from our body to the brain.

3. Reduced Eye Strain and Headaches and stress

Yoga allows to take eyes off the books/laptops. Thus, eyes are relaxed for some times. A long duration study causes headache. Thus, Yoga helps in reducing headache.

4. Increased Motivation and Productivity and better sleep

Yoga, as a form of study break for students, is found very helping in enhancing the motivation and productivity levels. Lack of sleep quality can be associated with Hypertension, low academic performance, obesity, and depression, among other health conditions causes lack of sleep quality.

Photo of the Yoga Session

DATE: 1/2/2022

DAY: Tuesday

SEC: A, B, C



DATE: 3/2/2022

DAY: Wednesday

SEC: A



DATE: 23/2/2022

DAY: Wednesday

SEC: B



DATE: 28/2/2022

DAY: Monday

SEC: C



DATE: 9/3/2022

DAY: Wednesday

SEC: A



DATE: 2/3/2022

DAY: Wednesday

SEC: B



DATE: 4/3/2022

DAY: Friday

SEC: C



DATE: 21/3/2022

DAY: Monday

SEC: A



DATE: 11/3/2022

DAY: Friday

SEC: C



DATE: 10/3/2022

DAY: Thursday

SEC: B



DATE: 28/3/2022

DAY: Monday

SEC: A



DATE: 30/3/2022

DAY: Wednesday

SEC: B



DATE: 8/4/2022

DAY: Friday

SEC: C



DATE: 4/4/2022

DAY: Monday

SEC: A



DATE: 5/4/2022

DAY: Tuesday

SEC: B



DATE: 12/4/2022

DAY: Tuesday

SEC: C



DATE: 19/4/2022

DAY: Tuesday

SEC: A



DATE: 11/4/2022

DAY: Monday

SEC: B



DATE: 22/4/2022

DAY: Friday

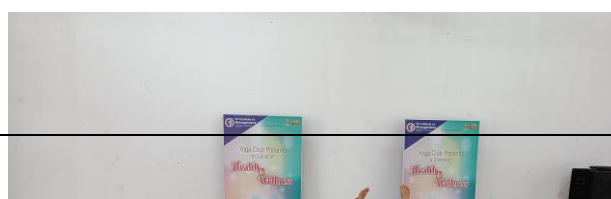
SEC: C



DATE: 10/5/2022

DAY: Tuesday

SEC: A



DATE: 12/5/2022

DAY: Thursday

SEC: B



DATE: 13/5/2022

DAY: Friday

SEC: C



Sd/-



Dr.Purushottam Bung
Professor & Director