



2/10/2021



RVIM

AICTE FIT INDIA YOGA CHALLENGE



R.V. Institute of Management

Bangalore

Organized by RVIM Centre for Wellness

For Students, Staff and Public

Category –Institutional Participation | Online and Offline



On the auspicious occasion of the Gandhi Jayanthi,

Rotary Club of Bengaluru Jayanagar & R.V.Institute of Management are hosting a webinar as a part of AICTE Fit India Challenge at 4.00 pm.

Online Registration Link https://us06web.zoom.us/webinar/register/WN_1RQ5SbNLRcGXTy-wlQuiog

Webinar on
**Achieving Harmony and
Peace through Yoga**
- A Yogi's Perspective -

INVITATIONS TO GENERAL PUBLIC THROUGH WHATSAPP AND SOCIAL MEDIA

YOU'RE INVITED TO A PREPARATION OF
DIET YOGA CHART

To Keep Yourself Fit & Healthy
Just 20+20 minutes on October 2,2021 at 4.00 pm
To Register for Webinar

LINK: https://us06web.zoom.us/webinar/register/WN_1RQ5SbNLRcGXTy-wlQuiog
Or WhatsApp Your Name, Place, & E Mail ID to 7019987266

AICTE Fit India Challenge at RVIM
You are invited for a session on
Achieving Harmony and Peace through Yoga - A Yogis Perspective
By HE Dr. H R Nagendra, Chancellor, SVYASA

Certificate & Diet Chart issued Free for all Participants
RVIM Yoga Club

Webinar on
**Achieving Harmony and
Peace through Yoga**
- A Yogi's Perspective -

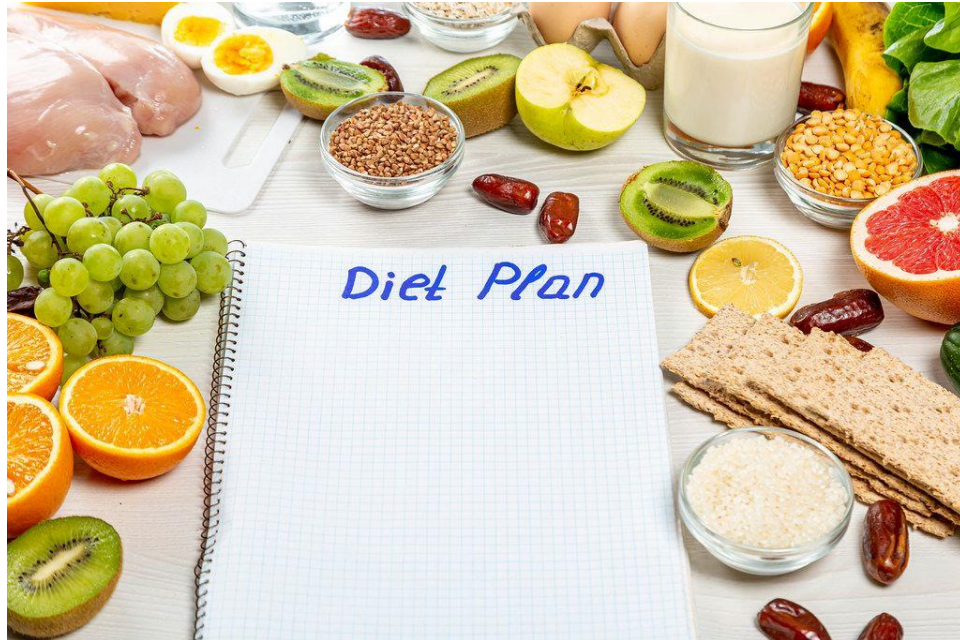


Speaker
Dr. H R Nagendra
Chancellor, S-VYASA
Date: 2nd October

Poster for the Programme

Promotional Materials Shared through Social Media

These information and content links were posted in the social media and Whatsapp network for encouraging wide participation.



Diet Chart is essential to plan our food intake. No matter generally we follow our tongue. Yes, we always eat what is tasty and not what is healthy. So, for a good health a balanced diet is essential. Dr. Abhignya, BAMS, MD - Ayurveda Practitioner shall prepare a diet chart for all participants. The chart shall be accessible for all attendees on the day. If not registered then please register your participation by using the link https://us06web.zoom.us/webinar/register/WN_1RQ5SbNLRcGXTy-wlOuiog

Programme Support

Webinar Host: Rotary Club of Bengaluru Jayanagar

AICTE Fit India Challenge Host: RVIM Yoga Club



Rotary Club Bangalore, Jayanagar
in collaboration with
RV Institute of Management



Presenting a Webinar on
ACHIEVING HARMONY AND PEACE THROUGH YOGA
 ——— Δ YOGI'S PERSPECTIVE ———



Resource Person:
 Dr. HR Nagendra
 Chancellor,
 SVYASA University

On 2nd October, 2021
 @ 4:00 p.m.



REGISTER IN ADVANCE FOR THIS WEBINAR:
[HTTPS://US06WEB.ZOOM.US/WEBINAR/REGISTER/WN_1RQ5SBNLRCGXY-W10010G](https://us06web.zoom.us/join/register?wn_1rq5sbnlrcgxy-w10010g)

Brought to you by





AICTE's FIT India Challenge is one of the initiative supporting Government FIT India Movement. In order to foster and inculcate the habit of physical fitness, Hon'ble Chairman & Vice Chairman, AICTE on the occasion of 7th international Yoga day have decided to recognize and honor such faculty and students of AICTE approved institutions as well as AICTE officials through AICTE FIT INDIA CHALLENGE.

Objectives

1. Promoting healthy and sustainable policies and planning throughout the Higher Educational Institutions
2. Providing healthy working environments
3. Offering healthy and supportive social environments

Category-3

- Institutional Award, No. of awards-100
- Challenge- Continuous 1 min
Kapalbhati+Bhastrika+Bhramari+ 1 min
Anulom Vilom+ 1 min Agnisar+Ujjai in 4.5
min video (mandatorily 1 min breath stop).
Proof of gathering (not less than 1000 in
number) performing pranayam.

The Challenge has 3 Categories Namely Category 1- for Individual-Faculty, Category 2- for Students and Category 3 – for Institutions

RVIM Participated in Category 1 and Category 3 and Students were informed to participate in Category under individual students from their home or yoga centres.

Category 3

Asanas to be performed under this category were Kapapabathi, Bhastrika, Bhramari, Anuloma Viloma, Agnisar and Ujjai

HOME INTRO GOAL VIDEOS REGISTER CONTACT

Prof. Rajive Kumar
Member Secretary, AICTE

KAPALBHATI PRANAYAMA
SKULL SHINKING BREATH

BHASTRIKA PRANAYAMA
THE BELLOWS BREATH

BHRAMARI PRANAYAMA
THE HUMMING BEE BREATH

ANULOM VILOM PRANAYAMA
ALTERNATE NOSTRIL BREATHING

AGNISAR
KRIYA

UJJAYI PRANAYAMA
THE PSYCHIC BREATH

Link : <https://drive.aicte-india.org/yoga/>

RVIM organized a Key note address and Yoga practice session for the mass participation. Students ,Staff and Public participated ONLINE /Offline based on their convenience by following all Covid 19 prevention protocols.

Dr. H R Nagendra, Chancellor, SVYASA University addressed the participants on the topic 'Achieving Harmony and Peace through Yoga, A Yogi's Perspective'.

Dr.Purushottam Bung, Director, RVIM, Yoga Enthusiast and Practitioner led the mass practice session.

Dr. Madhurani Gowda, President, Rotary Club Bangalore, Jayanagar anchored the inaugural session and Chandran .A, Coordinator, RVIM Centre for Wellness coordinated during the online interactions.

The programme was more focused to reach the message of Yoga and Peace in Yogi's life and to explain the benefits of various asanas in a simple understandable language and vocabulary. Around 500 participants were reached through online participation and around 500 through Social media links for event participation/viewing. A WhatsApp group was created to reach the participants for FAQs and sharing of resources.

PARTICIPATION

Meeting ID	Topic	Start Time	End Time	User Email	Duration	Participants
82701040473	Achieving Harm	2/10/2021 15:46	2/10/2021 17:48	director.r	122	213
Name (Original Name)	User Email	Join Time	Leave Time	Duration (Guest)	Recording	Consent
Hp Notepad	annella.dsouza@	2/10/2021 17:06	2/10/2021 17:10	5 Yes		
Director RVIM	director.rvim@r	2/10/2021 15:46	2/10/2021 17:48	122 No		
Mrs Durgesh Priyank Sharma	durgeshsharma1	2/10/2021 15:47	2/10/2021 15:55	8 Yes		
Chandran A	chandrana.rvim@	2/10/2021 15:47	2/10/2021 17:48	122 Yes		
Ramya S	ramyas.rvim@rv	2/10/2021 15:48	2/10/2021 17:48	121 Yes		
Vamsi Krishna	vamsikrishna.rvi	2/10/2021 15:51	2/10/2021 15:56	5 Yes		
Sumathi Gowda	sumathisgowda;	2/10/2021 15:52	2/10/2021 15:57	6 Yes		
Sowmya D S	sowmyads.rvimi	2/10/2021 15:53	2/10/2021 16:44	52 Yes		
Sridhara H R	sridharahr.rvim@	2/10/2021 15:53	2/10/2021 16:03	11 Yes		
Manjunath N	manjunathn.rvir	2/10/2021 15:53	2/10/2021 17:48	116 Yes		
Suma Sheshadri	mnsuna19@gm	2/10/2021 15:54	2/10/2021 16:22	29 Yes		
Kavya Shree r	ks7980090@gma	2/10/2021 15:54	2/10/2021 16:17	23 Yes		
Pooja Takalkar	poojat.rvim@rv	2/10/2021 15:54	2/10/2021 15:54	1 Yes		
Pavithra S T	pavithrast.rvim@	2/10/2021 15:54	2/10/2021 17:48	115 Yes		
Anitha Dsilva	anithadsilva.rvir	2/10/2021 15:54	2/10/2021 17:17	84 Yes		
Reconnecting.....	sathyaranayana	2/10/2021 15:54	2/10/2021 16:19	25 Yes		
shiva kumar	shivakumar.rvir	2/10/2021 15:54	2/10/2021 15:56	2 Yes		
Mrs Durgesh Priyank Sharma	durgeshsharma1	2/10/2021 15:55	2/10/2021 17:48	114 Yes		
Vamsi Krishna	vamsikrishna.rvi	2/10/2021 15:56	2/10/2021 16:06	10 Yes		
shiva kumar	shivakumar.rvir	2/10/2021 15:56	2/10/2021 15:58	2 Yes		
Monalisa Fule	monalisafule@g	2/10/2021 15:57	2/10/2021 16:23	27 Yes		
Sumathi Gowda	sumathisgowda;	2/10/2021 15:57	2/10/2021 16:10	13 Yes		
GV RAO	jeevirao1961@g	2/10/2021 15:58	2/10/2021 17:48	111 Yes		
T H V Tharaga	tharaga2510@gn	2/10/2021 15:58	2/10/2021 16:16	19 Yes		
Kabra Radhika	radhikavkabra@	2/10/2021 15:58	2/10/2021 16:07	9 Yes		
Chaithanya B. K	chaithanyabk4@	2/10/2021 15:59	2/10/2021 16:31	32 Yes	Y	
Keerthana S	diyak1199@gma	2/10/2021 16:00	2/10/2021 16:07	8 Yes		
Afeefah Bakhtar Majumdar	afeefahbmajum	2/10/2021 16:00	2/10/2021 17:48	109 Yes		
Muzammil Rihan (Sec C)	muzz007shaik@	2/10/2021 16:00	2/10/2021 16:01	1 Yes		
Shreya Shankar	shrafrox@gmail.	2/10/2021 16:00	2/10/2021 16:01	1 Yes		
gagan m	m.gagan20040@	2/10/2021 16:01	2/10/2021 17:48	108 Yes		
Mayur N	mayurnagaraja7	2/10/2021 16:01	2/10/2021 17:47	107 Yes		
Pushpa Pranitha T	pranithataminid	2/10/2021 16:01	2/10/2021 16:16	16 Yes		
drmadhurani gowda	drmadhurani.gow	2/10/2021 16:01	2/10/2021 17:48	108 Yes	Y	
Arun Bhagra	arun1810@gmai	2/10/2021 16:01	2/10/2021 16:35	35 Yes		
Karuna Divate	karundivate@gm	2/10/2021 16:01	2/10/2021 17:41	100 Yes		
Prashanth kumar	prashanthup17@	2/10/2021 16:02	2/10/2021 17:42	101 Yes		
jagrity jagrity	jagrity.kumari13	2/10/2021 16:02	2/10/2021 17:48	107 Yes		
M Janani Priya	mjananipriya251	2/10/2021 16:03	2/10/2021 17:34	92 Yes		
Venkatesan Ramakrishnan	ramkyenki22@	2/10/2021 16:03	2/10/2021 17:48	106 Yes		
Kalpathy Eswaran	kalpathy.eswara	2/10/2021 16:03	2/10/2021 17:47	105 Yes	Y	
Sparsha	sparsashrinivasa	2/10/2021 16:03	2/10/2021 17:48	106 Yes		
Triveni Kulkarni	trivenikulkarni5	2/10/2021 16:03	2/10/2021 17:48	106 Yes		
varsha biradar	pochubiradar12@	2/10/2021 16:03	2/10/2021 17:48	106 Yes		
Chandran A	chandrana.rvim@	2/10/2021 16:03	2/10/2021 17:48	105 Yes		
Sridhara H R	sridharahr.rvim@	2/10/2021 16:04	2/10/2021 16:48	45 Yes		
Mahesh S	rvim20mba134.r	2/10/2021 16:04	2/10/2021 16:08	5 Yes		
Suhas M	suhasm200@gm	2/10/2021 16:04	2/10/2021 16:07	4 Yes		
Deepika Shivshankar	deepikashivshar	2/10/2021 16:04	2/10/2021 16:06	2 Yes		
Nandakishore M	nk.m@hotmail.c	2/10/2021 16:05	2/10/2021 16:24	19 Yes	Y	
MOHAMMED BILAL M	mohammedbilal	2/10/2021 16:05	2/10/2021 16:07	2 Yes		
rajanna sc	rajannasc.rvim@	2/10/2021 16:05	2/10/2021 16:07	2 Yes		
Divesh .	diveshdp8@gmi	2/10/2021 16:05	2/10/2021 16:06	1 Yes		
Shreyas Sankaye 8 B	shantharangasw	2/10/2021 16:05	2/10/2021 17:08	63 Yes		

Extract from Online Participation List and Attendance Registrations

Due to Covid 19 public gathering restrictions and lockdown the participation in Online was preferred by most participants and few organizing team members and public were in the campus. The Big Screen was deployed for wider coverage.

WhatsApp Communication

International Day of Yoga
Adarsha, Anusha, AO, apoorva, Ashok, Director, Library, Manju, Martha, Padmalini, Pro, Reddy...

When: Oct 2, 2021 04:00 PM India
Topic: Achieving Harmony and Peace through Yoga - A Yogis Perspective

Register in advance for this webinar:
https://us06web.zoom.us/webinar/register/WN_1RQ5SbNLRcGXTy-wlOuiog

After registering, you will receive a confirmation email containing information about joining the webinar.

Webinar Speakers

Dr. HR Nagendra (Chancellor @SVYASA)
H. R. Nagendra is an Indian mechanical engineer, Yoga therapist, academic, writer and the founder vice chancellor of Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), a deemed university located in Bengaluru. ... He has authored 35 books and over 100 research papers on Yoga. Known for: Yoga; Swami Vivekananda Yoga A...

International Day of Yoga
Adarsha, Anusha, AO, apoorva, Ashok, Director, Library, Manju, Martha, Padmalini, Pro, Reddy...

Dear all, Greetings from RVIM!

On the auspicious occasion of Gandhi Jayanti, We in collaboration with Rotary Club, Jayanagar - Bangalore are organizing a webinar on 'Achieving Harmony and Peace through Yoga - A Yogi's Perspective' where-in HE Dr. H R Nagendra, the Chancellor of S-VYASA (a deemed to be University) will share his perspective.

Register in advance for this webinar using this link:
https://us06web.zoom.us/webinar/register/WN_1RQ5SbNLRcGXTy-wlOuiog

We will also be participating in Fit India Movement through this event where-in we all will collectively practice Kriyas- Pranayamas- Meditation.

Time: 4:00 to 5:30 PM
Date: 2nd October, 2021
Mode: Online on Zoom or Offline at our campus

Pl share it to all your friends and colleagues and also acro... [Read more](#)

The WhatsApp Group was reached with Invitation Posters and FAQs

Facebook Live Images

The screenshot shows the Facebook page for RV Institute of Management. The page header includes the name 'RV Institute of Management' and navigation buttons for 'Contact Us', 'Like', and 'Message'. A live video player is active, showing a group of graduates in red and yellow gowns. The video title is 'The graduation ceremony for the 20th a...' and it has 214 views from 4 days ago. A 'Page transparency' box is visible on the left, stating the page was created on March 17, 2018. A notification indicates that the page was live on October 2.

Dr.Purushottam Bung, Director leading the session- -Pranayama

This screenshot shows the same Facebook page for RV Institute of Management, but with a different live video. The video features Dr. H R Nagendra, Chancellor of SVYASA University, speaking to participants. The video title is 'Dr. H R Nagendra, Chancellor, SVYASA will share his perspective and address all Yoga Participants from School, Colleges, Yoga Clubs World Over and Rotarians on October 2, 2021 from 4.00 pm to 5.00 pm on 'Achieving Harmony and Peace through Yoga - A Yogi's perspective''. The video player shows a progress bar at 24:02 / 1:23:03. The page layout and navigation elements are consistent with the previous screenshot.

Dr. H R Nagendra, Chancellor, SVYASA University addressed the participants on the topic 'Achieving Harmony and Peace through Yoga, A Yogi's Perspective'.

facebook.com/rvimEdu/

RV Institute of Management

Contact Us Like Message

View 4 more comments

RV Institute of Management was live. October 2 ·

Dr. H R Nagendra, Chancellor, SVYASA will share his perspective and address all Yoga Participants from School, Colleges, Yoga Clubs World Over and Rotarians on October 2, 2021 from 4.00 pm to 5.00 pm on 'Achieving Harmony and Peace through Yoga - A Yogi's perspective'

The graduation ceremony for the 20th a...
Shiva Kumar, Kumar Nayaka and 24 others
214 views · 4 days ago

Page transparency
Facebook is showing information to help you better understand the purpose of a Page. See actions taken by the people who manage and post content.
Page created - March 17, 2018

Type here to search

5:27 AM 12/21/2021

Dr. Madhurani Gowda, President, Rotary Club Jayanagar addressing during inaugural session

E Mail Communications

Gmail fit india challenge

Active

Enter your search term

9 of many

----- Forwarded message -----
From: r v <rv@rvml.edu.in>
Date: Tue, 23 Nov 2021 at 09:30
Subject: Fwd: Regarding AICTE FIT INDIA CHALLENGE
To: alampalli murthy <alampalli.murthy@gmail.com>, Devatha Nagaraj <devatha.nagaraj@gmail.com>, Principal RVCE <principal@rvce.edu.in>, Principal RVITM <principal.rvitm@rvei.edu.in>, <director.rvim@rvei.edu.in>

----- Forwarded message -----
From: no-reply <admin@aicte-india.org>
Date: Mon, 22 Nov 2021 at 20:04
Subject: Regarding AICTE FIT INDIA CHALLENGE
To: <rv@rvml.edu.in>

Dear Directors/Principals of AICTE Approved Institutions,

All India Council for Technical Education (AICTE) has announced "AICTE FIT INDIA CHALLENGE" on the occasion of Independence Day i.e. 15th August, 2021 for the Faculty/Students of AICTE approved institutions.

AICTE has developed a web portal for registration of participants with detailed guide link i.e. <https://drive.aicte-india.org/yoga/> pertains to AICTE FIT India Challenge and it is live up to 5th December 2021. We would like to inform you that in the revised guidelines the student, faculty and institution can register themselves directly at separate link provided and relaxation has also been given in eligibility of each categories as follows;

1) Category-I (Individual Award, No. of Awards-100)
Challenge-Shirshasana (compulsory of 60 seconds) + any 3 asana of 90 seconds (Marichyasana, Ushtrasana, Paschimottanasana, Hanumanasana, Bhunamanasana)

Eligibility- All faculty members of the institutions
For AICTE Approved Institutions, CIO, CCOs & Director & Equivalent Design AICTE (excluding approved)


mail.google.com/mail/u/0/?tab=rm&ogbl#search/fit+india+challenge/FMfcgzGikFrjNrbVzbCHRgdzVvVsgvrP

fit india challenge

Enter your search term

Your participant has joined your meeting - ARRANGEMENTS for -Fit India Challenge and Webinar on Yoga by Hon. Chancellor ,S-VYASA

Zoom <no-reply@zoom.us> to me Sat, 2 Oct, 10:51



Hi Chandran A,

Your participants have joined your meeting:

Topic **ARRANGEMENTS for -Fit India Challenge and Webinar on Yoga by Hon. Chancellor ,S-VYASA**

Meeting ID 973 7296 7503

Time Oct 1, 2021 02:30 PM India

[Start Meeting](#)

Thank you for choosing Zoom.
-The Zoom Team

Online Joining Record

mail.google.com/mail/u/0/?tab=rm&ogbl#search/fit+india+challenge/FFNDWMQXQsnRXIVxhKWccNHcMpfXPFTk

fit india challenge

Enter your search term

Chandran A <chandrana.rvim@rvei.edu.in> to chairman, Itipc, Director, contact.rvim Fri, 1 Oct, 01:54

To
The Chairman
AICTE
New Delhi

Copy to: Dr.Purushottam Bung , Director,RVIM for Progress Update

Hon'ble Sir

We are delighted to inform you that R.V.Institute of Management ,Bengaluru is organising the Category 3 AICTE **Fit India Challenge** on October 2 at 4 pm Online and In Campus by following Covid Prevention Guidelines & Protocol.

We look forward to a huge participation. On the day HE Dr. H R Nagendra, The Chancellor of S-VYASA shall give wisdom tips on 'Achieving Harmony and Peace through Yoga - A Yogi's Perspective'. From 4.35pm to 5.15pm with few Q&A

The AICTE **Challenge Hum Fit Toh India Fit** , shall be led by Dr.Purushottam Bung, Director,RVIM .A yoga enthusiast. From 4.00 pm to 4.30 pm

We are working in a team and the programme is supported by Rotary Club Jayanagar.

All participants shall be provided with a Diet Chart prepared by Dr. Abhignya, BAMS, MD - Ayurveda Practitioner.

We request you to Grace the Occasion and the Zoom Link FOR GUEST TO GRACE THE OCCASION shall be sent to Mail Id chairman@aicte-india.org

Myself A.Chandran is the Coordinator for this **Challenge** and Welcome you Sir

Thanking you
Yours faithfully

A. Chandran
Assistant Professor

Formal Invitation to AICTE

Authorization Letter for Submission of Report to AICTE Fit India Challenge



RV Institute of Management[®]
Affiliated to Bengaluru Central University | Approved by AICTE. NAAC 'A+' Accredited



Dr. Purushottam Bung
B.E., PGDM (Aust), MBA (Aust), Ph.D, D.Lit
Professor & Director
e-mail : director.rvim@rvei.edu.in
Alternate e-mail : bunguas@gmail.com

Ref: No.251/RVIM/MBA/2021-22

November 19, 2021

To:

AICTE Fit India Challenge
AICTE
Nelson Mandela Marg
New Delhi 110070


Sir,

I am pleased to inform that RVIM has organized Yoga performance under Category I/II/III with photographs /Videos/Report for participating in the AICTE Fit India Challenge.

Mr.Chandran A, Assistant Professor and Coordinator, Centre for Wellness, shall coordinate to submit it in the AICTE portal within the last date of registration, December 5, 2021 with e- mail id: chandran.rvim@rvei.edu.in .

Thanking you

Regards



Dr. Purushottam Bung
Professor & Director

CA-17, 36th Cross, 26th Main, 4th T Block
Jayanagar Bangalore - 560041

Tel. 080 26547048, 42540300
Fax, 080 26654920

e-mail : contact.rvim@rvei.edu.in
Website : www.rvim.edu.in

Go, change the world