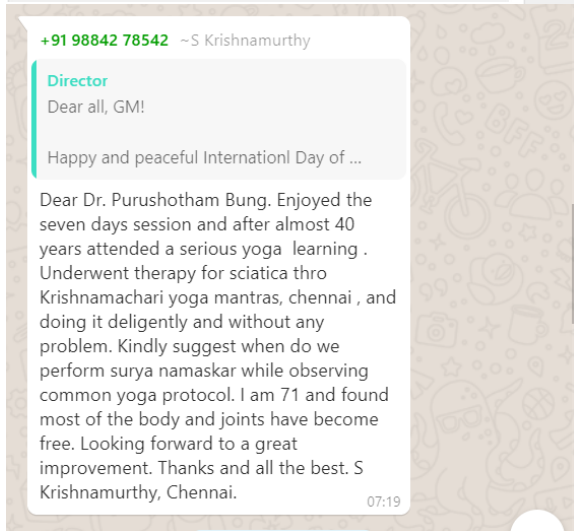
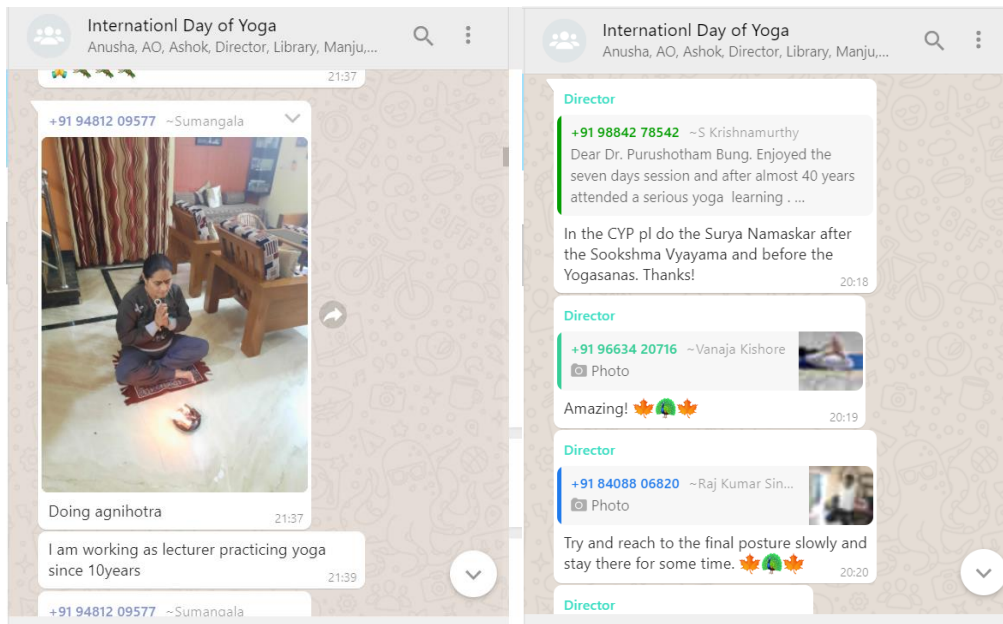


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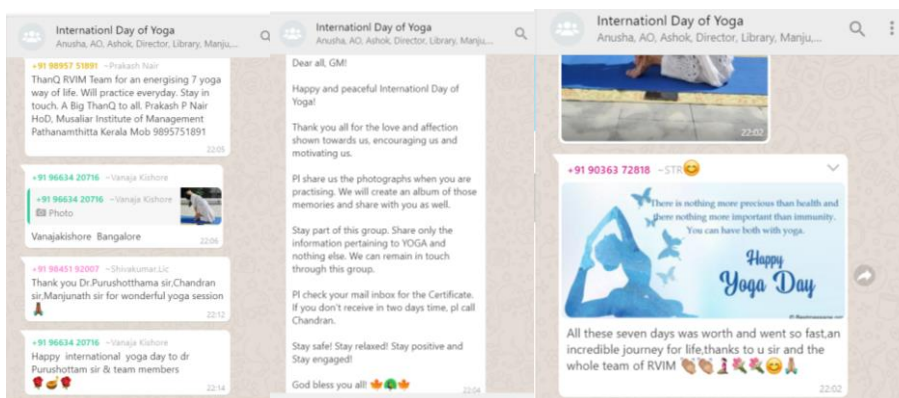
# International Day of Yoga 2021

Action Taken Report Submitted to AICTE as per E Mail instructions

RVIM YOGA CLUB  
6/21/2021



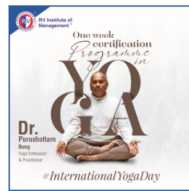
## Greetings



## Few WhatsApp Communications Recorded

R.V. Institute of Management celebrated 7th *International Day of Yoga* on June 21, 2021 on the theme 'Be with Yoga Be at Home'. Participation from Staff, Students and Public was encouraging on all days of weeklong celebrations marked with Certification programme from June 15-21, 2021. Dr. Purushottam Bung, Director, guided the sessions. The celebrations witnessed 540 and above registration from Staff, Students and Public. The average daily attendance was 240 and certificates awarded to 350 participants. The International Day of Yoga aims to raise awareness worldwide of many benefits of practicing yoga.


## CERTIFICATION PROGRAMME INVITATION



|             |  |
|-------------|--|
| Topic       | RVIM One Week Certification Program on Common Yoga Protocol developed by Ministry of Ayush   |
| Description | RVIM is organizing a seven day (15-21 June, 2021) Certification Program on Common Yoga Protocol developed by Morarji Desai National Institute of Yoga (MDNIY) under the Ministry of Ayush, as part of 'RVIM International Day of Yoga Celebrations 2021'.<br><br>Theme for this year is: "Be with Yoga, Be at Home".<br><br>All are requested to join from home with your family members and get benefitted. |

## IDY PROGRAMME INVITATION

International Day of Yoga  
Anusha, AO, Ashok, Director, Library, Manju, Martha, Padmalini, Pro, Reddy, Sa



Welcome! You are invited to join a webinar: RVIM One Week Certification Program on Common Yoga Protocol developed by Ministry of Ayush. After registering, you zoom.us

Dear all, Greetings from RVIM!

Like every year, this year also YOGA CLUB of RVIM is celebrating International Yoga Day tomorrow, i.e. 21.06.2021 from 7-9 AM. We will be practising Common Yoga Protocol developed scientifically by Ministry of Ayush.

Register in advance for this webinar:  
[https://zoom.us/webinar/register/WN\\_t18lxtGTB-Dj6qYAldStg](https://zoom.us/webinar/register/WN_t18lxtGTB-Dj6qYAldStg)

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

Get ready for the exhilaration of celebrating International Yoga Day with appropriate knowledge of Yoga and its importance in physical, mental, social and spiritual well-being and earn certificate as well.

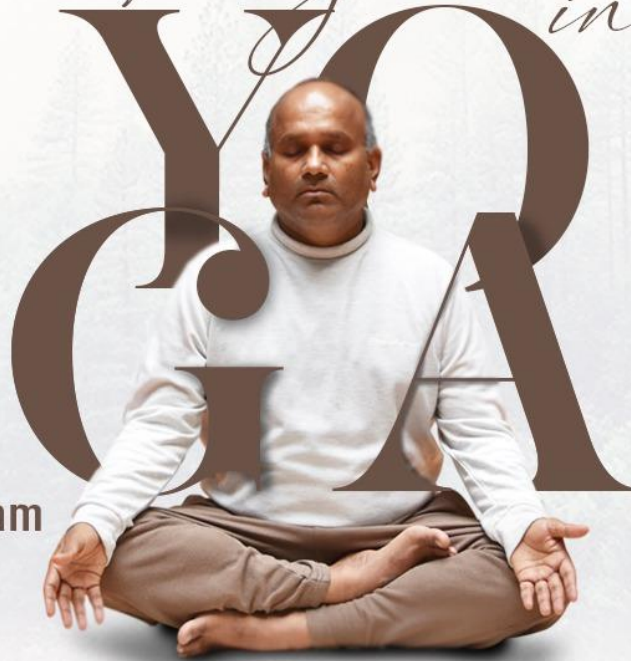
Limited seats! No registration fees! FCFS! Request you all to propogate it amongst your network for the... [Read more](#)

02:13



RV Institute of Management®

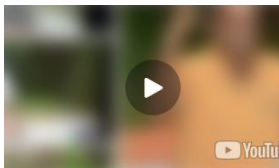
One week  
certification  
*Programme*  
in



**Dr.**  
**Purushottam**  
**Bung**  
Yoga Enthusiast  
& Practitioner

*#InternationalYogaDay*

Invitation Poster




One Week Certification Program on  
International Yoga Day 2021 at RVIM  
Certification Program on Common Yoga Protoc  
youtube.com

<https://youtu.be/xKNwG4Qf7ZY>

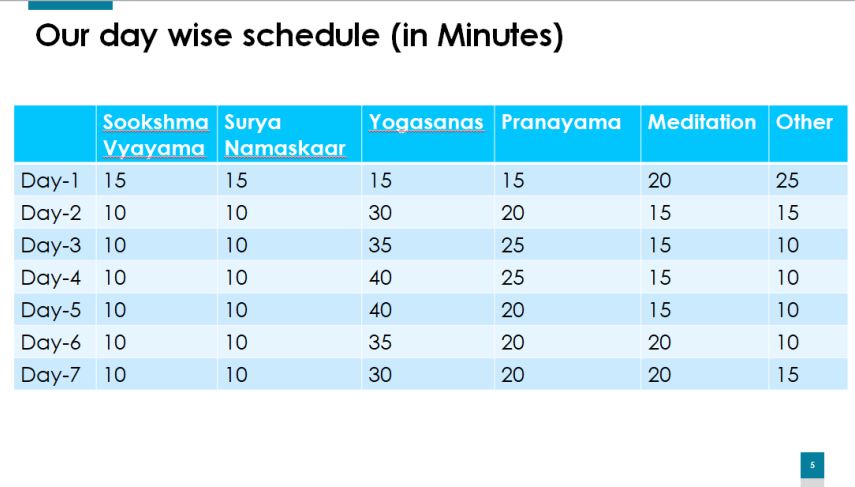
VIDEO LINK OF ONE WEEK PROGRAMME <https://youtu.be/xKNwG4Qf7ZY>

## Presentation Slides



**Yoga – The philosophy and the Practice**

Dr. Purushottam Bung  
Professor and Director, RVIM, Bangalore



**Our day wise schedule (in Minutes)**

|       | Sookshma Vyayama | Surya Namaskaar | Yogasanas | Pranayama | Meditation | Other |
|-------|------------------|-----------------|-----------|-----------|------------|-------|
| Day-1 | 15               | 15              | 15        | 15        | 20         | 25    |
| Day-2 | 10               | 10              | 30        | 20        | 15         | 15    |
| Day-3 | 10               | 10              | 35        | 25        | 15         | 10    |
| Day-4 | 10               | 10              | 40        | 25        | 15         | 10    |
| Day-5 | 10               | 10              | 40        | 20        | 15         | 10    |
| Day-6 | 10               | 10              | 35        | 20        | 20         | 10    |
| Day-7 | 10               | 10              | 30        | 20        | 20         | 15    |



**Contact**

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[bunguas@gmail.com](mailto:bunguas@gmail.com)

**MOB: ++91-7411339344**



## ZOOM WEBINAR MODE AND FACEBOOK LIVE

The screenshot displays a Zoom webinar interface. At the top, it indicates 'Recording LIVE on Facebook' and 'You are viewing Director RVIM's screen'. The main content is a slide titled 'Ashtanga Yoga' with a blue inverted triangle background. The slide lists the following components from top to bottom:

- Yama:** Ahimsa-Satya-Astheya-Brahmacharya-Aparigraha
- Niyama:** Shouch-Santosh-Tapah-Swadhyaya-Esha Pranidhana
- Asana:** Physical Postures
- Pranayam:** Breathing Exercises
- Pratyahar:** Focusing inwards
- Dharana:** Concentration
- Dhyaan:** Meditation
- Samaadhi**

To the right of the slide is a vertical gallery of video feeds for participants, including Director RVIM, Kusum Anand, Krishnamurthy S, Tirupathi Ranganath..., and RAJANNA K C. The Zoom control bar at the bottom shows 175 participants, options for Unmute, Start Video, Q&A, Polls, Chat, Share (Alt+S), Record, and Leave.

## Photo gallery



Certificate Distribution



**Student Practicing from Home during the certification programme**





Mass Practice

Guided by  
Director, RVIM



Online  
interaction  
from Campus



Mass Practice  
in Campus on  
June 21

## Public Participants



## CERTIFICATION PROGRAMME JUNE 15-21, 2021

**"RVIM One Week Certification Program on Common Yoga Protocol developed by Ministry of Ayush from 15th June to 21st June 2021"**

**Please find your participation certificate in the following Google drive link**

<https://drive.google.com/drive/folders/1wYIPaDWXo6GYtlvZx53lpo-VnKKmoSAO?usp=sharing>

### VIDEO LINK OF 7 DAYS PROGRAMME

Day 1 <https://youtu.be/PiPUkFMJ550>

Day 2 <https://youtu.be/APDITbHRkZk>

Day 3 <https://youtu.be/rSaEPIOhc0s>

Day 4 <https://youtu.be/xJpF4WGZSFI>

Day 5 <https://youtu.be/vThII5PSG6g>

Day 6 <https://youtu.be/IZzPzejc-w0>

Day 7 <https://youtu.be/VfqM-9GCrks>

### Report Prepared by

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Coordinator RVIM Centre for Wellness  
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END OF REPORT