



International Yoga Day -2023 Celebration
Organized
by
RV Institute of Management

Date: 21 st June 2023	Venue: Quadrangle (RV Institute of Management)
Time: 08.30 am to 09.30 am	Event : International Yoga Day -2023
No. of Participants: All Staff Members & Swakruta Trust Participants.	Event Coordinator: Asst. Professor Ankita Shrivastava

Objectives

- To promote holistic well-being through the practice of yoga.
- To reduce stress and enhance mental clarity among participants.
- To foster unity and inclusivity within the campus community.
- To inspire the incorporation of yoga into daily routines for long-term benefits

The flow of the Event

- The event commenced with a warm welcome and introduction of the resource persons.
- Participants engaged in an energizing warm-up session to prepare for yoga asanas.
- A guided series of yoga postures and breathing exercises were conducted.
- The session concluded with chanting mantras and a reflective relaxation practice.

Outcome Achieved:

The International Yoga Day celebration at RV Institute of Management successfully enhanced participants' awareness of the importance of holistic well-being. Faculty and staff members experienced the benefits of yoga firsthand, including improved physical flexibility, mental clarity, and emotional balance.

The session cultivated mindfulness and self-awareness through focused breathing techniques and mindful movements. Participants felt a noticeable reduction in stress levels, enabling them to approach their academic and professional responsibilities with renewed energy and motivation.

The event fostered a sense of unity and collaboration among individuals from diverse backgrounds. By engaging in the shared practice of yoga, the participants strengthened their bonds, promoting inclusivity and a harmonious campus environment.

Additionally, the celebration inspired many attendees to incorporate yoga into their daily routines. This commitment to ongoing practice is expected to lead to long-term benefits, including better concentration, enhanced productivity, and a positive outlook on life.

Feedback & Coordinator Comment:

The International Yoga Day celebration was a truly enriching experience, fostering a sense of mindfulness and unity among all participants. The engaging session, expertly led by the resource persons, was both rejuvenating and inspiring, leaving a lasting impact. The collaboration with the Swakruta Charitable Trust added immense value to the event, promoting the importance of holistic well-being. We extend our heartfelt gratitude to the organizers and look forward to more such initiatives in the future.

Event Coordinators

Prof. Ankita Shrivastava

Director

Annexure 1	Mail communication
Annexure 2	Brief profile of the speaker
Annexure 3	Photo Gallery

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Date: 1.06.2023

CIRCULAR

This is to inform all the RVIM staff that, we are organizing an enriching session by Dr. Deepika Rawal on Yoga Asanas and Meditation, to celebrate International Yoga Day on 21st June, 2023 - Wednesday, from 08:00 am to 09:30 am in the RVIM Quadrangle (Ground floor).

About Resource Person: Dr. Deepika Rawal is an Integrated Medicine Healer & Customized Yoga Expert with Professional Degrees in Acupuncture, Acupressure, Naturopathy, Diet & Nutrition - Offering Online & Offline Wellness Solutions for Mind, Body & Soul.

All the staff members are requested to attend the session compulsorily without fail. *Attendance is compulsory*

Note: Breakfast will be provided to all.

Director

Annexure 2

Brief Profile of the Resources Person

Brief Profile of the Resource Persons

Dr. Deepika Rawal, an experienced yoga instructor and a dedicated member of the Swakruta Charitable Trust, specializes in promoting holistic wellness through yoga and mindfulness practices. Her expertise in yoga therapy and her ability to connect with participants have made her a sought-after guide for fostering physical and mental well-being.

Dr. Purushottam Bung, Director of RV Institute of Management, is a passionate advocate for holistic education and wellness. With a strong commitment to integrating well-being practices into academic environments, he has played a pivotal role in encouraging mindfulness and stress management among students and staff.

Annexure 3
Photo Gallery



