RV Institute of Management®
CA 17, 36th Cross Rd, 26th Main, 4th T Block East, Jayanagar, Bengaluru - 560041, Karnataka, India

Autonomous Institution Affiliated to Bengaluru City University

Approved by AICTE, New Delhi, Accredited by NAAC with 'A+' Grade

QS I-Gauge Diamond Rated

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Title SAHAJ NAAD – STRESS MANAGEMENT WORKSHOP	
Date: 08.04.2026	**Venue: Seminar Hall, RV Institute of Management**
Time: 11:15 AM – 12:45 PM	**Event : SAHAJ NAAD – STRESS MANAGEMENT WORKSHOP**
No. of Participants: 159	**Event Coordinators: Dr. Kokila Kulkarni**

1. **Objectives of the event:**

- To introduce students to stress management techniques through meditation and music.
- To create awareness about the importance of mental well-being and emotional balance.
- To provide participants with practical tools for relaxation and inner peace.
- To enhance concentration, self-awareness, and mindfulness among students.
- To promote holistic wellness through the principles of Sahaja Yoga Meditation.

2. **Event Details**

a. Brief Description of the Event

RV Institute of Management organized a workshop titled "Sahaj Naad – Stress Management" in collaboration with Sahaja Yoga Meditation on 8th April 2026 at the Seminar Hall.

The session focused on helping students understand the impact of stress on physical, emotional, and mental well-being. The resource persons introduced the concept of Sahaj Naad, a unique blend of music, meditation, and Indian cultural traditions aimed at creating inner peace and emotional harmony.

Participants were guided through meditation practices and interactive activities that demonstrated simple techniques to manage stress in day-to-day life. The session emphasized self-awareness, mental clarity, and the importance of maintaining balance amidst academic and personal challenges.

Students actively participated throughout the workshop and experienced guided meditation sessions designed to improve focus, reduce anxiety, and enhance overall well-being. The event provided a refreshing and enriching experience, encouraging participants to adopt mindfulness practices in their daily lives.

b. Brief Profile of the Resource Person/s

The session was conducted by trained practitioners from Sahaja Yoga Meditation, an internationally recognized meditation movement founded by Shri Mataji Nirmala Devi. Sahaja Yoga promotes

spontaneous self-realization and meditation techniques that help individuals achieve mental peace, emotional stability, and holistic well-being.

a. Brochure/Flyer



b. Circular
N/A

a. Attendance with signatures

B

Sl No	USN	STUDENT FULL NAME	Section	Attendance
1	[illegible]	[illegible]	B	[illegible]
2	[illegible]	[illegible]	B	[illegible]
3	[illegible]	[illegible]	B	[illegible]
4	[illegible]	[illegible]	B	[illegible]
5	[illegible]	[illegible]	B	[illegible]
6	[illegible]	[illegible]	B	[illegible]
7	[illegible]	[illegible]	B	[illegible]
8	[illegible]	[illegible]	B	[illegible]
9	[illegible]	[illegible]	B	[illegible]
10	[illegible]	[illegible]	B	[illegible]
11	[illegible]	[illegible]	B	[illegible]
12	[illegible]	[illegible]	B	[illegible]
13	[illegible]	[illegible]	B	[illegible]
14	[illegible]	[illegible]	B	[illegible]
15	[illegible]	[illegible]	B	[illegible]
16	[illegible]	[illegible]	B	[illegible]
17	[illegible]	[illegible]	B	[illegible]
18	[illegible]	[illegible]	B	[illegible]
19	[illegible]	[illegible]	B	[illegible]
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23	[illegible]	[illegible]	B	[illegible]
24	[illegible]	[illegible]	B	[illegible]
25	[illegible]	[illegible]	B	[illegible]
26	[illegible]	[illegible]	B	[illegible]
27	[illegible]	[illegible]	B	[illegible]
28	[illegible]	[illegible]	B	[illegible]
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34	[illegible]	[illegible]	B	[illegible]
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36	[illegible]	[illegible]	B	[illegible]
37	[illegible]	[illegible]	B	[illegible]
38	[illegible]	[illegible]	B	[illegible]
39	[illegible]	[illegible]	B	[illegible]
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42	[illegible]	[illegible]	B	[illegible]
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46	[illegible]	[illegible]	B	[illegible]
47	[illegible]	[illegible]	B	[illegible]
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49	[illegible]	[illegible]	B	[illegible]
50	[illegible]	[illegible]	B	[illegible]
51	[illegible]	[illegible]	B	[illegible]
52	[illegible]	[illegible]	B	[illegible]
53	[illegible]	[illegible]	B	[illegible]
54	[illegible]	[illegible]	B	[illegible]
55	[illegible]	[illegible]	B	[illegible]
56	[illegible]	[illegible]	B	[illegible]
57	[illegible]	[illegible]	B	[illegible]
58	[illegible]	[illegible]	B	[illegible]
59	[illegible]	[illegible]	B	[illegible]

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A

Sl No	USN	STUDENT FULL NAME	Section	Attendance
1	P18FW25M015042	ROOPASHREE K	A	P
2	P18FW25M015043	ANIRUDH N SHARMA	A	P
3	P18FW25M015044	VIKAS K M	A	P
4	P18FW25M015045	SHRAVANKUMAR C GADDI	A	P
5	P18FW25M015046	AMIT ARUN GAIKAR	A	P
6	P18FW25M015047	PRAJWAL UPADHYAYA L	A	P
7	P18FW25M015048	A V SUDHANVA BHARGAVA	A	P
8	P18FW25M015049	ARJUN S SHETTY	A	P
9	P18FW25M015050	KAVYA P	A	P
10	P18FW25M015051	PRAJWAL PRAGALI	A	P
11	P18FW25M015053	PRADNYA IRANNA BHUSTALI	A	A
12	P18FW25M015054	AMRUTA JERAYYA HIREMATH	A	P
13	P18FW25M015055	RAMACHANDRUNI SNIGDHA TANMAYI	A	P
14	P18FW25M015056	NIWEDITHA B S	A	P
15	P18FW25M015057	B SHANT SHOBHAKAR SHETTY	A	P
16	P18FW25M015058	JEEVITH M SALIAN	A	P
17	P18FW25M015059	ANUDAG RAJENDRA NAIK	A	P
18	P18FW25M015065	KRISHNISH	A	P
19	P18FW25M015061	SUSHIR DAMODAR	A	P
20	P18FW25M015062	BHAVANA S D	A	P
21	P18FW25M015063	RAMYA PATTAR	A	P
22	P18FW25M015064	KAVANA V	A	P
23	P18FW25M015065	JERICO LAWRENCE	A	P
24	P18FW25M015066	V ROHAN	A	P
25	P18FW25M015067	CHIRANTHANA J	A	P
26	P18FW25M015068	ADITYAN M	A	P
27	P18FW25M015069	PRAHLADH S HEGDE	A	P
28	P18FW25M015070	ATHARVA S HOLLE	A	A
29	P18FW25M015071	ARCHITA A PATIL	A	P
30	P18FW25M015072	MANASA R NAIDU	A	P
31	P18FW25M015073	SACHIN M NEVANNAR	A	P
32	P18FW25M015074	PRAKHA N	A	P
33	P18FW25M015075	ANKITA P	A	P
34	P18FW25M015076	ADITH ASHOK PUTHRAN	A	P
35	P18FW25M015077	SHREYA ARYA	A	P
36	P18FW25M015078	MANASA M	A	P
37	P18FW25M015079	PARTHASARATHI G N	A	P
38	P18FW25M015080	KASTHURI K S	A	P
39	P18FW25M015081	PRAVEEN A S	A	P
40	P18FW25M015082	PURVINA RAMAKRISHNA	A	P
41	P18FW25M015083	PRATIKSHA S KADLI	A	P
42	P18FW25M015084	SANJANA	A	P
43	P18FW25M015085	ROSHNI TAURO	A	A
44	P18FW25M015086	SACHIN V	A	P
45	P18FW25M015098	N PRASKARA TEJA	A	A
46	P18FW25M015146	ANYONYA D O	A	P
47	P18FW25M015148	SIVEDITA CHANDRAKANT NAIK	A	P
48	P18FW25M015149	VIMALABAI	A	P
49	P18FW25M015150	JAPTN B SATISH	A	P
50	P18FW25M015151	PRIYANKA S	A	P
51	P18FW25M015152	ANUSHKA YADAV	A	P
52	P18FW25M015163	DEVA P R	A	P
53	P18FW25M015165	HARSHA H N	A	A
54	P18FW25M015167	SANJAY C	A	P
55	P18FW25M015168	J ABHISHEK P PAI	A	P
56	P18FW25M015169	NIKEL MOSES	A	A
57	P18FW25M015171	DHANUSH C K	A	P
58	P18FW25M015172	TEJAS GOWDA GS	A	P
59	P18FW25M015179	HARSHITHA S R	A	P
60	P18FW25M015180	MOHAMMED AFZAL	A	P

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C

Sl No	USN	STUDENT FULL NAME	Section	Attendance
1	P18FW25M015087	SATHVIK V	C	P
2	P18FW25M015088	VIVEK NAIK	C	P
3	P18FW25M015089	CHIRANJEEVI S	C	A
4	P18FW25M015090	ASHITHA.B	C	A
5	P18FW25M015091	SRAJAN ACHARYA	C	P
6	P18FW25M015092	GANESH BHATT	C	P
7	P18FW25M015093	VEENA YALLAPPA AMBLIKOPPA	C	P
8	P18FW25M015094	VINDHYA R	C	P
9	P18FW25M015095	VINOD CS	C	P
10	P18FW25M015096	SHAILESH MAHANTESH BHAKRE	C	P
11	P18FW25M015099	PRADEEP DEVENDRA MESTA	C	P
12	P18FW25M015100	GOWTHAM S.N	C	P
13	P18FW25M015101	SUMANTH NAVADA B	C	P
14	P18FW25M015102	ULLAS.S.D	C	P
15	P18FW25M015103	TEJAS N SHETTY	C	P
16	P18FW25M015104	MUSLIMAH NIMAT	C	P
17	P18FW25M015105	K HARINI	C	A
18	P18FW25M015106	SUDEEP KUMAR L	C	P
19	P18FW25M015107	ASHWINI PARANDI	C	P
20	P18FW25M015108	VINAYAK PAI	C	P
21	P18FW25M015109	OJAS RAJ J	C	P
22	P18FW25M015110	VEENA	C	P
23	P18FW25M015111	MADHU ASHOK KARANJI	C	P
24	P18FW25M015112	KARTHIK HD	C	P
25	P18FW25M015113	VHAIBHAV M	C	P
26	P18FW25M015114	SHREYA R JADHAV	C	A
27	P18FW25M015115	MUSTAFA DILAWAR GADAMPHALLI	C	P
28	P18FW25M015116	KANNIKA J L	C	P
29	P18FW25M015117	KAVITHA	C	P
30	P18FW25M015118	HARSHAVARDANA YU	C	A
31	P18FW25M015119	VIVEK RAMESH BALURACH	C	P
32	P18FW25M015120	SUBHASH R	C	P
33	P18FW25M015121	HARIKISHAN K N	C	P
34	P18FW25M015122	SHAINY N Y	C	P
35	P18FW25M015123	PUVVADI DHARANI	C	P
36	P18FW25M015124	SAHANA.M.M	C	A
37	P18FW25M015125	MEGHANA CHANABASAYYA BELLERIMATH	C	P
38	P18FW25M015126	MADHUSHREE K P	C	P
39	P18FW25M015127	N ABHISHEK	C	P
40	P18FW25M015128	MEENU RAJENDRAN	C	P
41	P18FW25M015131	SANKETHA KANI	C	P
42	P18FW25M015132	TEJASHWINI.H.N	C	P
43	P18FW25M015133	V MARIA SUSHMITHA	C	P
44	P18FW25M015134	SPURTHEE GOWDA	C	P
45	P18FW25M015136	GEETHANJALI S	C	P
46	P18FW25M015137	G.P SYED ARMAAN	C	P
47	P18FW25M015138	PRERNA OMPRAKASH GIRGONKAR	C	P
48	P18FW25M015140	DARSHAN VEDANTH K	C	P
49	P18FW25M015141	KUSUM PRAMOD KAMBLE	C	P
50	P18FW25M015143	VIDHA RAO H R	C	P
51	P18FW25M015145	VISHNU V	C	P
52	P18FW25M015147	RAKSHITHA S	C	P
53	P18FW25M015156	ANANYA U O	C	P
54	P18FW25M015160	MAHANTESH	C	P
55	P18FW25M015161	SHASHANK K M	C	P
56	P18FW25M015162	POONVIKA K C	C	P
57	P18FW25M015170	R SHRAISHTH MAKDA	C	P
58	P18FW25M015174	SUJITHA R	C	P
59	P18FW25M015175	MAHIMA B	C	P
60	P18FW25M015178	SHRUTHIKA S S	C	P

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b. Feedback form

N/A

c. Outcome attained

- Increased awareness regarding stress management and mental wellness.
- Participants learned simple meditation techniques that can be practiced independently.
- Improved understanding of mindfulness, self-awareness, and emotional balance.
- Enhanced student engagement in wellness and holistic development initiatives.
- Encouraged students to incorporate meditation practices into their daily routine for improved focus and well-being.

d. Photo gallery (selected 4 to 5 photos with relevant captions)





Event Co-ordinator

Director

Round seal in all the pages

08/04/26

A

Sl No	USN	STUDENT FULL NAME	Section	Attendance
1	P18FW25M015042	ROOPASHREE K	A	P
2	P18FW25M015043	ANIRUDH N SHARMA	A	P
3	P18FW25M015044	VIKAS K M	A	P
4	P18FW25M015045	SHRAVANKUMAR C GADDI	A	P
5	P18FW25M015046	ADITI ARUN GADKAR	A	P
6	P18FW25M015047	PRAJWAL UPADHYAYA L	A	P
7	P18FW25M015048	A V SUDHANVA BHARGAVA	A	P
8	P18FW25M015049	ARJUN S SHETTY	A	P
9	P18FW25M015050	KAVYA P	A	P
10	P18FW25M015051	PRAJWAL BELAGALI	A	P
11	P18FW25M015053	PRADNYA IRANNA BHUSTALI	A	A
12	P18FW25M015054	AMRUTA IERAYYA HIREMATH	A	P
13	P18FW25M015055	RAMACHANDRUNI SNIGDHA TANMAYI	A	P
14	P18FW25M015056	NISHCHITHA H S	A	P
15	P18FW25M015057	SUSHANT SUDHAKAR SHETTY	A	P
16	P18FW25M015058	JEEVITH M SALIAN	A	P
17	P18FW25M015059	ANURAG RAJENDRA NAIK	A	P
18	P18FW25M015060	KEERTHISH	A	P
19	P18FW25M015061	SHISHIR DAMODAR	A	P
20	P18FW25M015062	BHAVANA S P	A	P
21	P18FW25M015063	RAMYA PATTAR	A	P
22	P18FW25M015064	KAVANA V	A	P
23	P18FW25M015065	JERICHO LAWRENCE	A	P
24	P18FW25M015066	Y ROHAN	A	P
25	P18FW25M015067	CHIRANTHANA.J	A	P
26	P18FW25M015068	ADITYAN M	A	P
27	P18FW25M015069	PRAHLADH S HEGDE	A	P
28	P18FW25M015070	ATHARVA S BHIDE	A	A
29	P18FW25M015071	AKSHATA A PATIL	A	P
30	P18FW25M015072	MANASA R NADIG	A	P
31	P18FW25M015073	SACHIN M REVANKAR	A	P
32	P18FW25M015074	PRABHA N	A	P
33	P18FW25M015075	ANKITA.R	A	P
34	P18FW25M015076	ADITHI ASHOK PUTHRAN	A	P
35	P18FW25M015077	SHREYA ARYA	A	P
36	P18FW25M015078	MANASA M	A	P
37	P18FW25M015079	PARTHASARATHI G N	A	P
38	P18FW25M015080	KASTHURI K S	A	P
39	P18FW25M015081	PRAVEEN A S	A	P
40	P18FW25M015082	HOOVINA RAMAKRISHNA	A	P
41	P18FW25M015083	PRATIKSHA S KADLI	A	P
42	P18FW25M015084	SANJANA	A	P
43	P18FW25M015085	ROSHNI TAURO	A	A
44	P18FW25M015086	SACHIN V	A	P
45	P18FW25M015098	N BHASKARA TEJA	A	A
46	P18FW25M015146	ANYONYA D O	A	P
47	P18FW25M015148	NIVEDITA CHANDRAKANT NAIK	A	P
48	P18FW25M015149	VIMALABAI	A	P
49	P18FW25M015150	ARUN B SATISH	A	P
50	P18FW25M015153	PRIYANKA S	A	P
51	P18FW25M015155	ANURADHA YADAV	A	P
52	P18FW25M015163	DIYA P B	A	P
53	P18FW25M015165	HARSHA H N	A	A
54	P18FW25M015167	SANJAY G	A	P
55	P18FW25M015168	J ABHISHEK P PAI	A	
56	P18FW25M015169	NIGEL MOSES	A	A
57	P18FW25M015171	DHANUSH CK	A	P
58	P18FW25M015177	TEJAS GOWDA GS	A	P
59	P18FW25M015179	HARSHITHA S R	A	P
60	P18FW25M015180	MOHAMMED AFZAL	A	P

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Sl No	USN	STUDENT FULL NAME	Section	Attendance
1	P18FW25M015001	NEHA R HONNALLI	B	P
2	P18FW25M015002	SHREYAS V	B	P
3	P18FW25M015003	SHREEYA B AKKUR	B	P
4	P18FW25M015004	SRUJANA PATIL	B	P
5	P18FW25M015005	VENGAMPALLI UDAYASREE	B	P
6	P18FW25M015006	LIKHITH T S	B	A
7	P18FW25M015007	VAISHNAVI GANESH PAI	B	P
8	P18FW25M015008	VISHWANATH HALASUR	B	P
9	P18FW25M015009	BHUVANA A	B	P
10	P18FW25M015010	ARPITA SHRIDHAR HEGDE	B	P
11	P18FW25M015011	DARSHAN BABU AKKATANGERHAL	B	P
12	P18FW25M015012	NAMANA G N	B	P
13	P18FW25M015013	VIKAS T	B	P
14	P18FW25M015014	VARUN S	B	A
15	P18FW25M015015	RAKSHITHA MS	B	P
16	P18FW25M015016	PRATHAM PRASHANT SHIRSAT	B	P
17	P18FW25M015017	DARSHAN GOPALKRISHNA BHAT	B	P
18	P18FW25M015018	D PRAVEEN	B	P
19	P18FW25M015019	JAHNAVI H N	B	P
20	P18FW25M015020	SANGAMESH P KARIYAPPANAVAR	B	P
21	P18FW25M015021	YASHAS J	B	P
22	P18FW25M015022	BHAVANA M	B	P
23	P18FW25M015023	RAHUL	B	P
24	P18FW25M015024	SPOORTHI S M	B	P
25	P18FW25M015025	ADITYA RADHASWAMI NAIK	B	P
26	P18FW25M015026	KAVYA SHETTY	B	P
27	P18FW25M015027	RAKSHITA KIRAN KANTI	B	P
28	P18FW25M015028	JASNIE LEONIE DALMEIDA	B	P
29	P18FW25M015029	AISHWARYA	B	P
30	P18FW25M015030	PAVAN R	B	P
31	P18FW25M015031	BHAKTI	B	P
32	P18FW25M015032	K SHIKHAR S JAIN	B	P
33	P18FW25M015033	SHIVANI PRIYA	B	A
34	P18FW25M015034	ABHISHEK GANGADHAR BAGELLI	B	A
35	P18FW25M015035	VILAS HIREMATH	B	P
36	P18FW25M015036	SATHYAJEETH PATIL	B	P
37	P18FW25M015037	SHASHANK MANAGULI	B	P
38	P18FW25M015038	DEEPAK SHARMA K M	B	P
39	P18FW25M015039	HEMANTH M	B	P
40	P18FW25M015040	RAHIL M	B	P
41	P18FW25M015041	ANAGHA S DESHPANDE	B	P
42	P18FW25M015052	SHRUSTI	B	A
43	P18FW25M015097	RAMESH	B	P
44	P18FW25M015129	R NAYANA	B	P
45	P18FW25M015130	SANDHYA	B	P
46	P18FW25M015135	T AJAY KUMAR	B	P
47	P18FW25M015139	PRUTHVEESH BADIGER	B	P
48	P18FW25M015142	THANUJA L	B	P
49	P18FW25M015144	SNEHA MARUTI TEERTH	B	P
50	P18FW25M015151	PAVAN M	B	P
51	P18FW25M015152	ANISH M SHARMA	B	P
52	P18FW25M015154	PRADARSH S SHETTY	B	A
53	P18FW25M015157	PRAJWAL S GOWDA	B	P
54	P18FW25M015158	RAHUL L BHAJANTRI	B	P
55	P18FW25M015159	KAVANA A G	B	P
56	P18FW25M015164	KARISHMA GUPTA B	B	A
57	P18FW25M015166	ANUSHKA CHANDA	B	A
58	P18FW25M015172	DHEERAJ M PATIL	B	A
59	P18FW25M015173	J BHOOMIKA	B	P
60	P18FW25M015176	RASHMI G KULKARNI	B	P

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08/04/26

C

Sl No	USN	STUDENT FULL NAME	Section	Attendance
1	P18FW25M015087	SATHVIK V	C	P
2	P18FW25M015088	VIVEK NAIK	C	P
3	P18FW25M015089	CHIRANJEEVI S	C	A
4	P18FW25M015090	ASHITHA.B	C	A
5	P18FW25M015091	SRAJAN ACHARYA	C	P
6	P18FW25M015092	GANESH BHATT	C	P
7	P18FW25M015093	VEENA YALLAPPA AMBLIKOPPA	C	P
8	P18FW25M015094	VINDHYA R	C	P
9	P18FW25M015095	VINOD CS	C	P
10	P18FW25M015096	SHAILESH MAHANTESH BHAKRE	C	P
11	P18FW25M015099	PRADEEP DEVENDRA MESTA	C	P
12	P18FW25M015100	GOWTHAM.S.N	C	P
13	P18FW25M015101	SUMANTH NAVADA B	C	P
14	P18FW25M015102	ULLAS.S.D	C	P
15	P18FW25M015103	TEJAS N SHETTY	C	P
16	P18FW25M015104	MUSLIMAH NIMAT	C	P
17	P18FW25M015105	K HARINI	C	A
18	P18FW25M015106	SUDEEP KUMAR L	C	P
19	P18FW25M015107	ASHWINI PARANDI	C	P
20	P18FW25M015108	VINAYAK PAI	C	P
21	P18FW25M015109	OJAS RAJ J	C	P
22	P18FW25M015110	VEENA	C	P
23	P18FW25M015111	MADHU ASHOK KARANTH	C	P
24	P18FW25M015112	KARTHIK HD	C	P
25	P18FW25M015113	VHAIBHAV M	C	P
26	P18FW25M015114	SHREYA R JADHAV	C	A
27	P18FW25M015115	MUSTAFA DILAWAR GADAMPHALLI	C	P
28	P18FW25M015116	KANNIKA J L	C	P
29	P18FW25M015117	KAVITHA	C	P
30	P18FW25M015118	HARSHAVARDANA YU	C	A
31	P18FW25M015119	VIVEK RAMESH BALURAGI	C	P
32	P18FW25M015120	SUBHASH R	C	P
33	P18FW25M015121	HARIKISHAN K N	C	P
34	P18FW25M015122	SHAINY N Y	C	P
35	P18FW25M015123	PUVVADI DHARANI	C	P
36	P18FW25M015124	SAHANA.M.M	C	A
37	P18FW25M015125	MEGHANA CHANABASAYYA BELLERIMATH	C	P
38	P18FW25M015126	MADHUSHREE K P	C	P
39	P18FW25M015127	N ABHISHEK	C	P
40	P18FW25M015128	MEENU RAJENDRAN	C	P
41	P18FW25M015131	SANKETHA KANI	C	P
42	P18FW25M015132	TEJASHWINI.H.N	C	P
43	P18FW25M015133	V MARIA SUSHMITHA	C	P
44	P18FW25M015134	SPURTHEE GOWDA	C	P
45	P18FW25M015136	GEETHANJALI S	C	P
46	P18FW25M015137	G.P SYED ARMAAN	C	P
47	P18FW25M015138	PRERNA OMPRAKASH GIRGONKAR	C	P
48	P18FW25M015140	DARSHAN VEDANTH K	C	P
49	P18FW25M015141	KUSUM PRAMOD KAMBLE	C	P
50	P18FW25M015143	VIBHA RAO H R	C	P
51	P18FW25M015145	VISHNU V	C	P
52	P18FW25M015147	RAKSHITHA S	C	P
53	P18FW25M015156	ANANYA D O	C	P
54	P18FW25M015160	MAHANTESH	C	P
55	P18FW25M015161	SHASHANK K M	C	P
56	P18FW25M015162	POORVIKA K C	C	P
57	P18FW25M015170	R SHRAISHTH MARDA	C	P
58	P18FW25M015174	SUJITHA R	C	P
59	P18FW25M015175	MAHIMA B	C	P
60	P18FW25M015178	SHRUTHIKA E S	C	P

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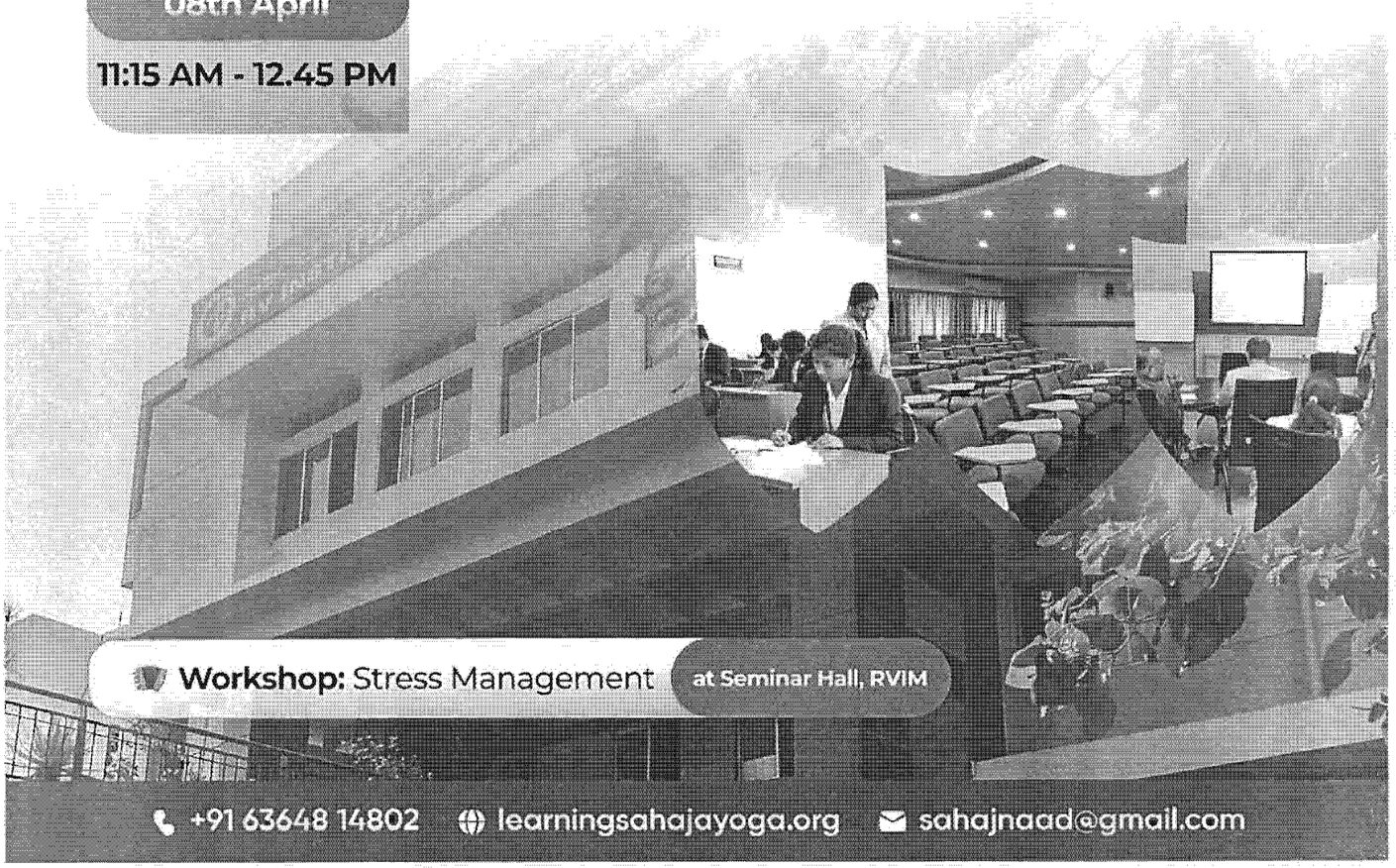


Shri Mataji Nirmala Devi – founder

Sahaj Naad combines music, meditation, and Indian cultural dance to create inner peace.

08th April

11:15 AM - 12.45 PM



Workshop: Stress Management **at Seminar Hall, RVIM**

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