Title: Surya Namaskara Challenge	
Date: 11.02.2026	**Venue: RV Institute of Management**
Time: 7:30 AM to 9:30 AM	**Event: Surya Namaskara Challenge**
No. of Participants: 180	**Event Coordinators: Dr. Kokila Kulkarni**

1. Objectives of the event:

- To promote physical fitness, flexibility, and stamina among students
- To encourage the regular practice of Surya Namaskar as a holistic wellness activity
- To create awareness about the physical and mental health benefits of yoga
- To develop discipline, focus, and consistency through daily practice
- To foster a culture of wellness and healthy competition among students

2. Event Details

a. Brief Description of the Event

The Surya Namaskar Challenge was organized for the I Semester MBA students of Sections A, B, and C with the objective of promoting fitness, endurance, discipline, and holistic well-being through the practice of yoga.

The challenge was conducted in two stages. Preliminary rounds were organized section-wise for all students. Section A participated on 27th January 2026, Section B on 28th January 2026, and Section C on 29th January 2026. The activities were conducted from 7:30 AM to 9:30 AM.

Students enthusiastically participated in the challenge and demonstrated their physical stamina, consistency, and commitment to wellness. Based on their performance in the preliminary rounds, selected participants qualified for the final round.

The Final Round was conducted on 11th February 2026, where shortlisted participants from all three sections competed. The event witnessed active participation and healthy competition among students. Winners, runners-up, and an enthusiast award recipient were recognized for their outstanding performance and dedication.

The challenge successfully encouraged students to adopt healthy lifestyle practices while reinforcing the importance of yoga in achieving physical and mental well-being.

Following the preliminary rounds, the following students were shortlisted for the Final Round based on their performance:

Section A

- Priyanka S
- Sanjay G

- Arun B Satish

Section B

- Kavana
- Nayana
- Sangamesh

Section C

- Vibha
- Ullas
- Gowtham

The shortlisted participants demonstrated excellent stamina, consistency, discipline, and commitment to the practice of Surya Namaskar. These finalists represented their respective sections in the inter-section final round conducted on 11th February 2026.

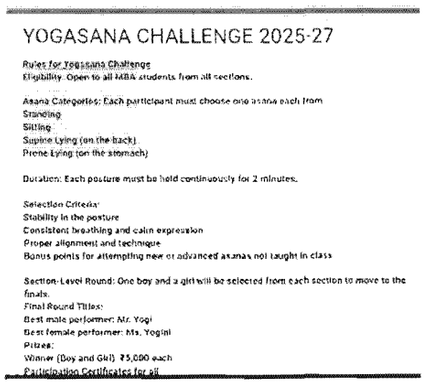
b. Brief Profile of the Resource Person/s

N/A

a. Brochure/Flyer

N/A

a. Circular



YOGASANA CHALLENGE 2025-27

Rules for Yogasana Challenge
Eligibility: Open to all MBA students from all sections.

Asana Categories: Each participant must choose one asana each from
Standing
Sitting
Supine Lying (on the back)
Prone Lying (on the stomach)

Duration: Each posture must be held continuously for 2 minutes.

Selection Criteria:
Stability in the posture
Consistent breathing and calm expression
Proper alignment and technique
Bonus points for attempting new or advanced asanas not taught in class

Section-Level Round: One boy and a girl will be selected from each section to move to the finals.
Final Round Titles:
Best male performer: Mr. Yogi
Best female performer: Ms. Yogini
Prizes:
Winner (Boy and Girl): ₹5,000 each
Participation Certificates for all

b. Attendance with signatures

name	usn	session 13	name	usn	session 13	name	usn	session 13 - 2026-
Ananya D O	RVIM25MBA064	P	Meghana Chanabasayya Bellerimath	RVIM25MBA171	P	Srajan Acharya	RVIM25MBA118	P
Ashitha B	RVIM25MBA128	P	Muslimah Nimat	RVIM25MBA072	P	Subhash R	RVIM25MBA163	P
Ashwini Parandi	RVIM25MBA165	P	Mustafa Dilawar Gadamphalli	RVIM25MBA057	P	Sudeep Kumar L	RVIM25MBA054	A
Chiranjeevi S	RVIM25MBA009	P	N Abhishek	RVIM25MBA058	P	Sujitha R	RVIM25MBA055	P
Darshan Vedanth K	RVIM25MBA123	P	Ojas Raj J	RVIM25MBA162	A	Sumanth Navada B	RVIM25MBA122	A
G P Syed Armaan	RVIM25MBA129	A	Poorvika K C	RVIM25MBA177	P	Tejas N Shetty	RVIM25MBA116	P
Geethanjali S	RVIM25MBA175	P	Pradeep Devendra Mesta	RVIM25MBA049	P	Tejashwini H N	RVIM25MBA103	A
Gowtham S N	RVIM25MBA008	P	Prerna Omprakash Girgonkar	RVIM25MBA028	P	Ullas S D	RVIM25MBA132	P
Harikishan K N	RVIM25MBA068	P	Puvvadi Dharani	RVIM25MBA145	P	V Maria Sushmitha	RVIM25MBA176	P
Harshavardana Yu	RVIM25MBA151	P	R Shraishth Marda	RVIM25MBA137	A	Veena	RVIM25MBA166	P
K Harini	RVIM25MBA164	P	Rakshitha S	RVIM25MBA027	P	Veena Yallappa Amblikoppa	RVIM25MBA126	P
Kannika J L	RVIM25MBA076	P	Sahana M M	RVIM25MBA143	P	Vhaibhav M	RVIM25MBA114	P
Karthik H D	RVIM25MBA041	P	Sanketha Kani	RVIM25MBA136	P	Vibha Rao H R	RVIM25MBA029	P
Kavitha	RVIM25MBA024	P	Sathvik V	RVIM25MBA168	P	Vinayak Pai	RVIM25MBA180	A
Kusum Pramod Kamble	RVIM25MBA012	P	Shailesh Mahantesh Bhakre	RVIM25MBA161	P	Vindhya R	RVIM25MBA124	P
Madhu Ashok Karanth	RVIM25MBA148	A	Shainy N Y	RVIM25MBA120	P	Vinod C S	RVIM25MBA152	P
Madhushree K P	RVIM25MBA131	P	Shashank K M	RVIM25MBA134	P	Vishnu V	RVIM25MBA070	A
Mahantesh	RVIM25MBA025	P	Shreya R Jadhav	RVIM25MBA104	A	Vivek Naik	RVIM25MBA159	P
Mahima B	RVIM25MBA113	P	Shruthika E S	RVIM25MBA133	P	Vivek Ramesh Baluragi	RVIM25MBA044	A
Meenu Rajendran	RVIM25MBA050	P	Spurthee Gowda	RVIM25MBA115	P	Ganesh Bhatt	RVIM25MBA020	A

name	usn	session 14	name	usn	session 14	name	usn	session 14 - 2026-02-11 16
Abhishek Gangadhar Bagelli	RVIM25MBA061	P	Kavana A G	RVIM25MBA014	P	Sandhya	RVIM25MBA040	P
Aditya Radhaswami Naik	RVIM25MBA172	P	Kavya Shetty	RVIM25MBA170	P	Sangamesh P Kariyappanavar	RVIM25MBA045	P
Aishwarya	RVIM25MBA046	P	Likhith T S	RVIM25MBA100	P	Sathyajeeth Patil	RVIM25MBA089	P
Anagha S Deshpande	RVIM25MBA178	A	Namana G N	RVIM25MBA017	P	Shashank Managuli	RVIM25MBA096	P
Anish M Sharma	RVIM25MBA092	P	Nayana R	RVIM25MBA079	P	Shivani Priya	RVIM25MBA154	P
Anushka Chanda	RVIM25MBA141	P	Neha R Honnalli	RVIM25MBA080	A	Shreeya B Akkur	RVIM25MBA086	P
Arpita Shridhar Hegde	RVIM25MBA073	P	Pavan M	RVIM25MBA094	P	Shreyas V	RVIM25MBA138	P
Bhakti	RVIM25MBA067	P	Pavan R	RVIM25MBA015	P	Shrusti	RVIM25MBA077	P
Bhavana M	RVIM25MBA016	P	Pradarsh S Shetty	RVIM25MBA127	P	Sneha Maruti Teerth	RVIM25MBA021	P
Bhuvana A	RVIM25MBA179	P	Prajwal S Gowda	RVIM25MBA013	P	Spoorthi S M	RVIM25MBA153	P
Darshan Babu Akkatangerhal	RVIM25MBA022	P	Pratham Prashant Shirsat	RVIM25MBA091	P	Srujana Patil	RVIM25MBA157	P
Darshan Gopalkrishna Bhat	RVIM25MBA108	P	Praveen D	RVIM25MBA030	P	T Ajay Kumar	RVIM25MBA174	P
Deepak Sharma K M	RVIM25MBA035	P	Pruthveesh Badiger	RVIM25MBA036	P	Thanuja L	RVIM25MBA004	P
Dheeraj M Patil	RVIM25MBA082	P	Rahil M	RVIM25MBA033	P	Vaishnavi Ganesh Pai	RVIM25MBA042	A
Hemanth M	RVIM25MBA052	P	Rahul	RVIM25MBA117	A	Varun S	RVIM25MBA109	P
J Bhoomika	RVIM25MBA083	P	Rahul L Bhajantri	RVIM25MBA011	P	Vengampalli Udayasree	RVIM25MBA112	P
Jahnavi H N	RVIM25MBA119	P	Rakshita Kiran Kanti	RVIM25MBA125	P	Vikas T	RVIM25MBA005	P
Jasnie Leonie Dalmeida	RVIM25MBA087	P	Rakshitha M S	RVIM25MBA007	P	Vilas Hiremath	RVIM25MBA023	P
K Shikhar S Jain	RVIM25MBA101	P	Ramesh	RVIM25MBA048	P	Vishwanath Halasur	RVIM25MBA039	P
Karishma Gupta B	RVIM25MBA156	P	Rashmi G Kulkarni	RVIM25MBA075	A	Yashas J	RVIM25MBA105	P

name	usn	session 13 -	name	usn	session 13	name	usn	session 13 - 2026-02-11
A V Sudhanva Bhargava	RVIM25MBA111	A	Hoovina Ramakrishna	RVIM25MBA010	P	Prajwal Upadhyaya L	RVIM25MBA121	A
Adithi Ashok Puthran	RVIM25MBA084	P	J Abhishek P Pai	RVIM25MBA146	A	Pratiksha S Kadli	RVIM25MBA093	P
Aditi Arun Gadkar	RVIM25MBA173	P	Jeevith M Salian	RVIM25MBA088	P	Praveen A S	RVIM25MBA065	P
Adityan M	RVIM25MBA069	P	Jericho Lawrence	RVIM25MBA090	P	Priyanka S	RVIM25MBA095	P
Akshata A Patil	RVIM25MBA098	P	Kasthuri K S	RVIM25MBA158	P	Ramya Pattar	RVIM25MBA160	P
Amruta Terayya Hiremath	RVIM25MBA106	P	Kavana V	RVIM25MBA169	P	Roopashree K	RVIM25MBA130	P
Anirudh N Sharma	RVIM25MBA097	P	Kavya P	RVIM25MBA056	P	Roshni Tauro	RVIM25MBA031	P
Ankita R	RVIM25MBA140	P	Keerthish	RVIM25MBA102	P	Sachin M Revankar	RVIM25MBA043	P
Anuradha Yadav	RVIM25MBA149	A	Manasa M	RVIM25MBA019	A	Sachin V	RVIM25MBA085	A
Anurag Rajendra Naik	RVIM25MBA047	P	Manasa R Nadig	RVIM25MBA135	A	Sanjana	RVIM25MBA018	A
Aoyonya D O	RVIM25MBA063	P	Mohammed Afzal	RVIM25MBA059	A	Sanjay G	RVIM25MBA060	P
Arjun S Shetty	RVIM25MBA038	P	N Bhaskara Teja	RVIM25MBA139	A	Shishir Damodar	RVIM25MBA071	P
Arun B Satish	RVIM25MBA006	P	Nigel Moses	RVIM25MBA002	A	Shravankumar C Gaddi	RVIM25MBA026	A
Atharva S Bhide	RVIM25MBA147	A	Nishchita H S	RVIM25MBA150	P	Shreya Arya	RVIM25MBA032	A
Bhavana S P	RVIM25MBA155	P	Nivedita Chandrakant Naik	RVIM25MBA001	P	Snigdha Tanmayi Ramachandrunt	RVIM25MBA107	P
Chiranthana J	RVIM25MBA144	A	Parthasarathi G N	RVIM25MBA099	A	Sushant Sudhakar Shetty	RVIM25MBA034	P
Dhanush C K	RVIM25MBA066	P	Prabha N	RVIM25MBA051	P	Tejas Gowda Gs	RVIM25MBA110	P
Diya P B	RVIM25MBA037	P	Pradnya Iranna Bhustali	RVIM25MBA142	P	Vikas K M	RVIM25MBA053	A
Harsha H N	RVIM25MBA074	A	Prahladh S Hegde	RVIM25MBA078	P	Vimalabar	RVIM25MBA167	P
Harshitha S R	RVIM25MBA003	P	Prajwal Belagali	RVIM25MBA062	A	Y Rohan	RVIM25MBA081	P

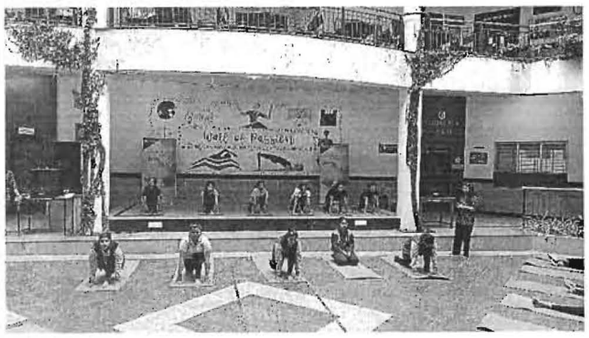
c. Feedback form

N/A

d. Outcome attained

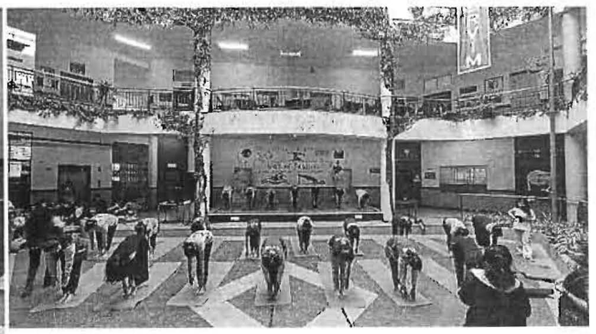
- Promoted physical fitness, flexibility, and overall well-being among students.
- Increased awareness of the physical and mental health benefits of Surya Namaskar.
- Encouraged students to incorporate yoga into their daily routine.
- Fostered discipline, focus, and consistency through regular practice.
- Inspired healthy competition and enthusiastic participation among students.
- Reinforced the institution's commitment to promoting holistic health and wellness.

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









Event Coordinator

Director

Round seal in all the pages