



Date:08/08/ 2021

REPORT ON LIFE SKILLS (YOGA)

Yoga is a holistic practice originating from ancient India that aims to harmonize the mind, body, and spirit. It encompasses physical postures (asanas), breathing exercises (pranayama), meditation, and ethical principles. The word "yoga" itself means union, symbolizing the integration of the individual consciousness with the universal consciousness.

No of students participated: 45.

Objectives:

- Physical Health.
- Mental Clarity and Focus.
- Spiritual Growth.
- Improved Relationships.

Outcomes :

- Physical Fitness: Improved flexibility, strength, endurance, and cardiovascular health.
- Stress Reduction: Reduced levels of stress, anxiety, and tension, leading to greater relaxation and overall well-being.
- Mental Clarity: Enhanced focus, concentration, and cognitive function, as well as improved memory and mental agility.
- Emotional Well-being: Greater emotional resilience, stability, and a sense of inner peace and contentment.

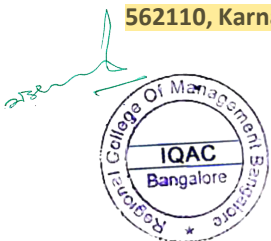


Director

Regional College of Management

Regional College Of Management Bangalore, Survey No. 34/4 34/5, Mudugurki, Devanahalli, Bangalore – 562110, Karnataka.

Website: www.rcmb.in



DIRECTOR
REGIONAL COLLEGE OF MANAGEMENT BANGALORE
Devanahalli, Bangalore



REGIONAL COLLEGE OF MANAGEMENT

(Recognised by Govt. of Karnataka, Approved by AICTE & Affiliated to Bangalore University)

Resource person: Monica Jeler.



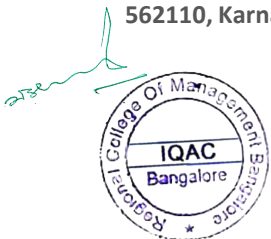
YOGA PROGRAM CONDUCTED IN REGIONAL COLLEGE OF MANAGEMENT ON 08/08/2021.



Director
Regional College of Management

Regional College Of Management Bangalore, Survey No. 34/4 34/5, Mudugurki, Devanahalli, Bangalore – 562110, Karnataka.

Website: www.rcmb.in



DIRECTOR
REGIONAL COLLEGE OF MANAGEMENT BANGALORE
Devanahalli, Bangalore



REGIONAL COLLEGE OF MANAGEMENT

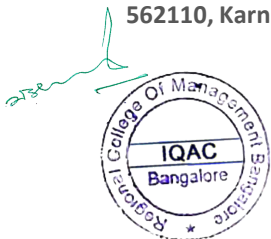
(Recognised by Govt. of Karnataka, Approved by AICTE & Affiliated to Bangalore University)

MBA STUDENTS ATTENDANCE LIST 2021-2022

SL.NO	REG NO	STUDENT NAMES	STATUS
1	P19RL21M0058	ANOKHA DUTTA	P
2	P19RL21M0071	ANUSHKA TRIPATHI	P
3	P19RL21M0004	ASHISH SAMUEL JOJO	P
4	P19RL21M0119	ASIM KHAN	P
5	P19RL21M0125	ASIM PASHA M	AB
6	P19RL21M0090	BISHAL DATTA	P
7	P19RL21M0094	BISHAL GHOSH	P
8	P19RL21M0091	DARSAN CHAKRABORTY	P
9	P19RL21M0082	DEBYASNITA SARKAR	P
10	P19RL21M0109	DILIP	P
11	P19RL21M0053	DUBEY SHIFALI ANIL	P
12	P19RL21M0073	FIRDOUS ANJUM	P
13	P19RL21M0026	FRANCO BLESSINA FRANCIS	AB
14	P19RL21M0129	GANGIREDLA SAI RAMA SURYA AKHIL	P
15	P19RL21M0127	GAYATHRI A R	P
16	P19RL21M0006	GRANDHI VYSHNAVI	P
17	P19RL21M0016	GUNAPATI SAI MANOJ REDDY	P
18	P19RL21M0018	GUNJA VENKATA SAI RAHUL	P
19	P19RL21M0096	HEMLATA YADAV	P
20	P19RL21M0065	HITESH KUMAR SARANGI	P
21	P19RL21M0002	JINSHA C G	P
22	P19RL21M0008	JYOTEE DAS	P
23	P19RL21M0028	K GOWTHAM	P
24	P19RL21M0122	KOVURI VARALA NAIDU	P
25	P19RL21M0120	KUSHANKUR DAS	P
26	P19RL21M0078	LAL AKASH NAVINKUMAR	P
27	P19RL21M0101	LOKESH SHIVAJI RAO	P
28	P19RL21M0011	MALVIYA RAHUL HIMMATRAM	P
29	P19RL21M0009	MAMIDALA NAVEEN	AB
30	P19RL21M0077	MANESH M	P
31	P19RL21M0044	NITHILA S	P
32	P19RL21M0083	PAMPA MAITY	P
33	P19RL21M0066	PARAS TALWAR	P
34	P19RL21M0107	PARINITA BHADRA	P

Regional College Of Management Bangalore, Survey No. 34/4 34/5, Mudugurki, Devanahalli, Bangalore – 562110, Karnataka.

Website: www.rcmb.in



DIRECTOR
REGIONAL COLLEGE OF MANAGEMENT BANGALORE
Devanahalli, Bangalore



REGIONAL COLLEGE OF MANAGEMENT

(Recognised by Govt. of Karnataka, Approved by AICTE & Affiliated to Bangalore University)

35	P19RL21M0126	PATEL PRIYA SHAILESHBHAI	P
36	P19RL21M0085	POOJA BALMIKI	P
37	P19RL21M0068	PRABESIKA RAI	P
38	P19RL21M0118	PREETHAM M V	P
39	P19RL21M0108	SUHAS N	P
40	P19RL21M0033	SUMAN KUMAR DALAI	P
41	P19RL21M0029	SURMA DATTA	P
42	P19RL21M0035	SWARAJYA DASH	P
43	P19RL21M0064	SWETHA P	P
44	P19RL21M0039	SYED FUAD AHMED	P
45	P19RL21M0089	TELUKUTI KALYAN KUMAR	AB
46	P19RL21M0116	THOUQEER ULLA KHAN	P
47	P19RL21M0046	VIJITH V	P
48	P19RL21M0111	WANKHEDE ANCHAL RAJESH	P
49	P19RL21M0021	YAMMENEE SREE E	P
50	P19RL21M0051	YENUGUTALA ADITYA VARDHAN	AB

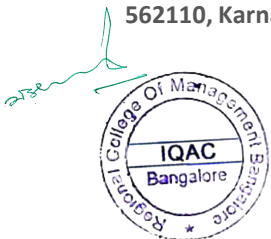


Director

Regional College of Management

Regional College Of Management Bangalore, Survey No. 34/4 34/5, Mudugurki, Devanahalli, Bangalore – 562110, Karnataka.

Website: www.rcmb.in




DIRECTOR
REGIONAL COLLEGE OF MANAGEMENT BANGALORE
Devanahalli, Bangalore