



# Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell  
Yoga and Meditation Unit- STHITHAPRAJNA  
Report of the Event Conducted



Department\*: BBA

Date of Report: 05/05/2025

Sl. No.	Particulars	Event related Details			
1.	Event*	Yoga and Meditation Unit			
2.	Title of the Event	MINDFUL AT WORK: GITA'S Way an Online Workshop			
3.	Date of Conduction	02/05/2025	4.	Time 02:00 PM	
5.	Venue	Google Meet			
6.	Resource Person 1 Details (Profile to be enclosed)	Name: Sri Shankar Kumaran      Organization: Life Education Institute Designation: CEO                      Specialization: Yoga, Psychology, Sanskrit. Mobile No. 944272585                  Email ID: shankarkumaran@gmail.com			
7.	Topics Covered	<ul style="list-style-type: none"> <li>G for Give Your Best: Leave the Rest,</li> <li>I for Improve Yourself, Not Others</li> <li>T for Think Before You React</li> <li>A for Accept, Be Kind... Then If Needed, Confront.</li> </ul>			
8.	Resource Person 2 Details (Profile to be enclosed)	Name NA                                      Organization Designation                                  Specialization Mobile No.                                      Email ID			
9.	Topics Covered	NA			
10.	No. Faculty Participants	Internal: 20		External: NA	
11.	No. Student Participants	Internal: NA		External: NA	
12.	Faculty Coordinator/s	Name: Dr. Vadiraja K S                      Name: Prof. Chitra D Rao Designation: Assistant Professor          Designation: Assistant Professor Department: BBA/B.Com                      Department: BBA/B.Com			
13.	Student Coordinator/s				
14.	Total Expenditure	3000/-	15.	Sponsors and Amount (if any)	NA
16.	Agenda of the Event	NA	17.	Provide the link of the report uploaded on College Website	NA
18.	Social Media Links	NA	19.	Report sent to Newspapers? If yes, provide cuttings/images:	NA
20.	Certificates Printed?	NA	21.	Feedback Collected?	NA
22.	Attendance Sheet Attached?	Attached	23.	Photographs of the Event	Attached
24.	Summary of the Event	The Yoga and Meditation Unit organized an online workshop titled "MINDFUL AT WORK: GITA'S WAY" on 2nd May 2025, with 20 faculty members in attendance. Sri Shankara Kumaran, Life Education Coach, served as the resource person and shared the G.I.T.A. framework: Give Your Best, Improve Yourself, Think Before You React, and Accept, Be Kind... Then If Needed, Confront. The session focused on applying Bhagavad Gita's teachings to workplace management. Faculty actively interacted with the speaker, gaining valuable insights on mindfulness and self-regulation. Dr. B. R. Venkatesh, Director, MBA, delivered the concluding remarks, appreciating the workshop's relevance and impact.			

Event Coordinator

HoD

IAC Coordinator  
Dayananda Sagar College of Arts,  
Science & Commerce  
Kumarany Layout, Bengaluru - 560 111.

Principal

**Dayananda Sagar College of Arts, Science & Commerce**  
**Shavige Malleshwara Hills, Kumaraswamy Layout Bengaluru- 560111**  
**Yoga and Meditation Unit – STIITHAPRAJNA**  
**In association with Internal Quality Assurance Cell (IQAC)**  
**Department of Management- BBA (UG)**



**Photos**



**Pic:1: Speaker is delivering his thoughts**





Pic: 2 Speakers is answering questions



Pic: 3 Dr. Venkatesh B R delivering final remarks of the workshop





# DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE



Shavige Malleshwara Hills, Kumaraswamy layout Bengaluru - 560111

(Affiliated to Bangalore University)

Department of Management- BBA

Yoga & Meditation Unit - STHITHAPRAJNA

in association with

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## "MINDFUL AT WORK" GĪTĀ'S WAY

Guiding Text for Workplace Management

An Online Workshop on Integrating the Wisdom of the Bhagavadgītā  
in Managing Mind, Body, and Consciousness at the Workplace



**Sri. Shankar Kumaran**  
Life Education Coach



Faculty Coordinators  
Dr. Vadiraja K S  
Prof. Poornashree K N  
Prof. Chitra D Rao

**All are welcome**

**02 May, 2025**  
**02.00 PM**  
Google Meet

Faculty | HODs | Dy. Director | Director | Vice-Principal | Principal





## SHANKAR KUMARAN

### Life Education Coach

Shankar Kumaran is a seasoned Corporate Trainer and Life Education Coach with over 15 years of experience, specializing in enhancing workplace efficiency, leadership, work-life balance, and team dynamics. Drawing from a deep understanding of Yoga Psychology and Indian Knowledge Systems, Shankar has delivered over 13,000 hours of transformative sessions, impacting more than 10,000 professionals directly and extending his influence to over 1.5 crore individuals online. His workshops focus on practical strategies for relationship management, time optimization, and goal setting, helping corporate teams achieve harmony and productivity.

As the founder of the Life Education Institute, Shankar has developed a reputation for creating impactful content and engaging live workshops that resonate with corporate audiences. His multilingual capabilities and culturally attuned approach enable him to connect with diverse groups, providing tailored solutions that foster leadership and sustainable work practices in today's fast-paced business environments.

Shankar's ability to connect with a diverse audience through his multilingual skills and culturally relevant approaches has made him a sought-after trainer in the corporate world. Known for his engaging and humorous delivery, Shankar ensures that sessions are never one-sided or boring but are instead filled with activities, games, and interactive elements. His workshops encourage self-reflection and contemporary introspection, creating a transformative experience that has a lasting impact on both individual professionals and entire teams.



## CONTACT

- +91 944272585
- shankarkumaran.com
- shankarkumaran@gmail.com
- Shankarkumaran\_tamil

## SKILL

- Coaching
- Counselling
- De-Addiction Counseling
- Suicidal Prevention Training (NIMHANS)

## INTEREST

- Yoga Psychology
- Pedagogy
- Holistic Life-Style
- Image Shifting
- Life Coaching

## LANGUAGE

- Tamil \*\*\*\*
- Kannada \*\*\*\*
- English \*\*\*\*
- Sanskrit \*\*\*\*
- Telugu \*\*\*
- Hindi \*\*\*

## PRESENT ROLES

### FOUNDER

Life Education Institute, Since 2018

### VISITING FACULTY

Amrita University, Coimbatore. 2019-Present

### TEACHER TRAINER

Oxford University Press, India







**Corporate Training Programs:**  
Shankar's corporate workshops integrate Indian philosophy with practical techniques to empower employees and leaders to excel in both their professional and personal lives. These workshops are designed to enhance productivity, foster harmony, and support holistic well-being.

**Key Corporate Workshops:**

1. **SOFT Workshop (Self, Organization, Family, Team)** - A holistic approach to balance and harmony in corporate and personal life, emphasizing collaboration and well-being.
2. **MAA.S. (Mental Awareness through Neoteric Ancient Scriptures)** - A wellness program focusing on meditation techniques to enhance mental clarity, reduce stress, and maintain work-life harmony.
3. **RISE (Re-Inventing Self)** - A transformative self-awareness journey rooted in the PanchaKosha principle (Body, Breath, Emotion, Intelligence, Happiness).
4. **Work-Life Balance Mastery:** Techniques to achieve harmony between professional and personal commitments, reducing burnout and increasing overall satisfaction.
5. **Mental Wellness at Work:** Mindfulness and stress management techniques to maintain calm and composure in high-pressure environments.
6. **Leadership and Team Dynamics:** Building collaborative, motivated, and high-performing teams through emotional intelligence and value-based leadership.
7. **Productivity and Time Management:** Strategies to maximize efficiency while minimizing stress and fatigue.

**Teacher Training Programs:**

As an Official Oxford University Teacher Trainer, Shankar delivers specialized workshops that empower educators to become inspiring mentors and effective leaders. His training sessions focus on practical strategies, modern teaching techniques, and maintaining a balanced personal life.

**Key Teacher Workshops:**

1. **Motivational Teaching and Classroom Inspiration** - Techniques to inspire and connect with students.
2. **Creative Teaching with Technology** - Integrating AI tools for interactive and engaging lessons.
3. **Classroom Harmony and Collaboration** - Building teamwork among educators and fostering a supportive environment.
4. **Stress and Time Management for Teachers** - Practical strategies for balancing professional duties and personal well-being.

# SHANKAR KUMARAN - LIFE EDUCATION INSTITUTE

4.8 ★★★★★ 401 Google reviews

## Meet Attendance Tracking Report

Meeting Name: mvz-ojjq-agk

Date: 27 May 2025

Attendance Tracking Started At : 1:49:47 PM  
 Attendance Tracking Stopped At : 3:07:50 PM  
 Total Number of people Attended : 69  
 Total Meeting Duration : 1 hr 18 min 1s



## Detailed Attendance Report

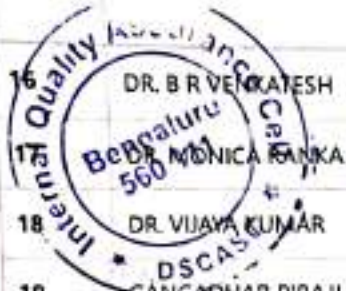
Apply filter

Number Of People Attended More Than 65% Of Meeting: 52

Number Of People Attended Less Than 65% Of Meeting: 17

1	AKSHATHA DEEPAK	1 hr 6 min 32s	86%
2	AMSHUPALI V	1 hr 3 min 4s	81%
3	ANIRUDH NM	1 hr 10 min 42s	91%
4	ANITHA A	1 hr 6 min 39s	86%
5	ANUSHA A	56 min 28s	73%
6	ANUSHA KALBURGIKAR	13 min 26s	18%
7	ARJUN KUMAR K V	1 hr 5 min 23s	84%
8	ASHWINI BASAVARAJ	1 hr 8 min 19s	88%
9	ASHWINI SESHADRI	1 hr 8 min 23s	88%
10	ASWATHI MOHAN	1 hr 9 min 51s	90%
11	BCOM HOD	1 hr 2 min 30s	81%
12	DEEPIKA SHARMA	21 min 17s	28%
13	DR SRIKANTA MURTHY	1 hr 6 min 18s	85%
14	DR. AMEER ASRA AHMED	1 hr 6 min 9s	85%
15	DR. ARUNA DEVI C	0 min 22s	1%





16	DR. B R V KATESH	1 hr 4 min 59s	84%
17	DR. MONICA RANKA	1 hr 7 min 56s	88%
18	DR. VIJAYA KUMAR	1 hr 17 min 28s	100%
19	GANGADHAR PIRAJI RAMADGE	1 hr 5 min 30s	84%
20	GANGADHAR RAMADGE	0 min 11s	1%
21	GEETHA LAKSHMI N	1 hr 4 min 44s	83%
22	GEETHASHREE K	53 min 12s	69%
23	GURUNATH R	48 min 27s	63%
24	HOD BSC	1 hr 7 min 36s	87%
25	KAVYA R	4 min 11s	6%
26	KIRAN C K	1 hr 11 min 39s	92%
27	LALITHA	1 hr 8 min 30s	88%
28	LAVANYA C M	1 hr 18 min 1s	100%
29	LOHITH KUMAR S	1 hr 5 min 27s	84%
30	MAHALAKSHMI V	1 hr 3 min 41s	82%
31	MANJUSHREE R K	57 min 6s	74%
32	MEGHANA C	1 hr 7 min 41s	87%
33	MR. RAJENDRA KUMAR	0 min 49s	2%
34	MRS. FASEEHA BEGUM	55 min 1s	71%
35	MRS. RAO CHITRA DINESH	1 hr 3 min 58s	82%
36	MUKESH SONI	1 hr 8 min 51s	89%
37	NITHYA BALA	1 hr 15 min 24s	97%
38	NIVEDITHA K	28 min 18s	37%
39	PARIMALA R	10 min 31s	14%
40	PARMINDER KAUR	22 min 2s	29%
41	POORNASHREE KN	1 hr 17 min 18s	100%
42	PRAVEEN M V	1 hr 10 min 29s	91%



43	PROF. NAYANA T	46 min 46s	60%
44	PROF. TEJASWINI	8 min 5s	11%
45	PUJA SHARMA	1 hr 4 min 17s	83%
46	RANJINI K.S	1 hr 9 min 31s	90%
47	RASHMI S	1 hr 1 min 21s	79%
48	REKHA M.P	1 hr 6 min 17s	85%
49	RUDRESHWARI G	1 hr 0 min 41s	78%
50	S T	1 hr 9 min 47s	90%
51	SADIYA FIRDOSE R Z	1 hr 4 min 7s	83%
52	SAILAJA BHASKAR MURTHY	1 hr 4 min 13s	83%
53	SHALINI K RAWANI	1 hr 9 min 2s	89%
54	SHANKAR KUMARAN	1 hr 5 min 39s	85%
55	SHRUTHI H S	1 hr 1 min 14s	79%
56	SHWETHA S P	1 hr 4 min 29s	83%
57	SOWJANYA NAGARAJ	1 hr 5 min 56s	85%
58	SRIVATSALA V	1 hr 17 min 10s	99%
59	SUDARSHAN SAVANOOR	56 min 49s	73%
60	SUNIL KUMAR V	1 hr 10 min 53s	91%
61	SUPLAB KANTI PODDER	59 min 7s	76%
62	TEJASWINI KULKARNI	41 min 49s	54%
63	UMESH M R	11 min 4s	15%
64	VADIRAJA K S	1 hr 18 min 1s	100%
65	VAIBHAV PATIL	1 hr 2 min 39s	81%
66	VICE PRINCIPAL DSCASC	1 hr 6 min 14s	85%
67	VINAY M	1 min 10s	2%
68	VINISH P	37 min 20s	48%
69	VINUTHA K	28 min 57s	38%







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ARTS SCIENCE & COMMERCE**

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**YOGA AND MEDITATION CELL- STHITHAPRAJNA**

**IN ASSOCIATION WITH**

**INTERNAL QUALITY ASSURANCE CELL (IQAC)**

**NAME OF THE EVENT: WORKSHOP**

**DATE: 02/05/2025**

**TIME: 02:00 PM**

**MODE: GOOGLE MEET**

**NAME: Prof. Lalitha**

**DEPARTMENT: Commerce & Management.**

**"MINDFUL AT WORK": Gita's Way**

**Guiding Text for Workplace Management**

**FACULTY FEEDBACK**

The workshop called "Mindful at work": Gita's way was very much informative and truly enriching experience. In today's fast-paced work environment, stress and burnout can be common challenges.

This online workshop gave unique approaches to cultivating mindfulness and well-being in the workplace.

By incorporating mindfulness into our work routine, we can improve our overall well-being, performance and job satisfaction. I thank the speaker

'Sri Shankar kumaran' for giving such a useful information.

*Lalitha*  
02/05/2025