

DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kaumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

Yoga and Meditation Cell

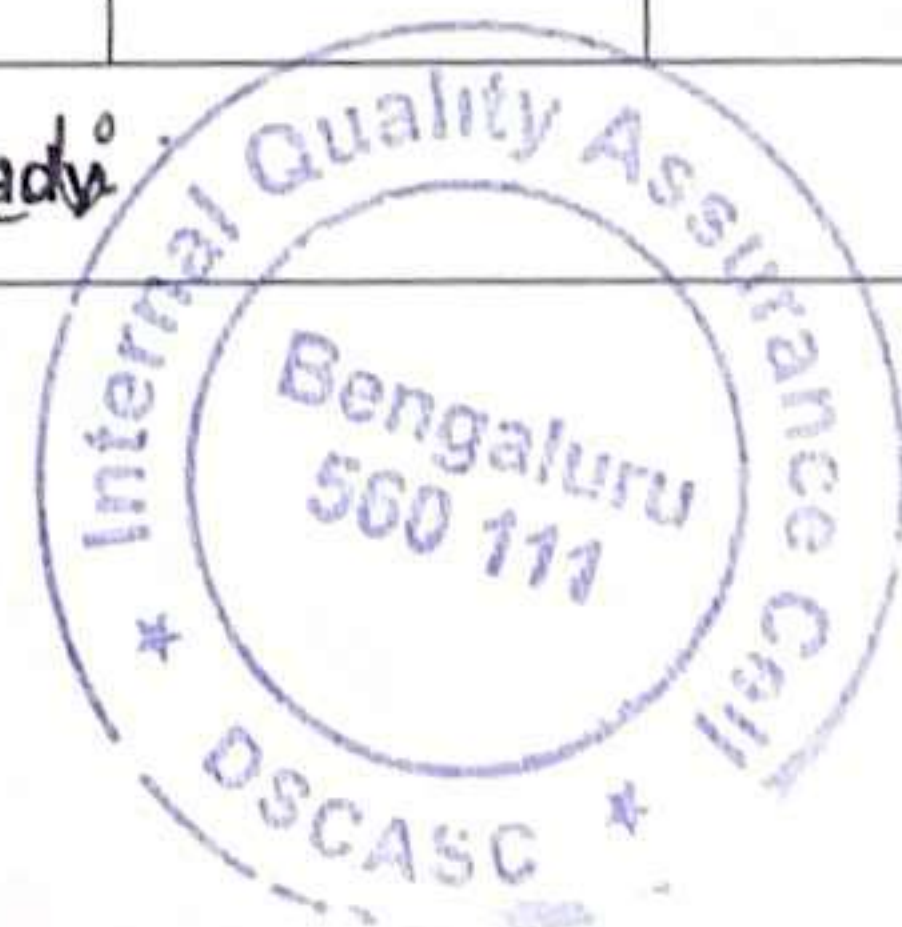
STHITAPRAJNA

YOGA AND MEDITATION FOR FACULTIES- DSCASC

Department: MBA (BU)

Date: 08-03-2025

-Sl. No.	Particulars	Event related Details			
1.	Event*	YOGA FOR DSCASC FACULTIES			
2.	Title of the Event	YOGA FOR BETTER HEALTH AND IMMUNITY			
3.	Date	08-03-2025			
4.	Time	9.AM TO 11.AM			
5.	Venue	ARCHITECTURE BUILDING GROUND FLOOR			
6.	Resource Person 1 Details ** (Profile to be enclosed)	CMA PRANABANDHU DEBIDY			
7.	Activities	Guruji stressed on the benefits of yoga which include. " Few yoga techniques like Postures, Pranayama (breathing techniques) and meditation Shirsanana, jogging, hand and neck exercise . He explained how yoga improves health both physically and mentally. Also edified few Pranayama methods to audience and conveyed with daily practicing techniques. A few about water therapy			
8.	Resource Person 2 Details** (Profile to be enclosed)	NA			
9.	Topics Covered	Today's life is filled with tensions, pressure, urgency, anxiety and so on. Be it the life of a student, adult, farmer, soldier, doctor, engineer, as a matter of fact any one practicing any profession, the life has become a race against time and targets for fulfilling needs and greed's. In this context, health has taken a severe beating. We mean health as that pertaining to Body, Mind and Soul and that is HOLISTIC HEALTH.			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal: 13		External: Nil	
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal: nil		External: Nil	
12.	Faculty Coordinator/s	Dr. Srikantamurthy Dr. Savitha Triwedy			



-Sl. No.	Particulars	Event related Details
13.	Student Coordinator/s	
14.	Total Expenditure (Details to be enclosed)	3000
15.	Sponsors and Amount (if any)	NA
16.	Agenda of the Event (Enclose a copy)	YOGA AND MEDITATION CELL
17.	Report uploaded on college website? If yes, give details:	YES
18.	Report sent to media? If yes, give details:	NIL
19.	Report uploaded in Social Media? If yes, give details:	https://www.facebook.com/photo/?fbid=1222136522863996&se=pcb.1222136759530639
20.	Certificates Printed? (Enclose a copy***)	NA
21.	Feedback Collected? (Enclose a copy***)	NA
22.	Summary of the Event (Minimum 100 words)	
23.	Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	Attendance details attached

Notes:

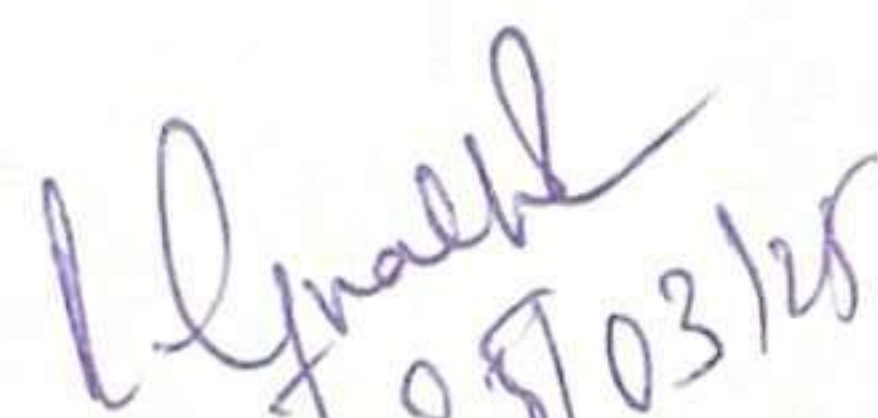
* Seminar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

** Name / Organization / Designation / Area of Expertise

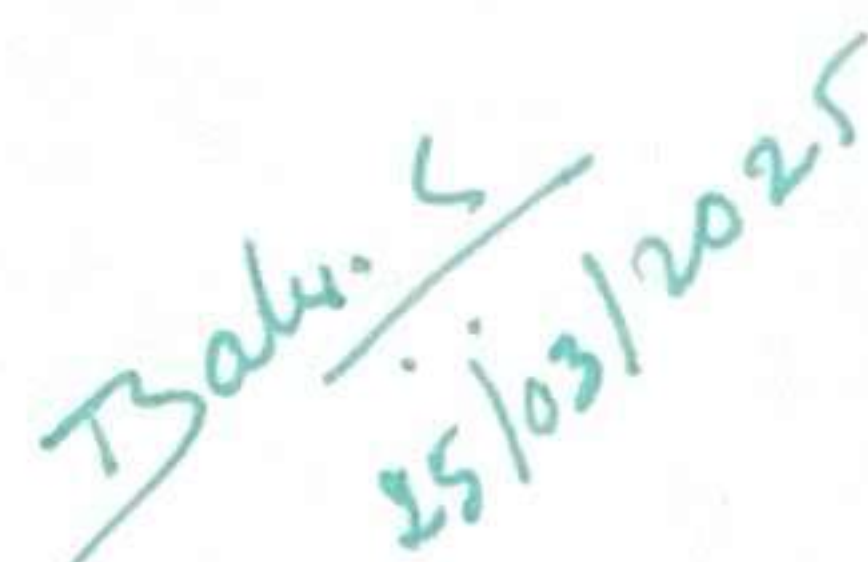
*** Format Copy need to be attached and hard copy need to be filed

PS: Whichever column is not applicable, write as NA.


Event Coordinator


IQAC Co-Ordinator


HOD/Director


Principal

Photos :


IQAC Co-ordinator
Dayananda Sagar College of Arts,
Science & Commerce,
Kumaragiri Layout, Bengaluru - 560 111.



DAYANANDA SAGAR COLLEGE OF MANAGEMENT & INFORMATION TECHNOLOGY
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore - 560 111.

Date : 08-02-2025

Vr. No. : 83.2025

VOUCHER / CASH / CHEQUE

DEBIT A/c. Pranabendu Dwibedy

Three Thousand only

on account of Yoga and meditation conducted for faculty of DSCASC

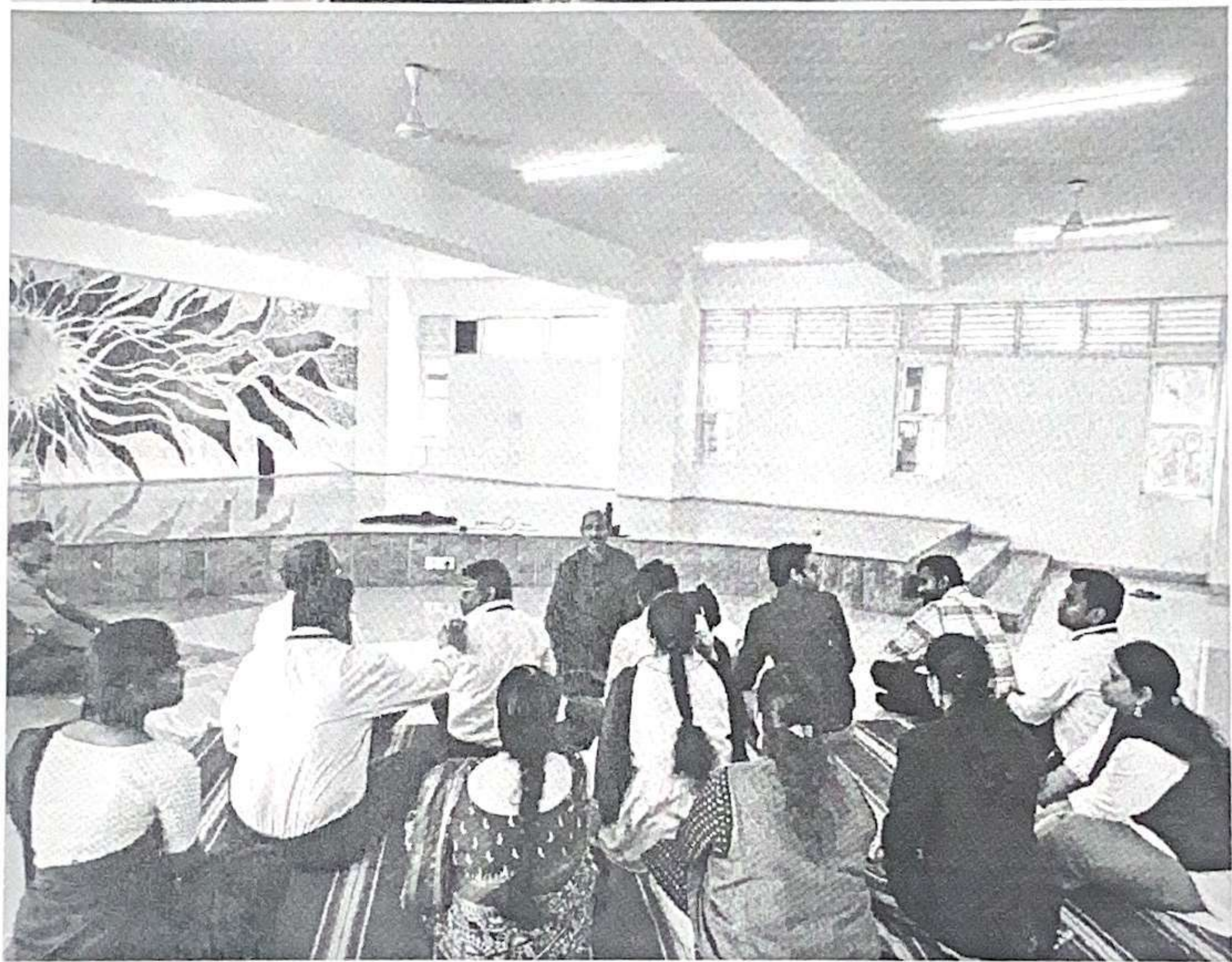
Rs. 3000/-

Accountant

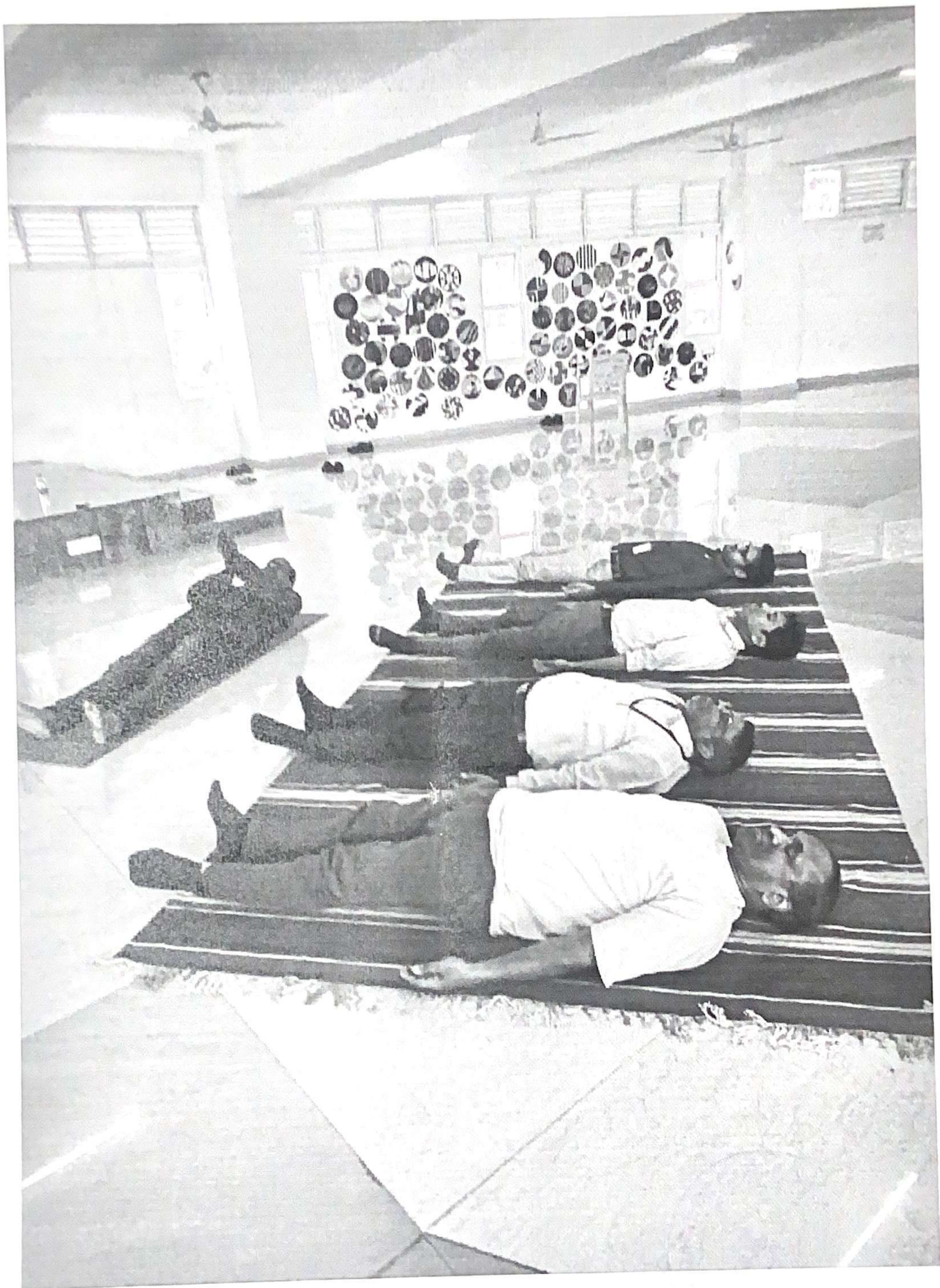


Receiver

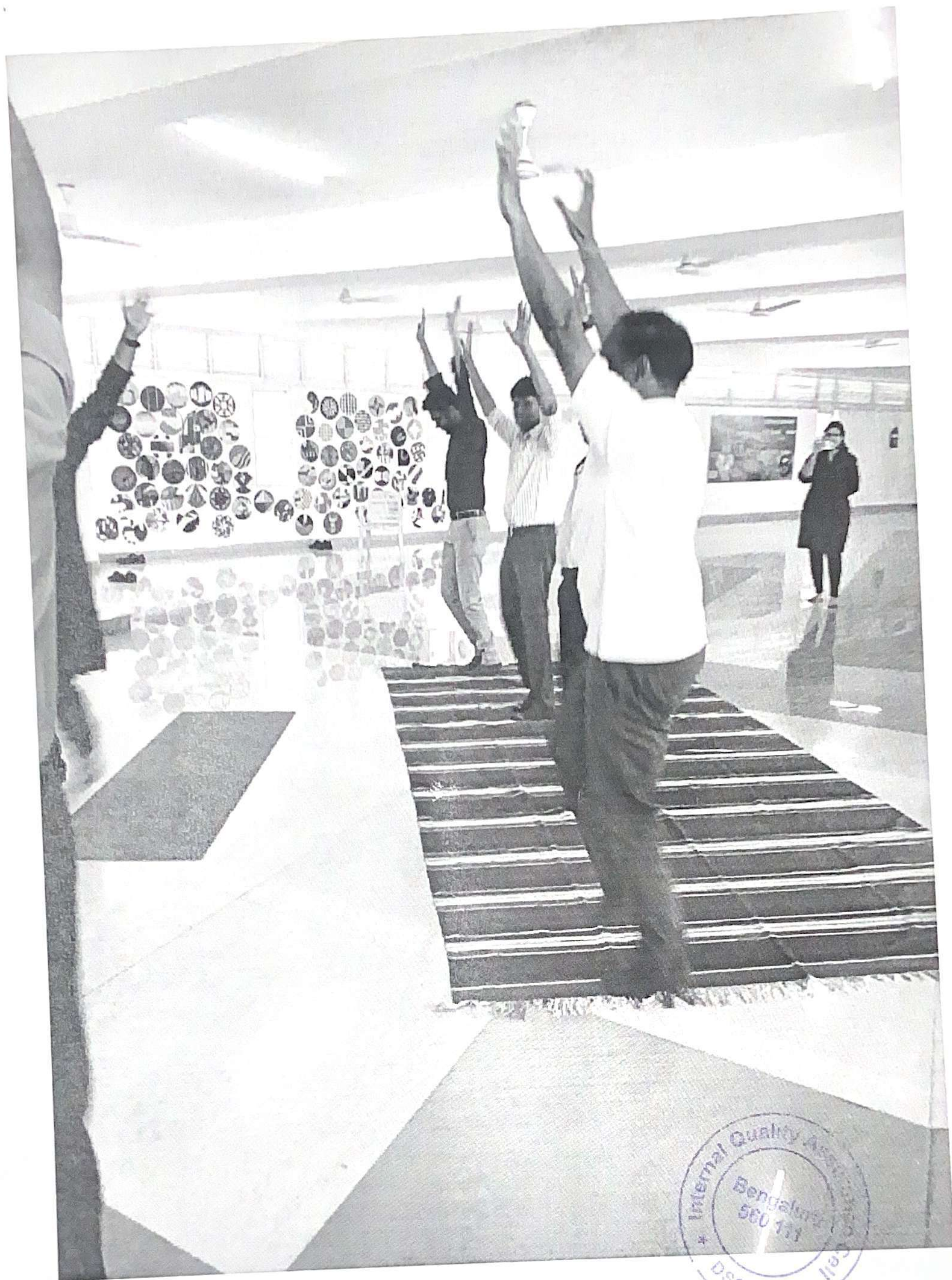








USCASC 4



Internal Quality Assurance
Bengaluru
560 111
DSCASC





DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kumarswamy Layout, Bangalore-5600111

IN ASSOCIATION WITH IQAC-YOGA AND MEDITATION UNIT

STHITAPRAJNA

YOGA FOR FACULTY

By-CMA Pranabhandhu Dwibedy

Venue: Architecture Building No.14

Date: 08-03-2025

Time: 9.00am to 11.00pm

ATTENDANCE -SHEET

Sl. No.	Name	Department	Signature
1.	Dr. Chetan Shetty	MBA	Chetan
2.	Vaibhav Patil	MBA	Vaibhav
3.	Dr. Souptik Tivredli	M.Com	Souptik
4.	Muralidharan K S	MBA	Murali
5.	Dr. Subbulakshmi S	MBA	Subbulakshmi
6.	Dr. Vinitha	MBA	Vinitha
7.	Dr. Govind Krishna Prasad	MBA	Govind
8.	Prof. Sowjanya M Nagaraj	MBA	Sowjanya
9.	Dr. Srikant Nuthy M.H.	MBA	Srikant
10.	Niveditha K	MBA	Niveditha
11.	Dr. Venkatesh B.R.	MBA	Venkatesh
12.	Rokma M.P	BBA	Rokma
13.	Nagarajeswari M	B.Com	Nagarajeswari
14.	Shruthi H.S.	B.Com	Shruthi
15.	Praveen M.V	B.Com/B.BA	Praveen
16.	Geetha Shree K	B.Com/BBA	Geetha
17.	Manjushree R.K	B.Com/BBA	Manjushree
18.	Lavanya CM	B.COM/BBA	Lavanya
19.	Sauitha N.L	B.COM	Sauitha
20.	Dr. Gangadhar	B.Com	Gangadhar
21.	Ashwini	BBA	Ashwini
22.	Shalini Rawani	BBA/B.Com	Shalini
23.	Pajimala R	BBA	Pajimala
24.	Shruthi B.B	B.Com	Shruthi
25.	Narasimha Siroguppi	BCA/MCA	Narasimha
26.	Sahana B.K	BCA/MCA	Sahana



27.	Rudreshwari. G	BCA/racA	db
28.	MG.		
29.	Lynna		
30.	Kaythe		
31.	Rudreshwari.		
32.			
33.			
34.			

