

DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560111

Internal Quality Assurance Cell (IQAC)

Annexure – I

Yoga & Meditation Unit “STHITAPRAJNA”

Training Session on Meditation and Yoga

Version 2021

(One form to be filled for each event)

Department: M.Com

Date: 19th May 2025

Sl. No.	Particulars	Event related Details
1.	Event*	Training Session
2.	Title of the Event	Training Session on Meditation and Yoga
3.	Date	19 th May 2025
4.	Time	9.30am
5.	Venue	Building No. 13, Business block 7 th floor
6.	Resource Person 1 Details (Profile to be enclosed)	Name: -- Prof. G. Srishyla Organization: DSCASC, Bangalore Designation: Adjunct faculty Area of Expertise: Personal Mobile No. Personal Email Id
7.	Topics Covered	Importance of meditation, types of yoga and their benefits
8.	Resource Person 2 Details (Profile to be enclosed)	Name: -- Organization: Designation: Area of Expertise: Personal Mobile No: Personal Email ID:
9.	Topics Covered	
10.	Resource Person Details 3 (Profile to be enclosed)	Name: -- Organization: Designation: Area of Expertise: Personal Mobile No: Personal Email ID:

Sl. No.	Particulars	Event related Details			
11.	Topics covered				
12.	No. Faculty Participants (Enclose a copy	Internal:	4	External:	-
13.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	37	External:	-
14.	Faculty Coordinator/s	Full Name: Dr. Savita Trivedi Department: M.Com Designation: Professor			
15.	Student Coordinator/s	Full Name: -Ms.Abhijna Prabhu Register No: P03CJ24C012011			
16.	Total Expenditure (Details to be enclosed)	--			
17.	Sponsors and Amount (if any)	--			
18.	Program Schedule of the Event attached?	Yes			
19.	Provide the link of the report uploaded on College Website	https://www.dscasc.edu.in/MCom/mcom-news			
20.	Provide the links of the report uploaded on Social Media				
21.	Report sent to Newspapers? If yes, provide cuttings/images	----			
22.	Certificates Printed? (Attach a	—			

Sl. No.	Particulars	Event related Details
	copy**)	
23.	Feedback Collected?	--
24.	Attendance Sheet Attached?	Attached
25.	Summary of the Event (Around 100 words)	Under yoga & meditation unit "STHITAPRAJNA", a training session on Yoga and Meditation was organized on 19 th May 2025 at 9.30 am for M.Com students. Gathering was addressed by HOD Dr. Mahalakshmi V. Resource person was prof. G. Srishyla. During the session students practiced meditation and yoga. It was a very informative and useful session. Event was organized by professor Dr. Savita Trivedi and was coordinated by Ms. Abhjna Prabhu.
26.	Photographs of the Event (About 5 relevant, clear, and appropriate photos to be pasted with title and explanation. The jpg files need to be attached)	Attached

Notes:

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

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

Original sheet need to be filed and scanned copy should be attached

PS:

- ❖ Whichever column is not applicable, write as NA.
- ❖ If the nothing is done / gained / spent, write as No/Nil.


 Event Coordinator


 Head of Department
 Master of Commerce (M.Com)
 Dayananda Sagar College of Arts, Science & Commerce
 K.S. Layout, Bengaluru - 560 014


 IQAC Coordinator
 IQAC Co-ordinator
 Dayananda Sagar College of Arts, Science & Commerce
 K.S. Layout, Bengaluru - 560 014


 Principal
 Principal
 Dayananda Sagar College of Arts, Science and Commerce
 K.S. Layout, Bangalore - 560 07

