

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE  
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560082  
Internal Quality Assurance Cell (IQAC) Cell  
YOGA & MEDITATION CELL – STHITAPRAJNA  
LECTURE CUM DEMO ON YOGA

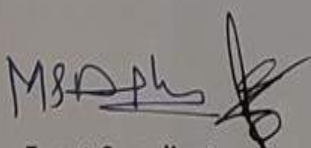
Department: BCA

Date: 12/09/2022

Sl. No.	Particulars	Event related Details			
1.	Event*	LECTURE CUM DEMO ON YOGA			
2.	Title of the Event	Exploring the Power in You			
3.	Date	13/09/2022			
4.	Time	09.30am to 11.00am			
5.	Venue	Dr Prem Chandra Sagar Auditorium, DSI Campus.			
6.	Resource Person 1 Details** (Profile to be enclosed)	Mr. Kaushik SV Head – Institutional Programs. The Art of Living Foundation.			
7.	Topics Covered	<ul style="list-style-type: none"> <li>• Importance about Power.</li> <li>• Individual ability to Control.</li> <li>• Importance of Meditation.</li> <li>• Connection between Mind &amp; Body.</li> </ul>			
8.	Resource Person 2 Details** (Profile to be enclosed)	NA			
9.	Topics Covered	NA			
10.	No. of Faculty Participants (Enclose a copy of names with signatures)	Internal:	03	External:	NA
11.	No. of Student Participants (Enclose a copy of names with signatures)	Internal:	100	External:	NA
12.	Faculty Coordinator/s	1. Full Name: Prof. Hemanth Uppala Designation: Vice Principal & HOD – BCA Dept. 2. Full Name: Prof. Diwakara Vasuman M S Designation: Assistant Professor- BCA. 3. Full Name: Prof. Leo Lawrence James Designation: Assistant Professor- BCA.			
13.	Student Coordinator/s	Full Name: Bhuvan B, Gautham M Register No: Not Yet Course, Semester & Section: BCA I Sem A Section Full Name: Vikas, V Balaji Register No: Not Yet Course, Semester & Section: BCA I Sem B Section			
14.	Total Expenditure (Details to be enclosed)	NA			



15.	Sponsors and Amount (if any)	NA
16.	Program Schedule of the Event attached?	YES
17.	Provide the link of the report uploaded on College Website	<a href="#">Demo_Yoga.pdf (dscasc.edu.in)</a>
18.	Provide the links of the report uploaded on social media	Yet to be received
19.	Report sent to Newspapers? If yes, provide cuttings/images:	Not Applicable
20.	Certificates Printed? (Enclose a copy***)	NO
21.	Feedback Collected? (Enclose a copy***)	Not Applicable
22.	Attendance Sheet Attached?*	YES
23.	Summary of the Event (Minimum 100 words)	A Yoga lecture and demonstration had been organized by the Department of Computer Applications. Mr. Kaushik SV, Head of Institutional Programs at The Art of Living Foundation, led the seminar. He went on to discuss the use of power, when to use it, where to use it, and what it means to have the capacity to govern one's own power in the course of the session. The speaker then provided an illustration of the value of mediation. and the speaker explained how meditation can help you link your mind and body. He demonstrated how to be focused in life by engaging in meditation. Overall, the lesson was quite instructive and helped our kids improve their self-control and concentration on their coursework.
24.	Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	Enclosed Below

  
Event Coordinator

  
HOD/Director

  
IQAC Coordinator

  
Principal



# DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE, AND COMMERCE



## LECTURE CUM DEMO ON YOGA EXPLORING THE POWER IN YOU



**KAUSHIK S V**  
HEAD - INSTITUTIONAL PROGRAMS,  
THE ART OF LIVING FOUNDATION

ORGANIZED BY

YOGA & MEDITATION  
CELL-STHITAPRAJNA



12/09/2022  
09:45AM - 10:45AM



DR. PREMACHANDRA SAGAR AUDITORIUM,  
CENTRE FOR PERFORMING ARTS



**DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE**  
**Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560082**  
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**YOGA & MEDITATION CELL – STHITAPRAJNA**  
**LECTURE CUM DEMO ON YOGA**

**Department: BCA**

**Date: 13/09/2022**



**Dayananda Sagar College of Arts, Science and Commerce**



Department of Computer Applications - BCA

BCA 2022 BATCH INDUCTION PROGRAMME 12/09/2022

S.NO	REGISTER NO	STUDENT NAME	SIGNATURE
1	U03CJ22S0001	NEETHU K P	
2	U03CJ22S0002	ANIRUDHA GOUTHAM C M	<i>Anirudha</i>
3	U03CJ22S0003	AMIT KADABA	<i>Amit</i>
4	U03CJ22S0004	ABHISHEK KUMAR	<i>Abhishek Kumar</i>
5	U03CJ22S0005	AIMNIKH	<i>Aimnikh</i>
6	U03CJ22S0006	AADNIKH	<i>Aadnikh</i>
7	U03CJ22S0007	ADHISHWAR BALAJI	
8	U03CJ22S0008	AFNAN SABIL	<i>Afnan Sabil</i>
9	U03CJ22S0009	ASHWINI M	<i>Ashini</i>
10	U03CJ22S0010	ABHINAV MAROTHIA	<i>Abhinav Marothia</i>
11	U03CJ22S0011	ADARSH KUMAR	<i>Adarsh Kumar</i>
12	U03CJ22S0012	ANUSH ALLIKEDE	<i>Anush</i>
13	U03CJ22S0013	ARKAV BOSE	
14	U03CJ22S0014	A MUHAMMAD SUHAIB	<i>Ammu Muhammad Suhaib</i>
15	U03CJ22S0015	BHUVANA A	<i>Bhuvana A</i>
16	U03CJ22S0016	AWEZ PASHA	
17	U03CJ22S0017	BINDU B	<i>Bindu B</i>
18	U03CJ22S0018	BHUVAN B	<i>Bhuvan B</i>
19	U03CJ22S0019	BASAVARAJA S	<i>Basavaraja S</i>
20	U03CJ22S0020	CHAITHRA K R	<i>Chaitra K R</i>
21	U03CJ22S0021	DHANUSHREE R	<i>Dhanushree</i>
22	U03CJ22S0022	CHEKRAVARTHI C	<i>Chekravathi C</i>
23	U03CJ22S0023	FAHAD KHAN	
24	U03CJ22S0024	GUNAVANTH M	
25	U03CJ22S0025	G AKASHI	
26	U03CJ22S0026	GOUTHAM M	<i>Goutham M</i>
27	U03CJ22S0027	GUNJANRAJ L KOTTEWAL	<i>Gunjanraj</i>



28	U03CJ22S0028	GOWTHAM S	Gowtham
29	U03CJ22S0029	HEMAPRIYA D	Hemapriya D
30	U03CJ22S0030	HARSHITHA S	Harshitha S.
31	U03CJ22S0031	HEMUL	
32	U03CJ22S0032	HARSHITHA S	
33	U03CJ22S0033	HITESH H S	Hitesh
34	U03CJ22S0034	I Y ABHAY CHENGAPPA	I. Y. Abhay Ch
35	U03CJ22S0035	IBRAHIM KUSHAY HAKIMJI	Ibrahim
36	U03CJ22S0036	JEEVAN N	Jeevan N.
37	U03CJ22S0037	JATHIN N	Jathin
38	U03CJ22S0038	KUMAR S	Kumar S
39	U03CJ22S0039	KEERTHANA.M	Keerthana.M
40	U03CJ22S0040	KEERTHANA M	Keerthana M.
41	U03CJ22S0041	KEERTHANA R	R. Keerthana
42	U03CJ22S0042	LEKHASHREE H	
43	U03CJ22S0043	M SPURTHI	M Spurthi
44	U03CJ22S0044	MADAN N	Madan N
45	U03CJ22S0045	MONIKA G	Monika
46	U03CJ22S0046	MUHAMMED HAZEEN K P	Hazeen
47	U03CJ22S0047	MADHUSHREE R	Madhusree R
48	U03CJ22S0048	MEGHANA S K	Meghana
49	U03CJ22S0049	MOHAMMED MASIULLA KHAN	M. Masi Khan
50	U03CJ22S0050	MOHAMMED USMAN F	Md. Usman
51	U03CJ22S0051	MEHRAJ SHARIFF	Mehraj Shariff
52	U03CJ22S0052	KARTHIKEYAN GIRISH	Karthikeyan
53	U03CJ22S0053	MEDIPALLI ANIRUDH	Anirudh
54	U03CJ22S0054	N S VISHAL GOWDA	N. S. Vishal Gowda
55	U03CJ22S0055	MEHEK N	Mehek N
56	U03CJ22S0056	MOHAMMED SAIF	
57	U03CJ22S0057	NANDISH U	Nandish U.
58	U03CJ22S0058	NANDAN B R	Nandan B R

59	U03CJ22S0059	NITHIN GOWDA H	
60	U03CJ22S0060	NANDAN GANAPATI AVADHANI	

Dayananda Sagar College of Arts, Science and Commerce

Department of Computer Applications - BCA

BCA 2022 BATCH INDUCTION PROGRAMME 12/09/2022

S.NO	REGISTER NO	STUDENT NAME	SIGNATURE
1	U03CJ22S0061	NIHAL VARDHAN REDDY S	
2	U03CJ22S0062	P SAMANVITHA ACHARYA	
3	U03CJ22S0063	POOJA T	
4	U03CJ22S0064	PRIYA SANGEETHA S	
5	U03CJ22S0065	PERURI VAISHNAVI JISHITHA	
6	U03CJ22S0066	PRERANA K KULKARNI	
7	U03CJ22S0067	PAVAN G	
8	U03CJ22S0068	RAGHOTHAMA N S	
9	U03CJ22S0069	RAHUL C POOJARY	
10	U03CJ22S0070	RAKSHITHA S	
11	U03CJ22S0071	RAMYA K	
12	U03CJ22S0072	RITHIKA K	
13	U03CJ22S0073	PATTA TARANNUM FERROZ	
14	U03CJ22S0074	RAKSHITH GOWDA P	
15	U03CJ22S0075	RISHOTH KUMAR D	
16	U03CJ22S0076	SALMAN ALI	
17	U03CJ22S0077	SRINIDHI R	
18	U03CJ22S0078	SRIKANTH R	
19	U03CJ22S0079	SAHIL KUMAR	
20	U03CJ22S0080	SHWETHA N	
21	U03CJ22S0081	SHARANYA B M	
22	U03CJ22S0082	SOUJANYA S	
23	U03CJ22S0083	SONALI BANU	
24	U03CJ22S0084	SRINITHYA V	
25	U03CJ22S0085	SUSHMITHA N	
26	U03CJ22S0086	SUHAS SATHYANARAYANA R	
27	U03CJ22S0087	SANJAY M	



28	U03CJ22S0088	SUKRUTH Y S	<i>Sukruth</i>
29	U03CJ22S0089	SUMA P	
30	U03CJ22S0090	TANISH G	<i>Tanish G</i>
31	U03CJ22S0091	TANVITHA R	<i>Tanvitha R</i>
32	U03CJ22S0092	TANISHQ NAWAZ KHAN	<i>Tanishq</i>
33	U03CJ22S0093	TEJAS R	<i>Tejas.R</i>
34	U03CJ22S0094	TEJASWINI D	<i>Tejaswini D</i>
35	U03CJ22S0095	TEJUS M S	<i>Tejus MS</i>
36	U03CJ22S0096	VARSHINI G	<i>Varshini G.</i>
37	U03CJ22S0097	VANYA SHREE N	<i>Vanya</i>
38	U03CJ22S0098	V BALAJI	<i>Balaji</i>
39	U03CJ22S0099	VINEETH M RAJU	<i>Vineeth</i>
40	U03CJ22S0100	VENNELA	<i>Vennela</i>
41	U03CJ22S0101	VIKAS B	<i>Vikas B</i>
42	U03CJ22S0102	VINAY VASISITA G R	
43	U03CJ22S0103	VYOOM P AGARWAL	<i>Vyoom Agarwal</i>
44	U03CJ22S0104	YASHAWARTHI M K	<i>Yash MK</i>
45	U03CJ22S0114	ANKIT KUMAR	
46	U03CJ22S0115	CHIRANTH H	<i>Chiranth</i>
47	U03CJ22S0116	DEEKSHITH REDDY M A	<i>Deekshith</i>
48	U03CJ22S0117	HARI KISHORE K	
49	U03CJ22S0118	LAVANYA J V	<i>Lavanya</i>
50	U03CJ22S0119	MARIAN LOHITH	<i>Marian</i>
51	U03CJ22S0120	PRADEEP VASAN K S	<i>K.S. Pradeep Vasam</i>
52	U03CJ22S0121	RIAZ HOUSSEN ZAHRA	<i>Riaz</i>
53	U03CJ22S0122	SAGAR K M	
54	U03CJ22S0123	TURANYU R	<i>Turanyu</i>
55	U03CJ22S0126	AFEES KUTHUESH	<i>Afees</i>
56	U03CJ22S0127	SHAHUL HAMEED V R	<i>Shahul</i>
57	U03CJ22S0128	SREEKUMAR I	<i>Sreekumar</i>
58	U03CJ22S0134	SARAVANAN G	