

# DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kaumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC) Cell

## DIGITAL WORKSHOP ON YOGA

Department: MBA (BU)

Date: 07-01-2020

Sl. No.	Particulars	Event related Details			
1.	Event*	Digital workshop on yoga			
2.	Title of the Event	Economic Wealth, Health, Water therapy			
3.	Date	07-01-2020			
4.	Time	11.15 am. To 12.20 pm			
5.	Venue	Class room 201			
6.	Resource Person 1 Details** (Profile to be enclosed)	Dr. Sudendra			
7.	Topics Covered	Economic wealth, importance of individual's health, water therapy, benefits of being fit.			
8.	Resource Person 2 Details** (Profile to be enclosed)	NA			
9.	Topics Covered	NA			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal: 1		External: Nil	
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal: 55		External: Nil	
12.	Faculty Coordinator/s	Dr. Vijayakumar			
13.	Student Coordinator/s	NIL			
14.	Total Expenditure (Details to be enclosed)	NIL			
15.	Sponsors and Amount (if any)	NIL			
16.	Agenda of the Event (Enclose a copy)	NIL			
17.	Report uploaded on college website? If yes, give details:	NIL			
18.	Report sent to media? If yes, give details:	NIL			

Sl. No.	Particulars	Event related Details
19.	Report uploaded in Social Media? If yes, give details:	NIL
20.	Certificates Printed? (Enclose a copy***)	NIL
21.	Feedback Collected? (Enclose a copy***)	
22.	Summary of the Event (Minimum 100 words)	The resource person co-related economic wealth of a country, individuals and the society with a brief of health and fitness of the young earning professionals dealt at length on water therapy, its benefits and method, and adopting its elaboration on the diseases that could be cured with water therapy. Further briefed on practicing in various yoga postures like pranayama and Surya Namaskar for developing holistic health.
23.	Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	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.**

*Venkaatesh B.R.*  
31/01/2020

Yoga and Meditation Cell  
Dr.Venkaatesh B.R.

*R. Gopal*

IQAC Coordinator  
DSCASC

*[Signature]*  
Principal  
DSCASC