



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

**MBA-BU Department**

**Shavige Malleshwara Hills, Kumaraswamy layout**

**Bangalore – 560 111**

**C I R C U L A R**

Date: 16-05-2023

This is to inform all the students, faculty and staff that MBA-BU has organized a one-day Visit on 18<sup>th</sup> May 2023 to the Yoga & Meditation Program at Pyramid Valley as a part of Yoga and Meditation Cell.

All students chosen for this visit to Pyramid Valley MUST be on their best behaviour and make the best use of this opportunity. The students would be accompanied by faculty in-charge for this visit and all students are required to follow the instructions provided by them.

*N. Subalatha*  
16/05/23

**Director/ Principal**

**DIRECTOR**

Dayananda Sagar College  
of Arts, Science & Commerce  
Shavige Malleshwara Hills  
Kumaraswamy Layout  
BANGALORE - 560 011

# DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kaumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

## Yoga and Meditation Cell

A Visit to Pyramid Valley

Department: MBA (BU)

Date: 18-5-2023

| Sl. No. | Particulars   | Event related Details  |  |               |  |
|---------|---|--|--|---------------|--|
| 1.      | Event*  | Yoga Program at Pyramid valley   |  |               |  |
| 2.      | Title of the Event  | Meditation at Pyramid Valley   |  |               |  |
| 3.      | Date  | 18-5-2023  |  |               |  |
| 4.      | Time  | 9:30 AM To 4:30 PM   |  |               |  |
| 5.      | Venue   | Pyramid Valley International, Kebbedoddi Village, Harohalli Hobli, Kanakapura Road |  |               |  |
| 6.      | Resource Person 1 Details **<br>(Profile to be enclosed)              | NA   |  |               |  |
| 7.      | Topics Covered  | NA   |  |               |  |
| 8.      | Resource Person 2 Details**<br>(Profile to be enclosed)               | NA   |  |               |  |
| 9.      | Topics Covered  | NA   |  |               |  |
| 10.     | No. Faculty Participants<br>(Enclose a copy of names with signatures) | Internal: 02   |  | External: Nil |  |
| 11.     | No. Student Participants<br>(Enclose a copy of names with signatures) | Internal: 35   |  | External: Nil |  |
| 12.     | Faculty Coordinator/s   | Prof.NAYANA T<br>Dr.CHETAN SHETTY  |  |               |  |

| Sl. No. | Particulars   | Event related Details  |
|---------|---|--|
| 13      | Student Coordinator/s   | SANJAY SAJJAN  |
| 14      | Total Expenditure (Details to be enclosed)  | NA   |
| 15      | Sponsors and Amount (if any)  | NA   |
| 16      | Agenda of the Event (Enclose a copy)  | NA   |
| 17      | Report uploaded on college website? If yes, give details:   |  |
| 18      | Report sent to media? If yes, give details:   | NIL  |
| 19      | Report uploaded in Social Media? If yes, give details:  |  |
| 20      | Certificates Printed? (Enclose a copy***)   | NA   |
| 21      | Feedback Collected? (Enclose a copy***)   | -  |
| 22      | <b>Summary of the Event (Minimum 100 words)</b>   | <p>Pyramid Valley International, a serene valley surrounded by greenery and small hills, is the perfect place for going deep within oneself. The 28-acre campus hosts the world's largest pyramid structure built solely for meditation. Towering to the height of 100 feet/ 30 meters — the height of a 10- storey building — the Mega-Pyramid is a silent abode of sacred energies that allows meditators to experience calmness pretty rapidly. The entire campus is dotted with high-energy spots for meditation and silent retreat. In addition, you can attend one of the numerous talks, workshops and trainings that are conducted in the state-of-the-art training rooms.</p> <p>Pyramid Valley is a paradise where the spiritual and emotional needs are met. You can relax, meditate, and be one with nature, or experiment by learning new life skills. It is also a place to encounter the experiences of world's spiritual masters, and develop a holistic approach to life and learning. Meditation is silencing the incessant chatter of the restless mind for that ... we ... begin ... with ... the ... BREATH. The process of meditation is so very simple – Close your eyes and be with your normal, natural, soft, tranquil BREATH.</p> |
| 23      | <b>Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)</b> | <b>Attendance details attached</b>   |

**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.**



**Photos:**

*Prof.Srinivas introducing the speaker to the students*



*Ms.Shalini addressing the students regarding Meditation*





*Students having lunch at Pyramid Valley*



*Group Photo*

**Dayananda Sagar College of Arts, Science & Commerce**  
**Department of MBA – BU**  
**IQAC – ISR Cell**  
**Visit to Pyramid Valley**

**Date: 18<sup>th</sup> May 2023**

| Sl. No. | Student Name       | Signature |
|---------|--------------------|-----------|
| 1.      | Deepthi            | Deepthi   |
| 2.      | Nihal              | Nihal     |
| 3.      | Vaishnavi          | Vaishnavi |
| 4.      | MeghanaHegde       | Meghana   |
| 5.      | Sakshi             | Sakshi    |
| 6.      | Sahana             | Sahana    |
| 7.      | Divya              | Divya     |
| 8.      | C.K. Preethi       | Preethi   |
| 9.      | Divya B.S          | Divya     |
| 10.     | Soubhagya S        | Soubhagya |
| 11.     | Vinitha M.         | Vinitha   |
| 12.     | Tejaswini N        | Tejaswini |
| 13.     | Shreya Chakraborty | Shreya    |
| 14.     | Vaishnavi G.       | Vaishnavi |
| 15.     | Amrutha K.         | Amrutha   |
| 16.     | Aishwarya V Gupta  | Aishwarya |
| 17.     | Lahari K.M.        | Lahari    |
| 18.     | Shreya T.P.        | Shreya    |
| 19.     | Ashwathi           | Ashwathi  |
| 20.     | Tejaswini M.       | Tejaswini |
| 21.     | SnehaLokar         | Sneha     |
| 22.     | Krupakar           | Krupakar  |
| 23.     | Likitha            | Likitha   |
| 24.     | Ayushi             | Ayushi    |
| 25.     | Rohan              | Rohan     |
| 26.     | Harshita           | Harshita  |
| 27.     | ArshiyaNaz         | Arshiya   |
| 28.     | Juned              | Juned     |
| 29.     | Aditya             | Aditya    |
| 30.     | Manasi             | Manasi    |