

# Dayananda Sagar College of Arts, Science & Commerce MBA-BU Department

Shavige Malleshwara Hills, Kumaraswamy layout Bangalore – 560 111

## CIRCULAR

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.

Director/ Principal

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Usyananda Paçar College if Arts Bulence & Commerc Shavige Wallegmants Hills Kantaraswamy Layout B. MGALORE - 580 ET.

### 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

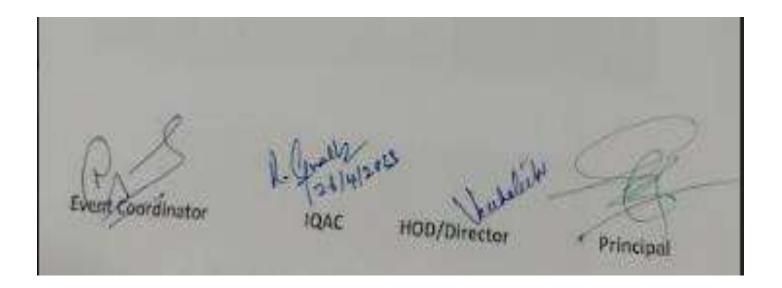
SI.					
	Particulars	Event related Details			
No.					
1.	Event*	Yoga Program at Pyramid valley			
2.	Title of the Event	Meditation at Pyramid Valley			
3.	Date	18-5-2023			
4.	Time	9:30 AM To 4:30 PM			
5.	Venue	Pyramid Valley International, Kebbedoddi Village, Harohalli Hobli, Kanakapura Road			
6.	Resource Person 1 Details ** (Profile to be enclosed)	NA			
7.	Topics Covered	NA			
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: 02		External: Nil	
11	No. Student	Internal: 35		External: Nil	
12	Faculty	Prof.NAYANA T Dr.CHETAN SHETTY			

SI. 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?	NA	
	(Enclose a copy***)		
21	Feedback Collected? (Enclose a copy***)	-	
22	Summary of the Event (Minimum 100 words)	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.  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	
23	Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg	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.  Attendance details attached	
	files need to be 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.



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: 18th May 2023

Sl. No.	Student Name	Signature
1.	Deepthi	2000
2.	Nihal	
3.	Vaishnavi	1000
4.	MeghanaHegde	16-41-6
5.	Sakshi	2000
6.	Sahana	20000
7.	Divya	Saland
8.	C.K. Preethi	Dreitle:
9.	Divya B.S	2000
10.	Soubhagya S	Shin Ma
11.	Vinitha M.	19/202460
12.	Tejaswini N	To a d
13.	Shreya Chakraborty	John Man I
14.	Vaishnavi G.	1001
15.	Amrutha K.	Am Ma Ha
16.	Aishwarya V Gupta	Add As
17.	Lahari K.M.	2000
18.	Shreya T.P.	Shreya
19.	Ashwathi	A. D.
20.	Tejaswini M.	1 a Common
21.	SnehaLokar	
22.	Krupakar	
23.	Likitha	491110
24.	Ayushi	Olynn.
25.	Rohan	D-S
26.	Harshita	Jona Chila
27.	ArshiyaNaz	The contract
28.	Juned	Ashrip
29.	Aditya	The
30.	Manasi	Aditia
		Managu