



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: 03-02-2023

This is to inform all the students, faculty and staff that MBA-BU has organized a one-day Visit on 7th February 2023 to the Yoga & Meditation Program at Pyramid Valleyas 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.

V. Subrahmanya
02/02/23

Director/ Principal

DIRECTOR

Dayananda Sagar College
of Arts, Science & Commerce
Shavige Malleshwara Hills
Kumaraswamy Layout
BANGALORE - 560 111

DAYANANDASAGAR 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 International Mediation Centre - Yoga and Meditation

-Department: MBA (BU)

Date: 07-02-2023

-Sl. No.	Particulars	Event related Details		
1.	Event*	A Visit to Pyramid Valley International Mediation Centre - Yoga and Meditation		
2.	Title of the Event	"YOGA AND FITNESS PROGRAM FOR STUDENTS		
3.	Date	07- FEBRUARY 2023		
4.	Time	8.30 AM TO 5.30 PM		
5.	Venue	Meditation Center Pyramid Valley international Kebbedoddi Village, Harohalli Hobli, Kanakapura Taluk, Ramanagara District, Bengaluru, Karnataka		
6.	Resource Person 1 Details ** (Profile to be enclosed)	Mr. Surya – Pyramid Valley		
7.	Topics Covered	<p>'Ana' means 'In-Breath' 'Apana' means 'Out-Breath' 'Sati' means 'Be With' 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> <p>Meditation silences the incessant restless and useless waves of the mind, thereby preserving the soul's energy leading to good health, great peace of mind and perfect wisdom in life. Meditation Procedure ...</p>		
8.	Resource Person 2 Details** (Profile to be enclosed)	2		
9.	Topics Covered	Stress Relief, simple yoga asanas, multi-dimensional training and toning to the body, Breathing Exercise		
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:2		External: Nil
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:80		External: Nil
12.	Faculty Coordinator/s	Dr. Srikantamurthy M.R. / Prof. B.R.N Murthy		

-Sl. No.	Particulars	Event related Details
13.	Student Coordinator/s	Anagha
14.	Total Expenditure (Details to be enclosed)	1000 bills attached
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:	https://dscasc.edu.in/images/MBA/initiatives/Pyramid.pdf
18.	Report sent to media? If yes, give details:	NIL
19.	Report uploaded in Social Media? If yes, give details:	https://www.facebook.com/photo.php?fbid=768241801586806&set=pb.100052029801075.-2207520000.&type=3
20.	Certificates Printed? (Enclose a copy***)	NA
21.	Feedback Collected? (Enclose a copy***)	Yes attached in the document
22.	Summary of the Event (Minimum 100 words)	<ul style="list-style-type: none"> • An improved blood circulation • A stronger immunesystem • Improved cardiovascular system, lymph system & respiratory system • Less fatigue • Balanced cholesterol level •
23.	Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	Attendance details attached

Notes:

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

** Name / Organization / Designation / Area of Expertise

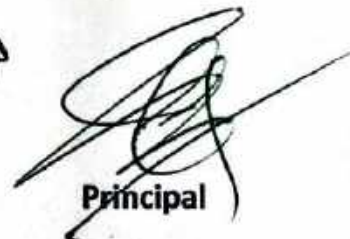
*** Format Copy need to be attached and hard copy need to be filed

PS: Whichever column is not applicable, write as NA.


Event Coordinator


IQSC Co-Ordinator


HOD/Director


Principal

PHOTOS

THE PYRAMID SPIRITUAL TRUST (INDIA)
 Pyramid Valley International
 Kabbadara Village, Harpal Road, Kankapura Road, Bangalore - 560112
 Phone: +91 8147859827

Receipt No: **18433** **Nitya Anandana Seva** Date: **7/2/23**

Received with thanks from Sir / Smt. **Dr. Jayarama Sagar**
MBA, B.A., Dayananda Sagar College
 Science & Commerce, First Year, Bangalore.

Contribution of Rupees **Five hundred only**
 by Cash / Cheque / DD No. _____ Date: _____

Towards **Nitya Anandana Seva**

For: **500/-** PAN: _____ **Mr. Srinivasan**
 for THE PYRAMID SPIRITUAL TRUST (INDIA)

THE PYRAMID SPIRITUAL TRUST (INDIA)
 Pyramid Valley International
 Kabbadara Village, Harpal Road, Kankapura Road, Bangalore - 560112
 Phone: +91 8147859827

Receipt No: **18434** **Nitya Anandana Seva** Date: **7/2/23**

Received with thanks from Sir / Smt. **M.P. Srikrishna Murthy**
MBA, B.A., Dayananda Sagar College
 Science & Commerce, First Year, Bangalore.

Contribution of Rupees **Two thousand two hundred only**
 by Cash / Cheque / DD No. **B-P** Date: _____

Towards **Nitya Anandana Seva**

For: **2200/-** PAN: _____ **Mr. Srinivasan**
 for THE PYRAMID SPIRITUAL TRUST (INDIA)

THE PYRAMID SPIRITUAL TRUST (INDIA)
 Pyramid Valley International
 Kabbadara Village, Harpal Road, Kankapura Road, Bangalore - 560112
 Phone: +91 8147859827

Receipt No: **37592** **Nitya Anandana Seva** Date: **7/10/23**

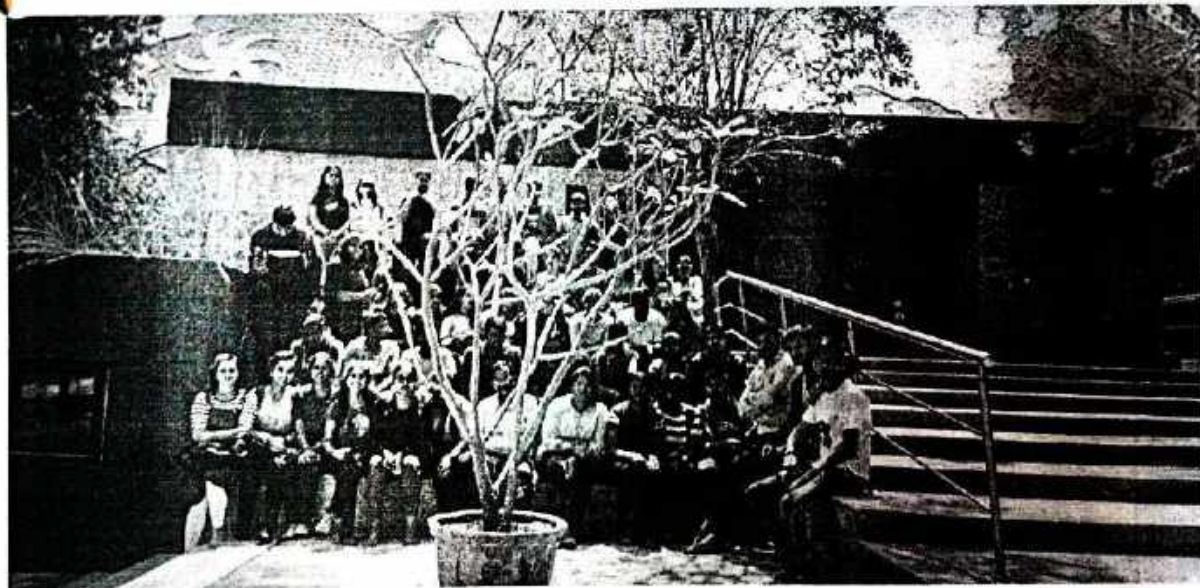
Received with thanks from Sir / Smt. **Dayaranda Sagar College of Arts, Science & Commerce, MBA & B.A. - Yoga & Health**

Contribution of Rupees **One thousand rupees only**
 by Cash / Cheque / DD No. **Cash** Date: _____

Towards **Gowdala Donations**

For: **1000/-** PAN: _____ **Mr. Srinivasan**
 for THE PYRAMID SPIRITUAL TRUST (INDIA)





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

B
Sec

IQAC – YOGA AND MEDITATION CELL

Date: 22-2-2023

Timings: 10:15 AM to 12:15 PM

Sl.no		Names	Signature
1	2022M004	AJITH KUMAR	Ajith
2	2022M006	AMAN SAMEER	Aman
3	2022M011	ASWATHI P NAIR	Aswathi
4	2022M013	AYUSHI SHUKLA	Ayushi
5	2022P003	BEVANTH E SINGH	Bevanth
6	2022M015	BHAKTI S SHIRODKAR	Bhakti
7	2022P006	DARSHAN NAGAPATI HEGDE	Darshan
8	2022M021	GAGAN	Gagan
9	2022M022	GUGGILLA VENKATA TEJA	Guggilla
10	2022M024	HARSHA M	Harsha
11	2022P009	HITESH SS	Hitesh
12	2022M031	KAVITHA K	Kavitha
13	2022M033	KRUPAKAR R GOWDA	Krupakar
14	2022P013	LAHARI KM	Lahari
15	2022M034	LIKITHA M JALADANKI	Likitha
16	2022M036	MAHIMA DEVI	Mahima
17	2022P015	MOHAMMED ARFAZ	Mohammed
18	2022M040	NAMRATA HANAMANTHGOUDA PATIL	Namrata
19	2022P017	NAVAMI VJ	Navami
20	2022M042	NEHARICKA SUBBA	Neharicka
21	2022M043	NEVIL KANIK	Nevil
22	2022M046	PANKUSH DILIP JAIN	Pankush
23	2022P005	PREETHI CK	Preethi
24	2022P022	RAJENDRA GANAPATI NAIK	Rajendra
25	2022M051	RAKSHA HG	Raksha
26	2022M054	ROHAN PIUS	Rohan
27	2022M062	SAKTHI SUNDARAM R	Sakthi
28	2022P026	SAMPRITHA R SHETTY	Sampritha
29	2022M064	SANGAMESH BAGEWADI	Sangamesh
30	2022M070	SHARAN M	Sharan
31	2022M074	SHREYA CHAKRABORTY	Shreya
32	2022M075	SHREYA TP	Shreya
33	2022M076	SOMPALLI CHAITANYA	Sompalli
34	2022P030	SOUBHAGYA SINGRI	Soubhagya
35	2022P034	SUKRUTH HEBBAR GR	Sukruth
36	2022M078	SUNITHA VH	Sunitha
37	2022P037	TEJASHWINI N	Tejashwini
38	2022P038	TEJASWINI M	Tejaswini
39	2022M083	UDAYAGIRI SIVA CHARAN SUBRAMANYAM	Udayagiri
40	2022M085	VAMSHI KRISHNA	Vamshi
41	2022M087	VARUNKUMAR N	Varunkumar
42	2022P040	VIDYANANDA C HEGDE	Vidyananda

43	2022M091	VINITHA M	<i>Vinitha M</i>
44	2022M093	VISHAL M KOCHREKAR	
45	2022P041	VISHWAS BARKER	
46	2022M095	YELLAMPATI PUNYAMURTHY	<i>Y. Punyamurthy</i>
47	2022M097	YUKESH R	
48	2022P045	BHAIRAVAGIRI MN	<i>Bh. Bairavagiri</i>
49	2022P048	DIVYA BS	<i>Divya BS</i>
50	2022P051	RAVUTAPPA MALAGHAN	<i>Ravutappa Malaghan</i>
51	2022P053	VAISHNAVI G	<i>G. Vaishnavi</i>
52	2022P055	SURYA KIRAN K	<i>Surya Kiran K</i>
53	2022P059	AMRUTHA K	<i>Amrutha K</i>
54	2022P060	SHRAVANI K	
55	2022P063	ABHAY SURYA B	
56	2022P066	DEEPAK DS	<i>Deepak DS</i>
57	2022P061	AISHWARYA GUPTA V	<i>Aishwarya Gupta</i>
58	2022P068	AADITHYA S	
59	2022P076	MANOHAR GM	<i>Manohar GM</i>
60	2022P078	AYYAPAYYA SWAMI	
61	2022P081	SNEHA LOKUR	<i>Sneha Lokur</i>

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7	2022P006	DARSHAN NAGAPATI HEGDE	<i>Darshan</i>
8	2022M021	GAGAN	<i>Gagan</i>
9	2022M022	GUGGILLA VENKATA TEJA	<i>Guggilla</i>
10	2022M024	HARSHA M	<i>Harsha</i>
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12	2022M031	KAVITHA K	<i>Kavitha</i>
13	2022M033	KRUPAKAR R GOWDA	<i>Krupakar</i>
14	2022P013	LAHARI KM	<i>Lahari</i>
15	2022M034	LIKITHA M JALADANKI	<i>Likitha</i>
16	2022M036	MAHIMA DEVI	<i>Mahima</i>
17	2022P015	MOHAMMED ARFAZ	<i>Mohammed</i>
18	2022M040	NAMRATA HANAMANTHGOUDA PATIL	<i>Namrata</i>
19	2022P017	NAVAMI VJ	<i>Navami</i>
20	2022M042	NEHARICKA SUBBA	<i>Neharicka</i>
21	2022M043	NEVIL KANIK	<i>Nevil</i>
22	2022M046	PANKUSH DILIP JAIN	<i>Pankush</i>
23	2022P005	PREETHI CK	<i>Preethi</i>
24	2022P022	RAJENDRA GANAPATI NAIK	<i>Rajendra</i>
25	2022M051	RAKSHA HG	<i>Raksha</i>
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29	2022M064	SANGAMESH BAGEWADI	<i>Sangamesh</i>
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