



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell

Placement and Career Guidance Cell (Ganya)

Report of the Event Conducted

(One form to be filled for each event)

25/11/25

Date of Report: 13/10/2025

Department*: MBA

Sl. No.	Particulars	Event related Details			
1.	Event*	Yoga Workshop			
2.	Title of the Event	Student Development Program on Self Improvement			
3.	Date of Conduction	10/11/2025	4.	Time: 10:30AM to 12:00 Noon	
5.	Venue	Gallery Room-1, Ground Floor, Building No.13, DSC			
6.	Resource Person 1 Details (Profile to be enclosed)	Harish MR			
7.	Topics Covered	Breathing technique and Stress removal			
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:	0
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	31	External:	0
12.	Faculty Coordinator/s	Full Name	Dr.Srikanta Murthy and Muralidhara K S		
		Department	MBA-BU		
		Designation	Assistant Professor		
13.	Student Coordinator/s	NA			
14.	Total Expenditure (Details to be enclosed)	NA	15.	Sponsors and Amount (if any)	NA
16.	Agenda of the Event (Attach a copy)	NA	17.	Provide the link of the report uploaded on College Website	NA
18.	Social Media Links (Provide the links of the report uploaded on Social Media)	No	19.	Report sent to Newspapers? If yes, provide cuttings/images:	NA
20.	Certificates Printed? (Attach a copy**)	No	21.	Feedback Collected? (Attach a copy**)	Yes
22.	Attendance Sheet Attached?*	Yes	23.	Photographs of the Event (About 5 relevant, clear, and appropriate photos with precise caption. The jpg files need to be attached)	Yes
24.	Summary of the Event (Around 100 words)	Mr. Harish MR spoke about happiness. He stressed on self-love to build confidence in our abilities and to get strength to go forward. He stressed on gratitude to thank others for simple gestures by others. He represented the 5 stress generators and made the students feel that they can overcome the stress. He taught deep breathing. He taught mudras – Ganesha mudra and Hakini mudra to get blessings and build confidence. He mentioned that these can be done by persons of any religion and they can enjoy the fruits of blessings. Overall we got good feedback from the students.			

Event Coordinator

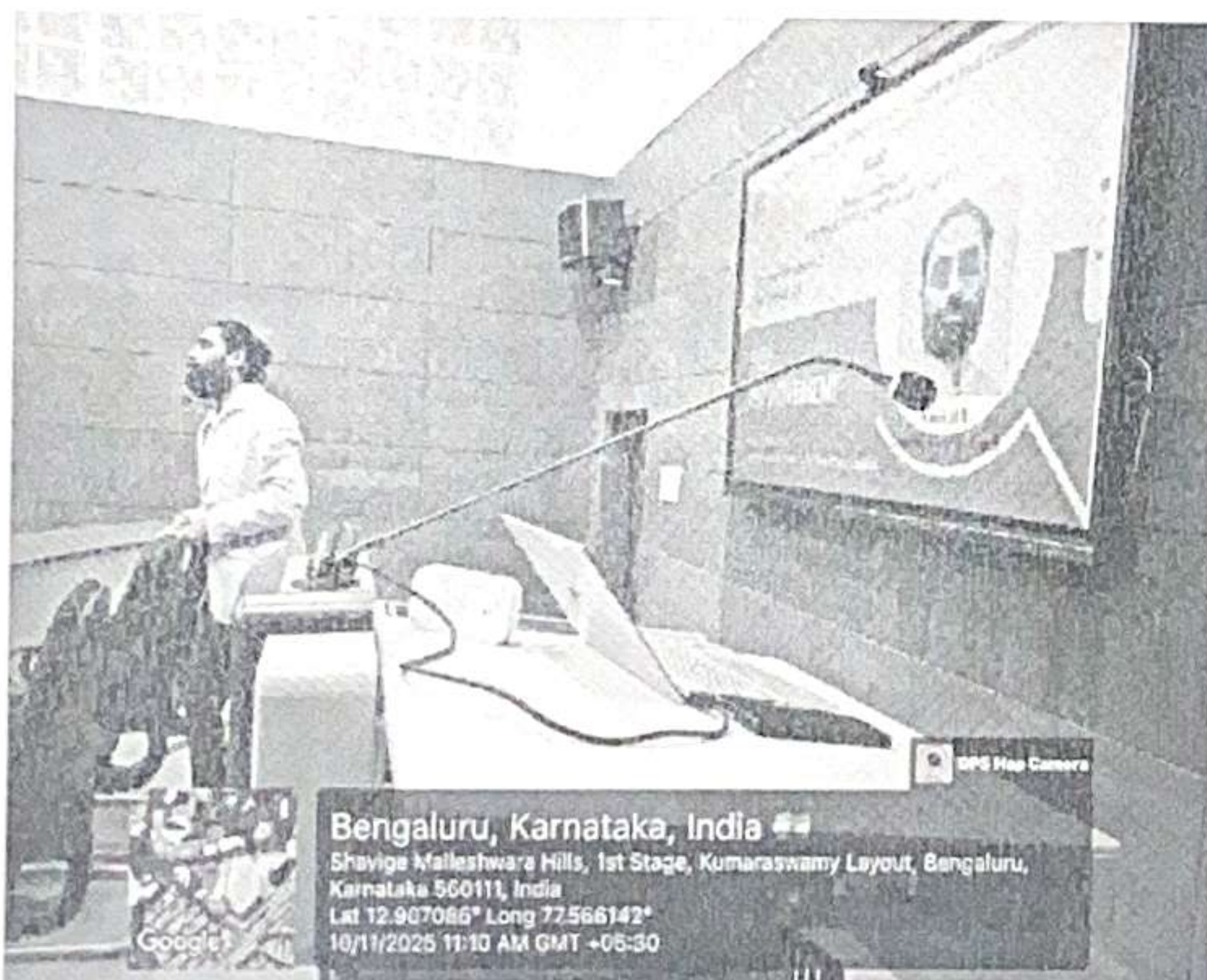
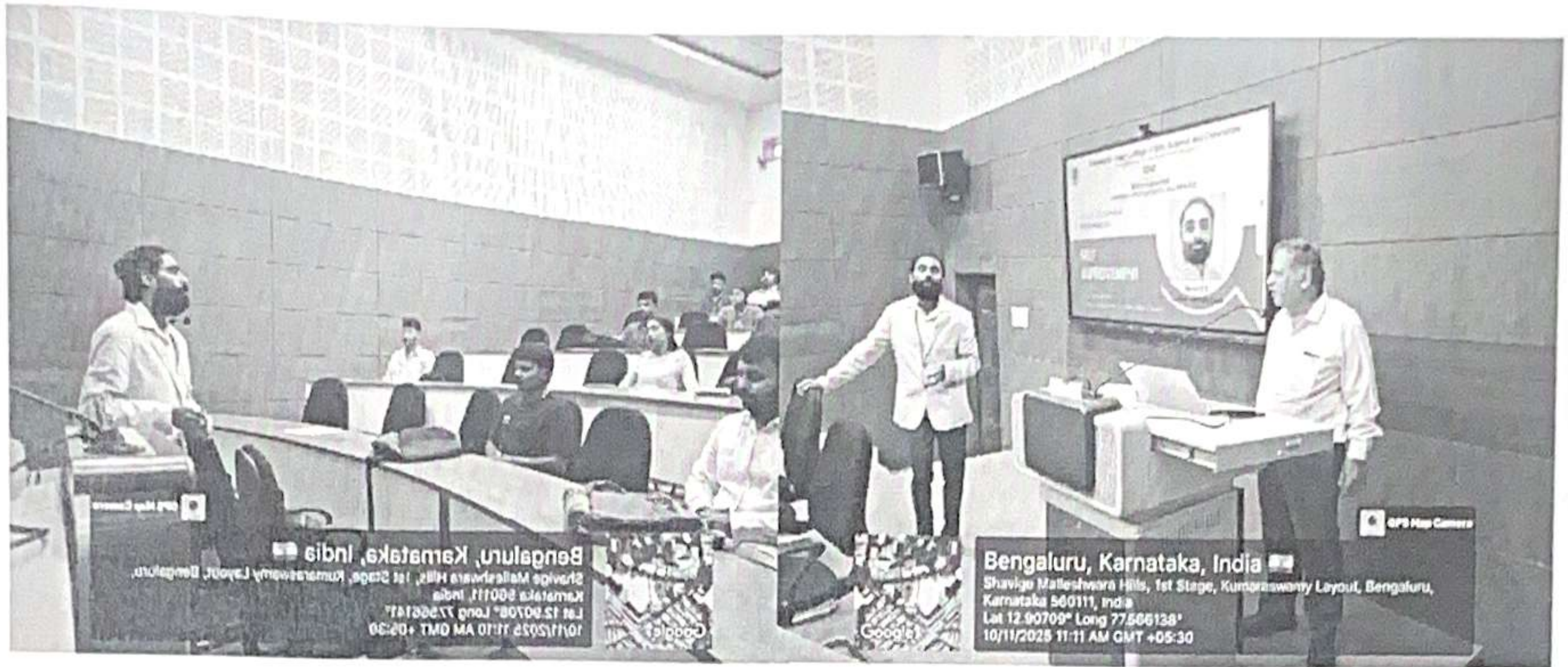


Director

IQAC Coordinator

Principal

Photos of the Event



Attendance

Name

Signature

Prashanth D.M

AKASH M

Megan Fernandes

Suma Peram. D

Chandana HR

Subhana T

Nagapriya. J. A

Bhavana. K

Chandu D.R

Vishwas V.P

Harini. K

Geethika. V

Nikitha. S

Shivani. B. A

Shubhanegi. Biradar

Bhagyashree. R. Hegde

Gajjala. Monika

Preeti. G. Harbhal

Prisha H

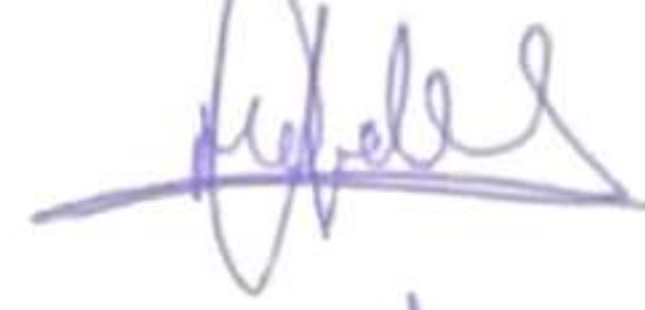
Suraj. V

Yashas Gowda MB

Subhash. H.T



AKASH M



Suma Peram. D

Chandana

Subhana T



Bhavana. K

Chandu D.R



Harini. K

Geethika. V

Nikitha

Shivani. B.

Biradar



G. Monika

Preeti. G.

Prisha H

Suraj. V

Yashas

Subhash. H.T



NETHEN. K.P

Sumanth M Poojary

Abhishek

Sumith R

Megha. B. Nodi

Namratha

Poojika Patel H.S.

Niamala Mulkipatil

Mohan.N

Rishika Shetty

Bodhana G.S

Nit

Sumanth

Abhishek

Sumith R

Megha. B Nodi

Na..

Poojika Patel H.S.

Patil

Mohan

Shetty

Bodhana

Vishwas VP

I found Harish sir's class very interesting
Because I was considering to start modeling it was
a very good opportunity to do that. He was full of
energy and guided us throughout the class

His understanding about the subject is
very grade and ~~Hack~~ simple Hack he gave was
and are very useful. As he said this was just
the surface of the subject and I would like the
continue.

Thank you



Breathing technique and stress Removal.

Harish H. R.

Harish sir thought us ~~the~~ five to six breathing techniques which made us relax and thought us how to handle any situation whether it might be fear, anxiety or stress. In conclusion I would say that Harish sir's class were helpful and interesting.

Megha. B. Nooli

MBA 1st Sem. 'D' sec.



Today was a great session, got to learn much about Selflove, it was really happy to attend this session. We learnt a lot about how small things makes a such a huge difference in once life. Thank you for everything which made our day.

- G. Monika.

