

**DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE**

ShavigeMalleshwara Hills, Kaumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

Yoga and Meditation Cell

**A Debate on Yoga and Meditation  
- Yoga and Meditation**

-Department: MBA (BU)

Date: 17-05-2023

-Sl. No.	Particulars	Event related Details			
1.	Event*	A Debate on Yoga and Meditation			
2.	Title of the Event	"A DEBATE PROGRAMON YOGA AND MEDITATION FOR FIRST SEM STUDENTS			
3.	Date	17 MAY 2023			
4.	Time	10.30 AM TO 12.30 PM			
5.	Venue	MBA – BU CLASSROOM 502			
6.	Resource Person 1 Details ** (Profile to be enclosed)	NIL			
7.	Topics Covered	"We Are What Our Thoughts Have Made Us" was organized by Yoga and Meditation Cell of Dayanandasagar College of Arts Science and commerce MBA-BU on 17-05-2023 Thursday, from 10.15 am to 12.30 pm . there were several topics given to the students who picked it up. The team consisted of about 3 persons each who would discuss about the pros and cons of the topic. There was around 19 students who sincerely participated in it.			
8.	Resource Person 2 Details** (Profile to be enclosed)	NA			
9.	Topics Covered				
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:19		External: Nil	
12.	Faculty Coordinator/s	Dr. Srikantamurthy M.R.			
13.	Student Coordinator/s	NA			
14.	Total Expenditure (Details to be enclosed)	NA			
15.	Sponsors and Amount (if any)	NA			

-Sl. No.	Particulars	Event related Details
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:	<a href="https://www.facebook.com/photo/?fbid=816514923426160&amp;set=pcb.816514996759486">https://www.facebook.com/photo/?fbid=816514923426160&amp;set=pcb.816514996759486</a>
20.	Certificates Printed? (Enclose a copy***)	NA
21.	Feedback Collected? (Enclose a copy***)	NA
22.	Summary of the Event (Minimum 100 words)	<ul style="list-style-type: none"> <li>• Is yoga good for health</li> <li>• Is yoga used by doctors to cure various health related problem</li> <li>• Does yoga improve your mental strength</li> <li>• Is yoga another method of ayurveda</li> </ul>
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



Dayananda Sagar College of Arts, Science and Commerce  
Department of Management Studies – MBA (BU)  
Shavige Malleshwara Hills, Kumaraswamy Layout Bangalore- 560078



DEBATE



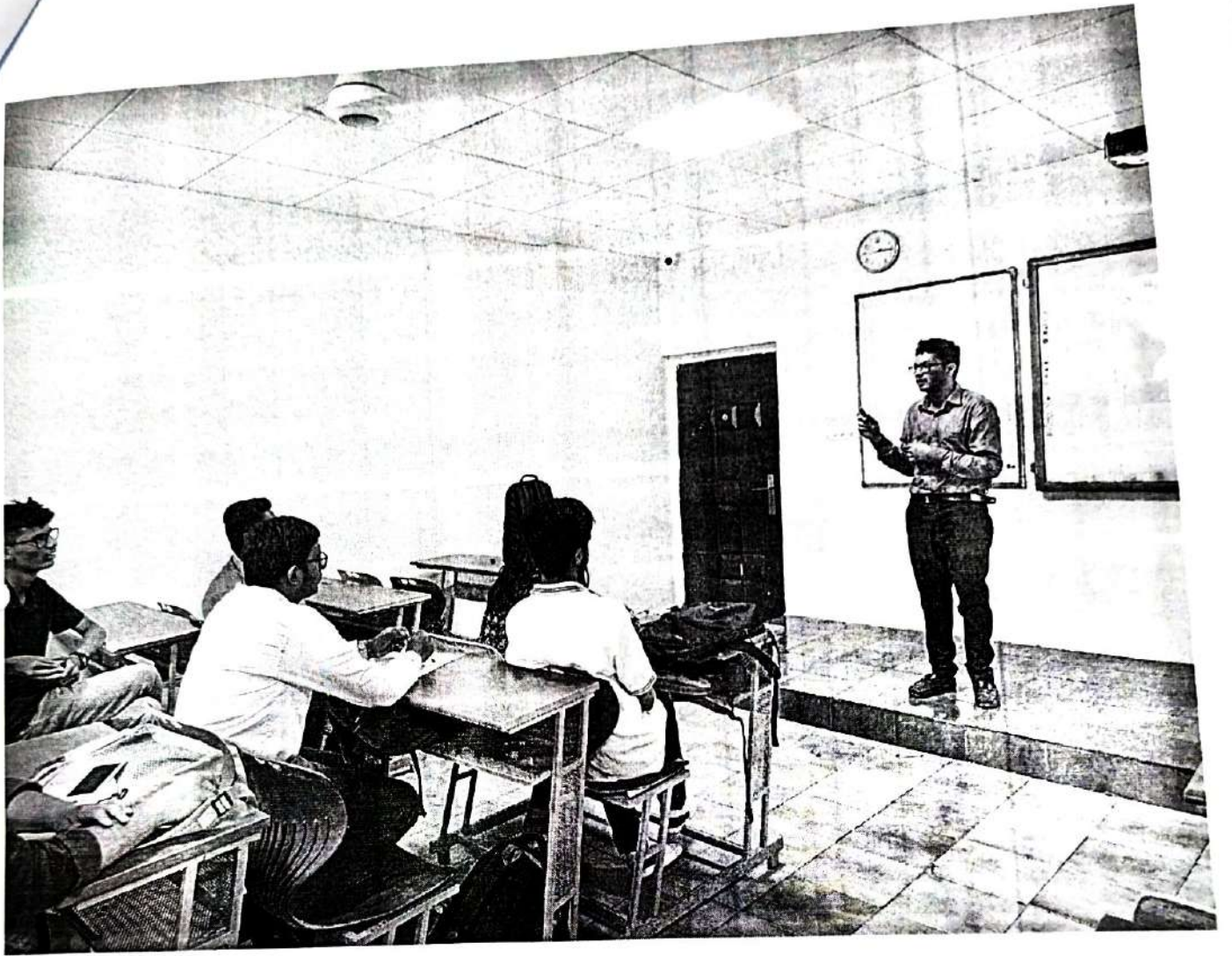
# ON YOGA AND MEDITATION

On 17<sup>th</sup> May 2023 at 11.00 am to 12.30 Pm

**Best 2 Debates will be awarded with Certificates**  
IQAC Yoga and Meditation Cell

Further details Contact: Dr. SKM - 9585 097862





DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE & COMMERCE

Shavige Malleshwara Hills, Kumaraswamy layout, Bangalore - 560078

MBA BU - Internal Quality Assurance Cell (IQAC)

YOGA AND MEDITATION CELL

DEBATE

DATE: 17.05.2023

SECTION C

TIMINGS: 11:00 AM TO 12:30 PM

SL. NO.	NAME OF THE STUDENT	SIGNATURE
1.	Aishik Roy Choudhury	Aishik
2.	Trupthi Ravishankar	Trupthi
3.	Snetha R	R. Snetha
4.	JEEVITHA.H.S.	Jeevitha
5.	Venula Srinivas	Venula
6.	Nischida M Honalke	Nischida
7.	Rashmi Kulkarni	Rashmi
8.	Sharanya R Vasishtha	Sharanya
9.	Sowmithra R	Sowmithra
10.	Uccashekar seddy	Uccashekar
11.	Purushotham. N	Purushotham
12.	Mubareez Bais	Mubareez
13.	MOKESHWAR. S.	Mokeshwar
14.	Prachin Raj	Prachin
15.	Lalitha	Lalitha
16.	VUJAYA MADHAVAN	Vujaya
17.	NARAYAN. S. VINDU	Narayan
18.	Shalini P.	Shalini
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