

DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kaumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

Yoga and Meditation Cell

Health and Fitness through Physical Activity

- Yoga and Meditation--Department: MBA (BU)

Date: 22-09-2023

-Sl. No.	Particulars	Event related Details		
1.	Event*	Health and fitness through Physical Activity		
2.	Title of the Event	"YOGA AND FITNESS PROGRAM FOR STUDENTS		
3.	Date	22 nd -September - 2023		
4.	Time	9.30 am to 11.30 am		
5.	Venue	C.D Sagar Auditorium		
6.	Resource Person 1 Details ** (Profile to be enclosed)	Dr. Srihari Sharma K N, MPT, PH.D		
7.	Topics Covered	<ul style="list-style-type: none">Physical activity has significant health benefits for hearts, bodies and mindsPhysical activity contributes to preventing and managing noncommunicable diseases such as cardiovascular diseases, cancer and diabetesPhysical activity reduces symptoms of depression and anxietyPhysical activity enhances thinking, learning, and judgment skillsPhysical activity ensures healthy growth and development in young peoplePhysical activity improves overall well-beingGlobally, 1 in 4 adults do not meet the global recommended levels of physical activityPeople who are insufficiently active have a 20% to 30% increased risk of death compared to people who are sufficiently activeMore than 80% of the world's adolescent population is insufficiently physically active		
8.	Resource Person 2 Details** (Profile to be enclosed)	YES		
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: 4		External: Nil

-Sl. No.	Particulars	Event related Details			
		Internal: 87		External: Nil	
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal: 87		External: Nil	
12.	Faculty Coordinator/s	Dr. Srikantamurthy M.R.			
13.	Student Coordinator/s	Sanjay, Nischitha, Ayushi			
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:	https://www.dscasc.edu.in/mba-department-initiatives			
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?fbid=885150713229247&set=pcb.885151319895853			
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 immune system • 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:



Dayananda Sagar College of Arts, Science and Commerce
Shavige Malleshwara Hills, Kumaraswamy Layout, Bengaluru-78

IQAC

Yoga and Meditation Cell

Department of Management Studies

In association with

Dayananda Sagar College of Physiotherapy

A Seminar

on

Health and Fitness through Physical Activity

By

Dr. Srihari Sharma K N, MPT, PH.D

Date: 22nd September 2023

Venue: C.D Sagar Auditorium



GPS Map Camera

Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru, Karnataka 560078, India
Lat 12.907727°
Long 77.567756°
22/09/23 09:53 AM GMT +05:30

Google



GPS Map Camera

Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru, Karnataka 560078, India
Lat 12.907661°
Long 77.567792°
22/09/23 09:54 AM GMT +05:30

Google



GPS Map Camera

Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru, Karnataka 560078, India
Lat 12.907712°
Long 77.567789°
22/09/23 09:54 AM GMT +05:30

Google



GPS Map Camera

Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru, Karnataka 560078, India
Lat 12.907665°
Long 77.567775°
22/09/23 10:01 AM GMT +05:30

Google



GPS Map Camera

Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru, Karnataka 560078, India
Lat 12.907839°
Long 77.567838°
22/09/23 10:05 AM GMT +05:30

Google



GPS Map Camera

Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru, Karnataka 560078, India
Lat 12.90781°
Long 77.567845°
22/09/23 10:06 AM GMT +05:30

Google



GPS Map Camera

Bengaluru, Karnataka, India
77, BWSSB Pipeline Rd, Ilyas Nagar, Kumaraswamy Layout, Bengaluru,
Karnataka 560078, India
Lat 12.907591°
Long 77.56782°
22/09/23 10:10 AM GMT +05:30



GPS Map Camera

Bengaluru, Karnataka, India
77, BWSSB Pipeline Rd, Ilyas Nagar, Kumaraswamy Layout, Bengaluru,
Karnataka 560078, India
Lat 12.907591°
Long 77.56782°
22/09/23 10:11 AM GMT +05:30



GPS Map Camera

Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru,
Karnataka 560078, India
Lat 12.907611°
Long 77.567816°
22/09/23 10:11 AM GMT +05:30



GPS Map Camera

Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru,
Karnataka 560078, India
Lat 12.907615°
Long 77.567797°
22/09/23 11:30 AM GMT +05:30



GPS Map Camera

Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru,
Karnataka 560078, India
Lat 12.907619°
Long 77.567805°
22/09/23 11:30 AM GMT +05:30



GPS Map Camera

Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru,
Karnataka 560078, India
Lat 12.907619°
Long 77.567805°
22/09/23 11:30 AM GMT +05:30