

# DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

## Yoga and Meditation Cell

One day Visit to Pyramid Valley International (International Meditation Centre)

Department: MBA (BU)

Date: 26-9-2024

Sl. No.	Particulars	Event related Details			
1.	Event*	Visit to Pyramid Valley International			
2.	Title of the Event	One day Visit to Pyramid Valley International			
3.	Date	26-9-2024			
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 Participants (Enclose	Internal: 97		External: Nil	

Sl. No.	Particulars	Event related Details			
	a copy of names with signatures)				
12	Faculty Coordinator/s	Dr. VINISH P Prof. NAYANA T			
13	Student Coordinator/s	JEETHAN MERLRICK D SOUZA & BARSA			
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:	NO			
18	Report sent to media? If yes, give details:	NIL			
19	Report uploaded in Social Media? If yes, give details:	NO			
20	Certificates Printed?(Enclose a copy***)	NA			
21	Feedback Collected? (Enclose a copy***)	-			
22	Summary of the Event (Minimum 100 words)	On 26th September 2024, MBA students from the 2nd semester (A and C sections) visited Pyramid Valley International as part of their educational trip, organized by the Yoga and Meditation Cell. The visit aimed at exposing students to the significance of inner silence, meditation, and holistic living. The serene surroundings of the 28-acre campus provided an ideal setting for this unique experience.			

Sl. No.	Particulars	Event related Details
		<p>The visit commenced with a welcoming address by one of the esteemed volunteers at Pyramid Valley, who enlightened the students on the importance of inner silence and its profound impact on one's emotional and mental well-being. The session emphasized how meditation helps in calming the mind and finding balance in today's fast-paced world.</p> <p>Following the insightful talk, students and faculty enjoyed a group lunch, after which they explored various facilities on the campus. The visit included a tour of the magnificent 100-foot-tall Mega Pyramid, where students learned about the structure's role in enhancing meditation experiences. The students also visited the campus library, which houses a rich collection of spiritual and philosophical texts. Additionally, they explored the Goshala, a peaceful sanctuary for cows, symbolizing the Valley's emphasis on a harmonious relationship with all living beings.</p> <p>Throughout the day, the students engaged with the energy spots scattered across the campus, ideal for individual meditation and quiet reflection. The holistic environment allowed students to relax and connect with nature while gaining insights into the value of inner peace and mindfulness.</p> <p>The visit provided the students with a unique opportunity to experience the calming effects of meditation firsthand, enriching their understanding of spiritual practices and their relevance in everyday life. This retreat not only enhanced their emotional and mental awareness but also gave them tools to better manage stress and foster a balanced approach to life. Overall, the experience was enriching and left a lasting impression on all participants.</p>
23	<p>Photographs of the Event</p> <p>(At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)</p>	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

  
HOD/Director

  
IQAC Coordinator

  
Principal



Photos:



*Figure 1: MBA Students (C Section) with the faculty coordinator at DSI before leaving for Pyramid Valley*



Figure 2: MBA Students (A Section) with the faculty coordinator at DSI before leaving for Pyramid Valley



Figure 3: Volunteer at Pyramid Valley addressing the MBA students





Figure 4: Student's interaction with the Resource person at Pyramid Valley



Figure 5: Group photo at Pyramid valley

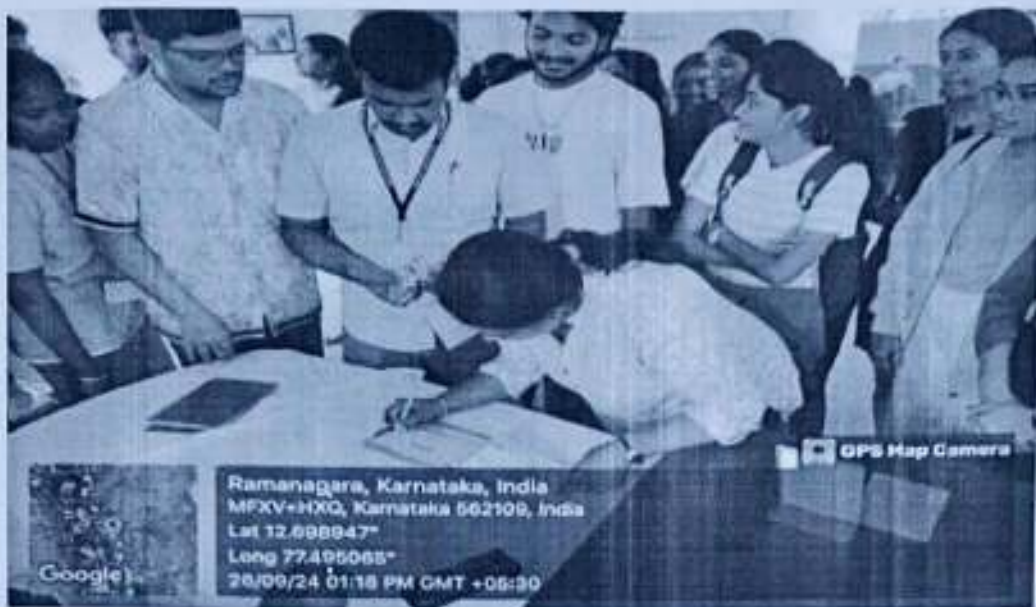


Figure 6: Faculty coordinators handing over the money collected to Pyramid Valley towards 'ANNADANA'



Figure 7: Students and Faculty having lunch at the Venue



# THE PYRAMID SPIRITUAL TRUST (INDIA)

Logo No. 1/2003/24

Pyramid Valley International

the headquarters  
Kalyan Road, Village, Hariyali, Hali, Kalyan District, Maharashtra - 421117

Receipt No: 1700

**Nandanvan Gaushala**

on 26/12/24

Received with thanks from Sr/Smt. Prayananda Sagar College of  
Art, Sci, & Commerce Ph: 9025108534

Rs. 5,000 Rupees Thousand only  
by Cash / Cheque / DD No. Cash Date: \_\_\_\_\_ Bank \_\_\_\_\_

Nandanvan Gaushala

For: Cash (INR) 5,000/- (Five thousand only) received from Prayananda Sagar College of Art, Sci, & Commerce, Kalyan, Maharashtra. PAN: 24CDE1234K. Date: 26/12/24. Bank: Cash. Account No: 12345678901234567890. For more details visit www.pyramidvalleyindia.com



5,000 / - PAN

170021

www.pyramidvalleyindia.com

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THE PYRAMID SPIRITUAL TRUST (INDIA)  
www.pyramidvalleyindia.com

Figure 8: Receipt of donation made to Gaushala





The trip was organized by the RHE department  
 on 28th September 2024. The students boarded the  
 bus at 8:30 am and it took around an hour  
 to reach the destination which was the Pyramid  
 Valley. The bus was very comfortable and the  
 driver was very professional. The trip was  
 very educational and it was a great opportunity  
 to learn about the history of the region and the  
 importance of the pyramids. The students were  
 very interested in the history of the pyramids  
 and the role of the pharaohs. The trip was  
 very well organized and the students had a  
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Figure 11: Students' feedback on the visit to Pyramid Valley



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Internal Quality Assurance Cell (IQAC)

YOGA AND MEDITATION CELL

A Visit to Pyramid Valley

(Attendance Sheet)

Department: MBA (BU)

Date: 26-9-2024

Sl.No.	USN Number	Student Names	Signature
1	P03CJ23M015064	Kiran Kumar - C	Kiran Kumar - C
2	P03CJ23M015074	Bansi Debbanna	Bansi Debbanna
3	P03CJ23M015252	MP. Aam ulia Isha	MP. Aam ulia Isha
4	P03CJ23M015076	NEYAZ AHMED	NEYAZ AHMED
5	P03CJ23M015073	Ranjana Binwas	Ranjana Binwas
6	P03CJ23M015145	Md Raashid H	Md Raashid H
7	P03CJ23M015075	Nikhil Banik	Nikhil Banik
8	P03CJ23M015132	Maitra Bin Gani	Maitra Bin Gani
9	P03CJ23M015070	Nandita Parth	Nandita Parth
10	P03CJ23M015074	Athmika	Athmika
11	P03CJ23M015062	Samantha	Samantha
12	P03CJ23M015069	Radhika	Radhika
13	P03CJ23M015109	Cravthami	Cravthami
14	P03CJ23M015182	Deepthi	Deepthi
15	P03CJ23M015229	Sumandha	Sumandha
16	P03CJ23M015079	Neha	Neha
17	P03CJ23M015080	Sinchana B R	Sinchana
18	P03CJ23M015081	Rachana	Rachana
19	P03CJ23M015140	Aakash - T	Aakash - T
20	P03CJ23M015179	Rajesh	Rajesh



91)	P03CJ23M015137	Madu Gyandhu Robini	<del>Robini</del>
92)	P03CJ23M015151	Jayanya	<del>Jayanya</del>
93)	P03CJ23M015078	Akshay Nayak	<del>Akshay</del>
94	P03CJ23M015221	Rahul Kumar	<del>Rahul</del>
25	P03CJ23M015096	Poojitha Kumar	<del>Poojitha</del>
26	P03CJ23M015080	Vishak	<del>Vishak</del>
27	P03CJ23M015113	SAHAR H.M.	<del>SAHAR</del>
28	P03CJ23M015157	Deepak	<del>Deepak</del>
29	P03CJ23M015220	Deekshith. K.G.	<del>Deekshith</del>
30	P03CJ23M015006	Suhai Das S.	Suhai Das S
31	P03CJ23M015108	M. Lal chayan	<del>M. Lal chayan</del>
38	P03CJ23M015084	Sirihama H.T.	<del>Sirihama</del>
39	P03CJ23M015201	Jekhama	<del>Jekhama</del>
40	P03CJ23M015146	Mowoj. J.B.	<del>Mowoj.</del>
41	P03CJ23M015161	Vasitha K.	<del>Vasitha</del>
42	P03CJ23M015165	Chandru Ganesh	<del>Chandru</del>
43	P03CJ23M015160	Deekshith A.K.	<del>Deekshith</del>
44	P03CJ23M015202	Vignesh Shah	<del>Vignesh</del>
45	P03CJ23M015184	Shree Harsha	<del>Shree Harsha</del>
46	P03CJ23M015183	Vishnu th	<del>Vishnu</del>
47	P03CJ23M015162	Renuka charyya	<del>Renuka</del>
48	P03CJ23M015182	Arijun. A	<del>Arijun</del>
49	P03CJ23M015110	Dheeraj	<del>Dheeraj</del>
50	P03CJ23M015065	Mohananda	<del>Mohananda</del>
51	P03CJ23M015095	Lalitha	<del>Lalitha</del>
52	P03CJ23M015016	Chethan Kumar B.M.	<del>Chethan</del>
53	P03CJ23M015041	Jayashree	<del>Jayashree</del>

Sl No	Name	USN No.	Signature
1	Pshreyamani	P03CJ23H015142	
2	Ibrahim	P03CJ23H015129	
3	Jai parasad	P03CJ23H015020	
4.	Rohan .S	P03CJ23H015014	Rohan.S
5	Vinaykumar	024	Vinaykumar
6.	Ajithkumar	047	Ajith
7.	varshitha .J	209	
8.	Nisarga .H	205	Nisarga
9	Koushik .M	0103	Koushik
10.	Chanya .BN	030	Chanya BN
11.	Ridheeka .K	055	Ridheeka
12.	Shohka	155	Shohka
13.	SANTANA .RH	218	SANTANA
14.	Sindhu savadala	018	Sindhu
15	Manal Roy .A	029	Manal
16	Anagha .G	005	Anagha
17	Nagabhushan	006	Nagabhushan
18	Nayana .LS	100	Nayana
19	Rohan .S	034	Rohan
20	pradhyumana	133	Pradhyumana
21	pritya .kadimani	025	Pritya
22	Y. Pami .Sudhakar	023	Y.Pami
23	Arishikha .P	027	Arishikha
24	Chaitraabhinav	006	Chaitra







## BU Section 'C'

The day outing was planned by the MBA-BU department on 28<sup>th</sup> September, 2024. The students boarded the buses at 9:15 am and it took around an hour to reach our destination which was the Pyramid Valley International, located near Kanakapura.

A total of 45 students from our section and the same from another section reached there in the afternoon. The centre spanned across 28 acres of land, featuring a range of facilities such as conference halls, a library, meditation pyramids and accommodation for stays. At first we attended a session for about an hour and then moved towards the complementary meals for all visitors known as 'Daily Annadana'. After having our meals we entered the pyramid and participated in the guided meditation sessions.

Soon after that we enjoyed the view of the valley surrounded by lush greenery, hills and a bridge of change. The centre also had an amphitheatre and various sculptures that added to its aesthetic appeal. Around at 3 o'clock we all gathered at our respective bus facilities and bid goodbye to the transcending experience at the tranquil surroundings of the pyramid valley. It was a soulful experience for each and every one of us that led us to the path of searching ourselves.

Amruta, Manjunath, Lokapoti.

id: 'A'

no: P03CT23M015127.

## Pyramid Valley Industrial Visit (Bengaluru).

At 9:45 AM, we left our college and embarked on a journey toward Pyramid Valley, a peaceful destination known for its spiritual significance. After travelling for about an hour & fifteen minutes, we arrived at Pyramid Valley at 11:00 AM.

After settling in, Kamal's guidance created an atmosphere of focus & mindfulness. By 11:20 AM, the session transitioned into meditation, a central part of the day's agenda. This meditation session delved into the life & teachings of Gautama Buddha, focusing on the pursuit of inner peace & silence.

Following the meditation, we enjoyed a peaceful lunch, where the calm from the earlier session possibly lingered. After lunch, we visited a book & material exhibition, where we explored various resources about spiritual growth, mindfulness.

At 3:40 PM, we departed Pyramid Valley, bringing the day's experiences to a close. After another hour-long journey, we arrived back at the college by 4:40 PM, concluding a day filled with introspection, learning, and calm.