

DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kaumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

Yoga and Meditation Cell

YOGA FOR GOOD HEALTH

- Yoga and Meditation

-Department: MBA (BU)

Date: 22-02-2023

-Sl. No.	Particulars	Event related Details		
1.	Event*	Yoga for Good Health		
2.	Title of the Event	"YOGA AND FITNESS PROGRAM FOR FIRST SEM STUDENTS		
3.	Date	22- FEBRUARY 2023		
4.	Time	10.30 AM TO 12.30 PM		
5.	Venue	C.D Sagar Auditorium, Dayanandasagar Institutions Kumaraswami layout		
6.	Resource Person 1 Details ** (Profile to be enclosed)	Sri. Pradeep Kumar Guruji		
7.	Topics Covered	Padmasana Lotus position or Padmasana is a cross-legged sitting meditation pose from ancient India, in which each foot is placed on the opposite thigh. It is an ancient asana in yoga, predating hatha yoga, and is widely used for meditation in Hindu, Tantra, Jain, and Buddhist traditions. Surya Namaskar comprises 12 steps that are purposefully woven together to benefit mind and body in various ways. Surya Namaskar is a practice in itself as well as a warming-up before performing further yoga asanas . It allows for "opening" of the body as it stretches, strengthens and lengthens all muscle groups. Surya Namaskar stimulates prana , life force energy through the body helping to regulate our mental and physical faculties.		
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: 4		External: Nil
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal: 165		External: Nil
12.	Faculty Coordinator/s	Dr. Srikantamurthy M.R.		
13.	Student Coordinator/s	Nischitha		

-Sl. No.	Particulars	Event related Details
14.	Total Expenditure (Details to be enclosed)	2000 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:	
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=775925674151752&set=pcb.775926454151674
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


HOD/Director


27/05/23
IQAC Coordinator


Principal

Photos

DAYANANDA SAGAR COLLEGE OF MANAGEMENT & INFORMATION TECHNOLOGY
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore - 560 078.

Date: 22/02/2023 Vr. No.: 01

VOUCHER / CASH / CHEQUE

DEBIT A/c. _____ Rs. 2000/-

Rs. 2000/-

on account of Payment of honorarium to Mr. Pradeep Kumar
Guraji - Workshop on "YOGA for good health" at C.D Sagar
Auditorium.

Validated
22/02/23

[Signature]
Receiver

Accountant









