

DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

ShavigeMallechwara 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: | http://dscasc.edu.in/images/MBA/initiatives/YOGA.pdf |
| 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=816514923426160&set=pcb.816514996759486 |
| 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"> • Is yoga good for health • Is yoga used by doctors to cure various health related problem • Does yoga improve your mental strength • Is yoga another method of ayurveda |
| 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
17/05/23


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 17th 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 - 9535247652





