

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 Program - Heartfulness foundation

Department: MBA (BU)

Date: 12-08-2020

Sl. No.	Particulars	Event related Details			
1.	Event*	3 day yoga program			
2.	Title of the Event	3 day work shop on improving focus detox and self management through yoga			
3.	Date	12th August to 14th August 2020			
4.	Time	10.10 am. To 11.30 pm			
5.	Venue	Webinar			
6.	Resource Person Details ** (Profile to be enclosed)	Mr. Ravindra Kini Board Member - Cognitive Skills Private Limited Dr. Krishna Murthy J Director - Center for Integrative Health and Wellbeing Mr. Prasanna Krishna Founder & CEO - Welfare Harvesters			
7.	Topics Covered	A BRIEF ABOUT IMPROVING THE FOCUS AND ACHIEVING THE FOCUS, DETOX, AND SELF MANAGEMENT THROUGH HEARTFULNESS MEDITATION. NA Emotional Detox to regain confidence with Heartfulness Rejuvenation” A Valuable tool for Self Management - Inner Connect”			
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: 30		External: Nil	
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal: 87		External: Nil	
12.	Faculty Coordinator/s	Dr. Venkatesh B.R. Dr. Srikantamurthy M.R.			
13.	Student Coordinator/s	NIL			
14.	Total Expenditure (Details to be enclosed)	NA			

Sl. No.	Particulars	Event related Details
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:	NIL
18.	Report sent to media? If yes, give details:	NIL
19.	Report uploaded in Social Media? If yes, give details:	Report uploaded on social media
20.	Certificates Printed? (Enclose a copy***)	Sample Student Certificate enclosed (Digital Version)
21.	Feedback Collected? (Enclose a copy***)	-
22.	Summary of the Event (Minimum 100 words)	Learning to relax is vital for well-being. It reduces tension in all parts of your body and helps you to stay balanced even in stressful situations. With regular Heartfulness Meditation, your mind will become centered and shift to deeper levels of feeling, intuition and consciousness. Cleaning fosters lightness of being, joy and a carefree attitude, as emotional burdens, habits, deep conditioning and complexities are removed. Through a simple bedtime prayerful intention, you can connect humbly with your inner self, listen to your heart's voice, and weave your destiny.
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

Principal

Photos



Dayananda Sagar College of Arts, Science and Commerce
Department of Management Studies
MBA - BU Programme

Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore - 560078

Chanakya Series of Business Management Lectures

Yoga & Meditation Cell

e-Certificate

This is to certify that

Dr. Srikantamurthy M.R.

has successfully participated in three day webinar titled

“An Optimistic Approach on Overall Development”

delivered by

Mr. Ravindra Kini *Board Member - Cognitive Skills Private Limited*

Dr. Krishna Murthy J *Director - Center for Integrative Health and Wellbeing*

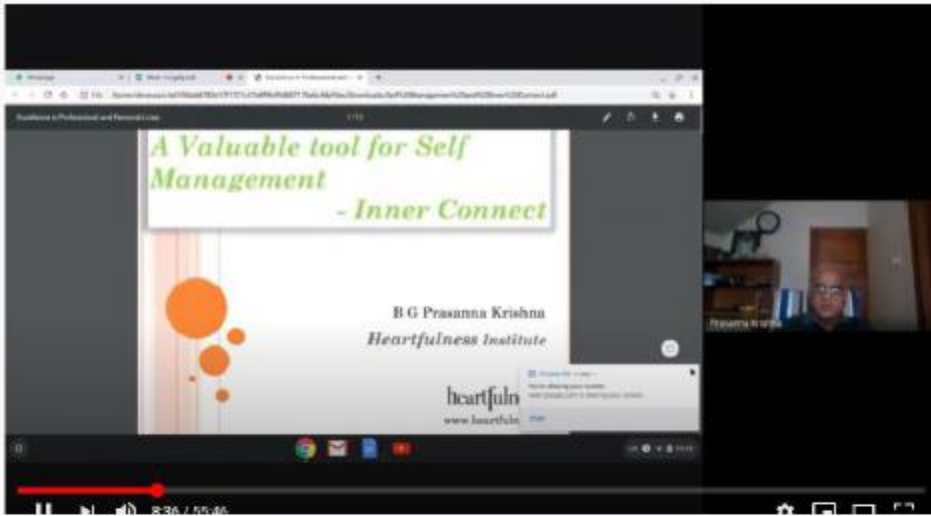
Mr. Prasanna Krishna *Founder & CEO - Welfare Harvesters
of Heartfulness Meditation Center*

Date: 12th, 13th & 14th August 2020

Certificate ID: G.JMS10-CF000004



Resource person delivering his speech



Resource person delivering info on self-management

