

DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

Yoga and Meditation Cell

Faculty development Program- Yoga and Meditation

Department: MBA (BU)

Date: 10-12-2021

Sl. No.	Particulars	Event related Details			
1.	Event*	Faculty Development Program – Yoga and Mediation			
2.	Title of the Event	"YOGA AND FITNESS PROGRAM FOR FACULTIES			
3.	Date	27 th November 2021			
4.	Time	8.15 AM TO 9.30 AM			
5.	Venue	Meditation Center Dayananda Sagar University			
6.	Resource Person 1 Details ** (Profile to be enclosed)	Dr. B.R. Venkatesh Director MBA-BU, Prof. Diwakar			
7.	Topics Covered	Yoga is an effective way to maximize the joy of living in a fit and healthy body. Regular practice of yoga can give more flexibility, more stability and give your body good balance and strength.			
8.	Resource Person 2 Details** (Profile to be enclosed)	NA (Inhouse)			
9.	Topics Covered	Stress Relief, simple yoga asanas, multi-dimensional training and toning to the body.			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:40		External: Nil	
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:0		External: Nil	
12.	Faculty Coordinator/s	Dr. Venkatesh B.R. , Prof. Diwakar			
13.	Student Coordinator/s	NIL			
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			

No.	Particulars	Event related Details
19.	Report uploaded in Social Media? If yes, give details:	NA
20.	Certificates Printed? (Enclose a copy***)	NA
21.	Feedback Collected? (Enclose a copy***)	-
22.	Summary of the Event (Minimum 100 words)	<ul style="list-style-type: none"> • An improved blood circulation • A stronger immunesystem • Improved cardiovascular system, lymph system & respiratory system • Less fatigue • Balanced cholesterol level • After practicing yoga, it is important to lie down and relax for a few minutes. Taking your attention to various parts of the body also helps.
23.	Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	NA

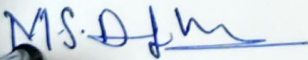
Notes:

* Seminar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

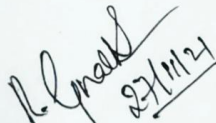
** Name / Organization / Designation / Area of Expertise

*** Format Copy need to be attached and hard copy need to be filed


PS: Whichever column is not applicable, write as NA.



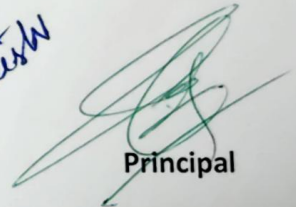
Event Coordinator



IQAC Coordinator



HOD/Director



Principal