

DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

Yoga and Meditation Cell

A webinar on "Water therapy: An ancient cure for modern ills"

Department: MBA (BU)

Date: 12-01-2021

Sl. No.	Particulars	Event related Details			
1.	Event*	Youth Day – Swami Vivekananda 159 th birthday celebrations			
2.	Title of the Event	"Water therapy: An ancient cure for modern ills"			
3.	Date	12-01-2021			
4.	Time	3.00 pm to 3.50 pm			
5.	Venue	Webinar			
6.	Resource Person 1 Details ** (Profile to be enclosed)	Dr. Venkatesh B.R			
7.	Topics Covered	<p>Water therapy involves drinking one and a half liters of pure drinking water as soon as you wake up in the morning. Simply consume four to five glasses of water before brushing your teeth. Then brush and clean your teeth and eat your breakfast or drink your morning beverage after forty-five minutes.</p>			
8.	Resource Person 2 Details** (Profile to be enclosed)	Attached			
9.	Topics Covered	Water therapy, Its effects, benefits			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	44	External:	Nil
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	00	External:	Nil
12.	Faculty Coordinator/s	Dr. Srikantamurthy M.R.			
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			

Sl. No.	Particulars	Event related Details
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
19.	Report uploaded in Social Media? If yes, give details:	Report uploaded on social media (Facebook.com, Whatsapp, linkedin.com)
20.	Certificates Printed? (Enclose a copy***)	Sample Student Certificate enclosed (Digital Version)
21.	Feedback Collected? (Enclose a copy***)	NIL
22.	Summary of the Event (Minimum 100 words)	Hydrotherapy also known as water therapy, formerly called hydropathy and also called water cure, is a part of alternative medicine, occupational therapy, and physiotherapy that involves the use of water for pain relief and treatment.
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 in the form of picture

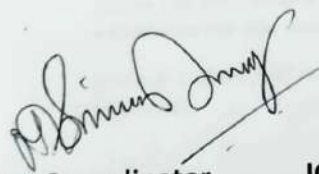
Notes:

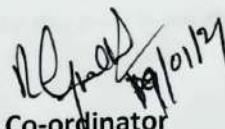
* Seminar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

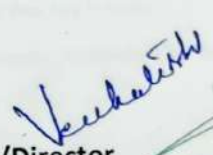
** Name / Organization / Designation / Area of Expertise

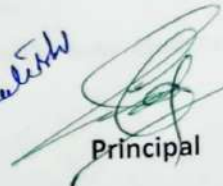
*** Format Copy need to be attached and hard copy need to be filed

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


Event Co-ordinator


IQAC Co-ordinator


HOD/Director


Principal

Yoga Program- Youth Day – Swami Vivekananda 159th birthday celebrations

Title: "Water therapy: An ancient cure for modern ills"

Date: 12TH JANUARY 2021

Resource Person: DR. B.R. VENKATESH

12 TH JANUARY 2021	Water therapy involves drinking one and a half liters of pure drinking water as soon as you wake up in the morning. Simply consume four to five glasses of water before brushing your teeth. Then brush and clean your teeth and eat your breakfast or drink your morning beverage after forty-five minutes.
----------------------------------	--

Water therapy: An ancient cure for modern ills Topics Covered:

Japanese **water therapy** has been touted for its **weight loss** benefits, but there's inadequate scientific evidence to support this effect. Still, adequate hydration may lead to positive effects on **weight loss** by helping you feel full and preventing overeating.

SUMMARY :

Water is one of the prized gifts for mankind without which human beings cannot survive and accounts for more than 70% of body weight. It is imperative for the smooth functioning of several bodily processes. Water is the perfect solution to heal and treat many health and beauty woes including acne, dry skin, dark spots and what not!

Water therapy is gaining popularity in recent times, not only for weight loss, metabolism and immunity but also as it makes the skin impeccable and glowing

Water has the amazing power to revitalize, detoxify and oxygenate the skin. Water therapy cure dry skin and makes the skin look youthful and toned. The basic steps in water therapy include:

Drink 4-7 glasses of water the first thing in the morning on an empty stomach. The water should be lukewarm.

Organized by: Yoga and Meditation Cell

Venue: MBA-BU 6th Floor (WEBINAR)

Faculties Attended: 44

Students Attended: 00

Photos: 05



Dayananda Sagar College of Arts, Science and Commerce

Shevige Malleshwara Hills, Kumaraswamy Layout,
Bangalore - 560078

On the 159th Birthday of

Sri. SWAMI VIVEKANANDA



Internal Quality Assurance Cell (IQAC)
Yoga & Meditation Cell

Presents

An Online FDP on

Water Therapy: An Ancient Cure for Modern Ills

Exclusively for
the Faculty and Staff of

Dayananda Sagar College of Arts, Science and Commerce



By

Dr. B. R. Venkatesh

Director - MBA

on 12th January 2021, 3 PM to 3.50 PM

Venue:

Google Meet: [CLICK HERE TO JOIN!](#)

All are Cordially invited
e-Certificates will issued to the participants

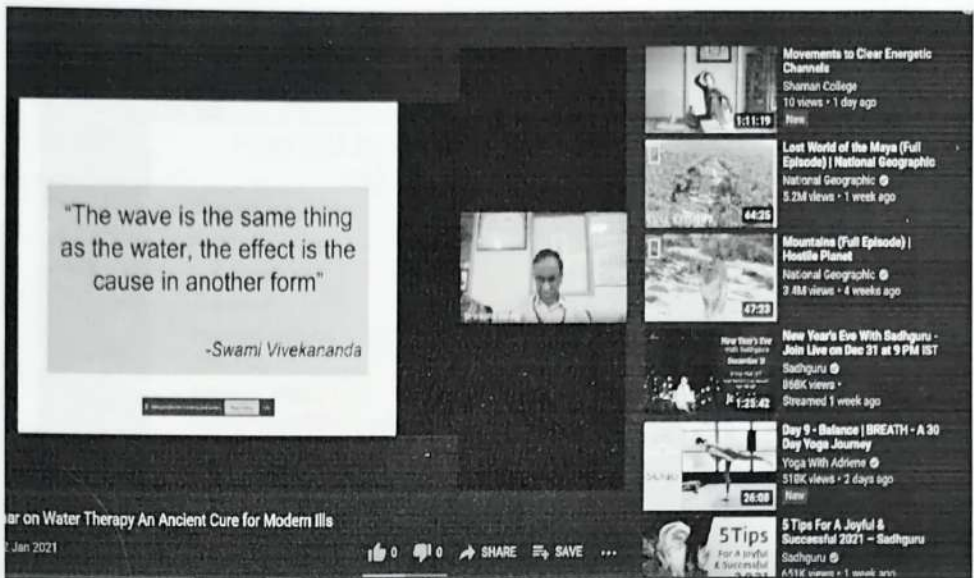


Photo – 02: Resource person explaining about the session

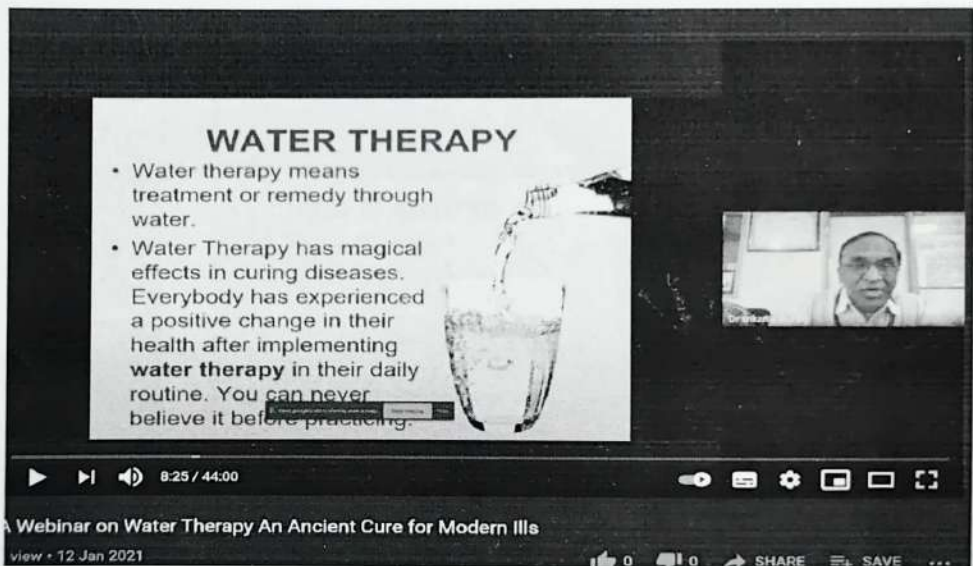


Photo – 03: Resource person briefing about water therapy its benefits

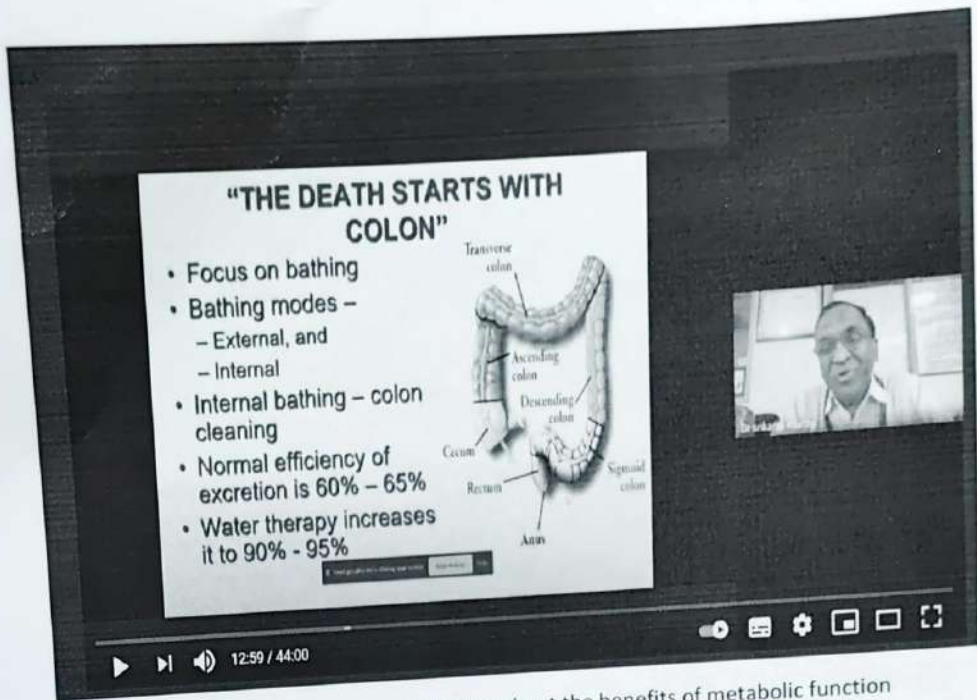


Photo- 04: Resource person explaining about the benefits of metabolic function

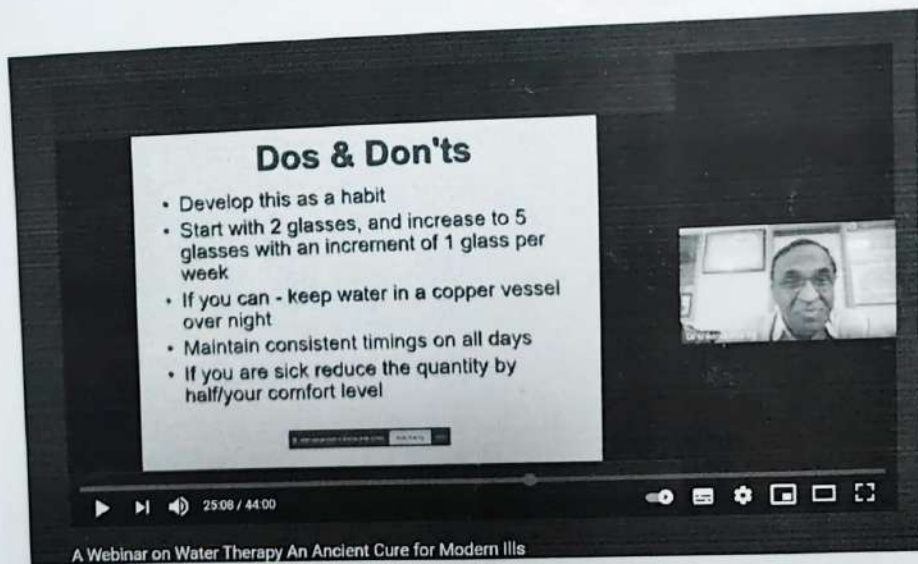


Photo- 05: Resource person explaining about the dos and don'ts of water therapy