

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560078.

Internal Quality Assurance Cell (IQAC)

Yoga & Meditation Cell

Report of the Event Conducted

Department: BBA & B.Com

Date: 28 Feb 2022

Sl. No	Particulars	Event related Details			
1.	Event*	Yoga & Meditation			
2.	Title of the Event	Busting Stress with Breath work			
3.	Date	28/02/2022			
4.	Time	10:00 AM to 11:00 AM			
5.	Venue	Zoom: https://zoom.us/j/95224468675?pwd=cCt6OUMwQVdEcVV5T2xpR1orb1lNZz09			
6.	Resource Person 1 Details (Profile to be enclosed)	Name: Prof.Rajesh Kanoi Profession: Breath watcher/Breath worker, Breath coach, Speaker Area of Expertise: Yoga and Meditation Personal Mobile No: 7003092539 Personal Email ID: rkanoi@hotmail.com Website : shwas-shakti.com			
7.	Topics Covered	How Breath can increase health. Breath related practices for gaining concentration. Breath related practices for anger & stress management.			
8.	Resource Person 2 Details (Profile to be enclosed)	Name: NA Organization: Designation: Area of Expertise: Personal Mobile No: Personal Email ID:			
9.	Topics Covered	NA			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	07	External:	NIL
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	73	External:	NIL
12.	Faculty Coordinator/s	Full Name: Prof. Deepika H C Department: BBA & B.Com Designation: Assistant Professor Full Name: Prof. Vadiraja K S Department: BBA & B.Com			

		Designation: Assistant Professor
13.	Student Coordinator/s	<p>Full Name: Shamitha Register No: 20CQC41180 Course, Semester & Section: B.Com, 3rd, C Full Name: Ananya Bhat Register No: 20CQC41018 Course, Semester & Section: B.Com, 3rd, C Full Name: Shilpa T N Register No: 21BCOM270 Course, Semester & Section: B.Com, 1st, E Full Name: Shreevarini Register No: 21BCOM271 Course, Semester & Section: B.Com, 1st, E</p>
14.	Total Expenditure (Details to be enclosed)	Rs. 2500/-
15.	Sponsors and Amount (if any)	NA
16.	Agenda of the Event (Attach a copy)	<p>Invocation song Welcome speech Profile Reading of speaker Speaker's speech Question & Answer Vote of thanks</p>
17.	Provide the link of the report uploaded on College Website	https://dscasc.edu.in/images/iqac/cells/yogameditation.pdf
18.	Provide the links of the report uploaded on Social Media	<p>https://www.facebook.com/DSCASCBU/posts/322490796568756 https://www.linkedin.com/posts/dayananda-sagar-college-of-arts-science-and-commerce-62757a1ab-internal-quality-assurance-cell-iqac-cell-activity-6904015678282571776-AFd1 https://twitter.com/PDscasc/status/1498250053822996482?s=20&t=F6tdP6GOODglo8_KP8MJ1Q</p>
19.	Report sent to Newspapers? If yes, provide cuttings/images:	NA
20.	Certificates Printed? (Attach a copy**)	No
21.	Feedback Collected? (Attach a copy**)	Yes

22.	Attendance Sheet Attached?"	Attached
23.	Summary of the Event (Around 100 words)	<p>The Department of DSCASC organized a webinar for BBA/ BCOM Students on "Busting Stress with Breathwork" by Deepika H C and Vadiraja K S which was held on 28-02-2022 from 10:00 AM to 11:00 AM on zoom. The Resource person for this seminar was Sri Rajesh Kanoi.</p> <p>The Program was started with invocation followed by welcome speech. The Speaker started the session with brief introduction on the topic and main focus was upon Guiding the students that how breath can help in managing stress. Time is life and life is short. Stress and tensions can ruin physical, mental, emotional and even social and spiritual health. Breathing right can help you master your mind and emotions and take you to your highest potential. There were about 75 participants attended the program with question & answers session and the program was concluded with vote of thanks.</p>
24.	Photographs of the Event (About 5 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	Attached

Deepika H C

Event Coordinator

[Signature]

HOD/Director

[Signature]
28/02/22

IQAC Coordinator

[Signature]

Principal
Principal,

Dayananda Sagar College of Arts
& Commerce
K.S. Layout - Bangalore - 560 07



Photo 1 : Invocation Song by Students



Photo 2: Speaker addressing the session



Photo 3: Question and Answer Session

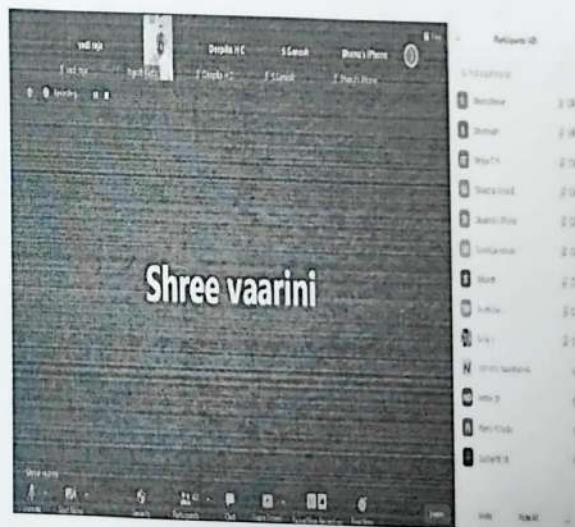


Photo 4: Vote of Thanks

Timestamp	Email Address	Name	Course & Semester	Registration Number	1. The content was informative and productive	2. How relevant was the content discussed by the speaker?	3. How clear were the ideas and concepts the guest lecturer presented?	4. Did the Lecture cover what you were expecting?	5. Overall effectiveness of the Lecture	How satisfied were you with the session content?	Any additional comments regarding the sessions or overall agenda?	Any overall feedback for the event?
2/28/2022 14:39:27	darshnikmpriya61@gmail.com	Priya Darshini K.M	B.COM 1st semester	21Bcom096	Good	Very Good	Excellent	Yes	5	5	Good	Excellent
2/28/2022 14:40:11	18ch40mohankumar@gmail.com	Mohan kumar.a	Bcom 1 sem	21BCOM073	Very Good	Very Good	Excellent	No	4	4		
2/28/2022 14:41:06	manjunathjayaprakash87@gmail.com	Manjunath J	BCom 1sem	21bcom070	Good	Good	Very Good	No	4	3		
2/28/2022 14:42:52	maletrasinchan@gmail.com	Seethamma M P	Bcom	21bcom110	Very Good	Good	Very Good	Yes	5	5		
2/28/2022 14:43:41	philiparnold744@gmail.com	philip arnold	1 sem	21bcom087	Very Good	Very Good	Very Good	Yes	4	4	Good	Good
2/28/2022 14:45:58	meenamanu3@gmail.com	Manish.R	BCom 1st sem	21BCOM069	Excellent	Excellent	Excellent	Yes	5	5		Nice sir shared his thoughts to students
2/28/2022 15:01:11	sowmyaraman44@gmail.com	R. Sowmya	1st sem bcom	21bcom099	Very Good	Very Good	Very Good	Yes	5	5	Amazing work	Thx fr providing amazing webinar
2/28/2022 17:56:11	meghana200385@gmail.com	Meghana	1st sem b com	21BCOM072	Good	Good	Good	Yes	5	5		
2/28/2022 18:35:09	gutedarrajashree13@gmail.com	Rajashree G	BCOM 1st sem	21BCOM100	Excellent	Excellent	Very Good	Yes	5	5		
03-02-2022 09:23	rakshitha2003@gmail.com	Rakshitha A.V	B.com	21B.com103	Very Good	Excellent	Excellent	Yes	5	5
03-02-2022 09:23	sharanyamegha@gmail.com	SHARANYA MEGHA	Bcom	21BCOM112	Excellent	Excellent	Very Good	Yes	5	5		Informative session
03-02-2022 09:24	lochu2428@gmail.com	Lochan S	1st sem bcom	U03CJ21C0185	Good	Good	Good	Yes	4	3		
03-02-2022 09:24	rakshithapatei62@gmail.com	Rakshith Patel BR	1 BCOM 1st Sem	21Bcom102	Average	Average	Average	No	3	3	Average	Average
03-02-2022 09:24	santosh2002bn@gmail.com	SANTOSH R GOWDA	B.com 1 sem	21bcom108	Excellent	Excellent	Excellent	Yes	5	5	Nice	Good