

Dayananda Sagar College of Arts, Science and Commerce
Kumaraswamy Layout, Bangalore-560078

Monthly Report of the Department

For the Month JULY -Year 2020

Name of HOD/Director :Dr. Suplab.K.Podder / Prof.Murgesha B.N
Department : BCom/ BBA

Annexure - III
Report of the Event Conducted

Department: BCom/BBA

Date: 8/7/2020

Sl. No.	Particulars	Event related Details
1.	Event*	Webinar - Personal Counselling and mentoring cell
2.	Title of the Event	Performance Acceleration and Stress Management
3.	Date	3 rd & 4 th July 2020
4.	Time	10.00 to 11.00 am
5.	Venue	Zoom Platform
6.	Resource Person I Details (Profile to be enclosed)	<p>Name:Dr. Sudhindra S Organisation:Dayananda Sagar Institutions Designation:Yoga Teacher Area of Expertise:classical style of Yoga & Therapeutic Yoga, Yoga for Stress Management Combined with Laughter Yoga& Yoga for Healthy Life Profile:I have a passion to practice / teach Yoga & Personality technique throughout my life and helping children / persons to gain Health & Mind Frame through Yoga & Personality Techniques. My training is going to set up a standard as a best example for myself physically, mentally & spiritually. I am an International Trainer/teacher who has a passion to learn new things and experimenting lot of new methods & to practice these things, myself before teaching to others for assured results. More than 2decades I am training Yoga & Personality sessions for Celebrity class, Public. Students conducts mass program which has really given immense push for my kind of program. We teach a classical style of Yoga & Therapeutic Yoga. We also teach Yoga for Stress Management Combined with Laughter Yoga & Yoga for Healthy Life Along with Yoga I also handle Meditation class which is giving an excellent feedback. That too Chakra Meditation is capable of transformation which i relate with Physical/ Mental</p>

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		ailment & Spiritual upliftment. Recently I was selected to train Chakra Meditation at all the 4 centers of Bangalore under IATCP conducted by Swamy Vivekananda Yoga Research Foundation			
7.	Topics Covered	Performance Acceleration and Stress Management Stress management Meditation Role of breathing			
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:	26	External:	
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	76	External:	Nil
12.	Faculty Coordinator/s	Prof. Shalini Kumari Rawani and Prof. Meghana C			
13.	Student Coordinator	NA			
14.	Total Expenditure (Details to be enclosed)	NA			
15.	Sponsors and Amount (if any)	NA			
16.	Agenda of the Event (Attach a copy)	<ol style="list-style-type: none"> 1. Stretch your health and happiness 2. Faith. 3. Part of breath in your life. 			
17.	Report uploaded on college website? If yes, give details:	NA			
18.	Report sent to media? If yes, give details:	NA			
19.	Report uploaded in Social Media? If yes, give details:	NA			
20.	Certificates Printed? (Attach a copy**)	NA			
21.	Feedback Collected? (Attach a copy**)	NA			
22.	Attendance Sheet Attached? "	NA			
23.	Summary of the Event (Minimum 100 words)	<p>Webinar on "Performance Acceleration and Stress Management"</p> <p>Two days webinar titled "Performance Acceleration and Stress Management" was organized on 3rd & 4th July, 2020 from 10:00 am to 11:00 am on zoom platform. Dr. Sudhindra S, Yoga Trainer, DSI delivered a session on importance of meditation, role of breathing, relaxation, hypnotism, physical activities during psychological stress, and pranayama. Managing stress is all about taking charge: taking charge of thoughts, emotions, schedule, environment and the way we deal with problems. The ultimate</p>			

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		goal is a balanced life, with time for work, relationships, relaxation, and fun - plus the resilience to hold up under pressure and meet challenges head on. Breathing is at the core of ancient (and currently trendy) mindfulness practices, from yoga and meditation. Total 102 participants practiced mediation on online platform. Finally the session was ended with discussions, question and answers with the participants.
24.	Photographs of the Event (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	Yes

Notes:

- * Seminar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest. etc.
- *[#] Format Copy need to be attached and hard copy need to be filed
- # Original sheet need to be filed and scanned copy should be attached

PS:

- ❖ Whichever column is not applicable, write as NA.
- ❖ If the nothing is done / gained / spent, write as No/Nil.

Shalini
Event Coordinator

[Signature]
IQAC Coordinator

[Signature]
HOD/Director


[Signature]
Principal

Dayananda Sagar College of Arts, Science, and Commerce
 Department of Commerce and Management UG (UG)
 Shri Sri Maheshwara Hills - Kumaraswamy Layout
 Bangalore - 560 078

Internal Quality Assurance Cell (IQAC) & Personal Counselling & Mentoring Cell (Aptamitra)
 In Collaboration with
Institutional Social Responsibility (ISR) Cell - (DISHAA)
 Organizes
 Webinar
 ON
"Performance acceleration and stress management"

No Registration Fees
 Certificates will be provided

Date: 3rd & 4th July, 2020
 Time: 10 AM to 11 AM



Dr. Sudhindra
 (Yoga Teacher)

Faculty Organisers

Personal Counselling and mentoring cell (Aptamitra)
 Prof. Rashmi S
 Prof. Usha C R

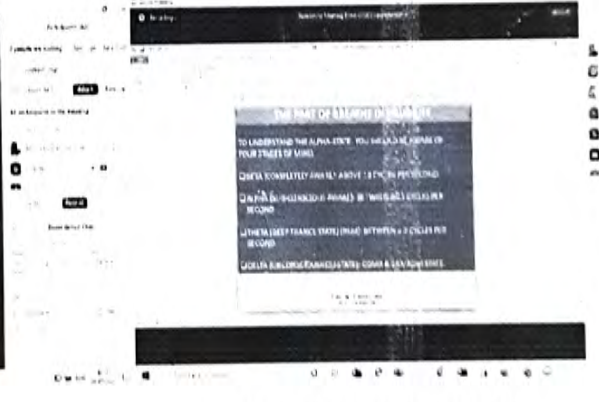
ISR DISHAA
 Prof. Shalini Kumari Rawani
 Prof. Meghana C

Principal | Director | HOD's | Faculty

Poster Pic



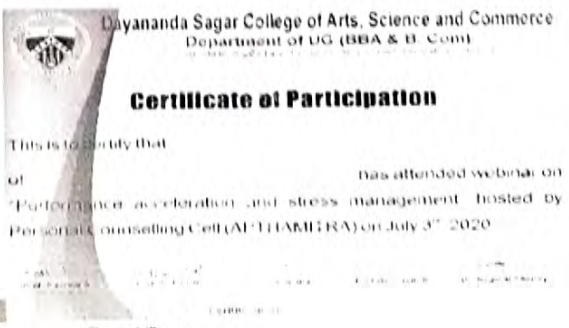
Presentation Pic



Explaining about breathing



Participants picture



Certificate