

Dayananda Sagar College of Arts, Science & Commerce  
Yoga Debate Program - IQAC - YOGA AND MEDITATION CELL

**Title: YOGA AND MEDITATION – A DEBATE PROGRAM**

Date: 17<sup>TH</sup> MAY 2023

The School of Business Management Dayananda Sagar college of Arts, Science and Commerce conducted a Debate competition on Theme “*Yoga and*” on 8<sup>th</sup> April, 2022 at AB001, Academic Block, from 2:00 PM to 4:30 PM for the students of BBA/BBAMBA/BCOM(H) & BA(ECO). The event was organized by Dr. Saba Parveen, SBM and Ms. Archana Kumari, SBM.

**Observation**

We reached our destination in the morning, where we were introduced to the Pyramid valley with a short video by Sri Surya .We had a fun activity arranged to lighten our mood which also helped the students to overcome stage fear which was followed by a short 10 minutes meditation to relax our body and mind. The essence of yoga was taught to us by Sri Surya.

The students learnt the importance of meditation. We learnt how by practicing meditation for 10 mins and slowly increasing the time can help us to unblock our chakras. Opening our chakras will help us to harmonize our physical body, mind and spirit. All the students realized that a short meditation in our free time can help us to get recharge and feel energized. We had our lunch in the premises after which we were taken to the Maitreya Buddha Pyramid which is a center to meditate with stupendous positive energy. Later we were dispersed to look around the valley. The serene surroundings helped all the students to clear their mind and feel the positive energy. The area also contained a store with books on meditation, beautiful antiques, toys etc. The students took part in various activities like Kayaking and boating organized by the pyramid valley. At around 4:30 we left the valley and reached college at round 5:30

Organized by: Yoga and Meditation Cell

Venue: MBA-BU Class room No. 504

Faculties Attended: 2

Students Attended: 19

Photos: