

DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kaumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

Yoga and Meditation Cell

Oral Health and Systemic Health

- Yoga and Meditation--Department: MBA (BU)

Date: 22-09-2023

-Sl. No.	Particulars	Event related Details			
1.	Event*	Oral Health and Systemic Health			
2.	Title of the Event	"YOGA AND FITNESS PROGRAM FOR STUDENTS			
3.	Date	22 nd -September - 2023			
4.	Time	11.30 am to 1.30 pm			
5.	Venue	C.D Sagar Auditorium			
6.	Resource Person 1 Details ** (Profile to be enclosed)	Dr. Pallavi Nanaiah & Dr. Archana			
7.	Topics Covered	<ul style="list-style-type: none">• According to studies, poor oral health, particularly gum disease, can raise your chance of getting systemic disorders. This means a strong relationship exists between periodontal disease and systemic health. So maintaining good oral health is crucial for general well-being and high quality of life.• Maintaining good oral health is crucial for general well-being and a high quality of life. Oral infections have been studied to have drastic effects on systemic diseases, including hypertension, adverse pregnancies, diabetes, Alzheimer's disease, arthritis, and more. The benefits of good oral health are well-documented and include economic, social, psychological, and physical health.			
8.	Resource Person 2 Details** (Profile to be enclosed)	YES			
9.	Topics Covered	Stress Relief, simple yoga asanas, multi-dimensional training and toning to the body, Breathing Exercise			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal: 4		External: Nil	
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal: 87		External: Nil	
12.	Faculty Coordinator/s	Dr. Srikantamurthy M.R.			

-Sl. No.	Particulars	Event related Details
13.	Student Coordinator/s	Sanjay, Nischitha, Ayushi
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
19.	Report uploaded in Social Media? If yes, give details:	https://www.facebook.com/photo/?fbid=887934649617520&set=pcb.887934832950835
20.	Certificates Printed? (Enclose a copy***)	NA
21.	Feedback Collected? (Enclose a copy***)	Yes attached in the document
22.	Summary of the Event (Minimum 100 words)	<ul style="list-style-type: none"> • An improved blood circulation • A stronger immune system • Improved cardiovascular system, lymph system & respiratory system • Less fatigue • Balanced cholesterol level
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

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


IQSC Co-Ordinator


HOD/Director


Principal

PHOTOS:



GPS Map Camera



Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru,
Karnataka 560078, India
Lat 12.90781°
Long 77.567845°
22/09/23 10:06 AM GMT +05:30



GPS Map Camera



Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru,
Karnataka 560078, India
Lat 12.907712°
Long 77.567789°
22/09/23 09:54 AM GMT +05:30



GPS Map Camera



Bengaluru, Karnataka, India
1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru,
Karnataka 560078, India
Lat 12.907639°
Long 77.567838°
22/09/23 10:05 AM GMT +05:30



GPS Map Camera

Bengaluru, Karnataka, India
 1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru,
 Karnataka 560078, India
 Lat 12.907706°
 Long 77.567792°
 22/09/23 11:32 AM GMT +05:30

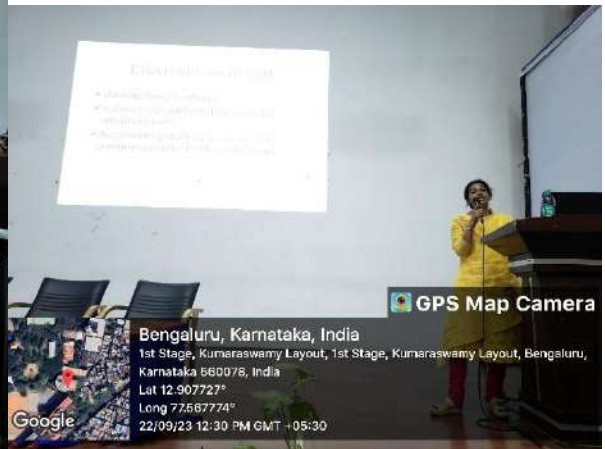
Google



GPS Map Camera

Bengaluru, Karnataka, India
 1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru,
 Karnataka 560078, India
 Lat 12.907698°
 Long 77.567795°
 22/09/23 11:33 AM GMT +05:30

Google



GPS Map Camera

Bengaluru, Karnataka, India
 1st Stage, Kumaraswamy Layout, 1st Stage, Kumaraswamy Layout, Bengaluru,
 Karnataka 560078, India
 Lat 12.907727°
 Long 77.567774°
 22/09/23 12:30 PM GMT +05:30

Google