

DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

Yoga and Meditation Cell

A webinar on "YOGA FOR HOLISTIC HEALTH"

Department: MBA (BU)

Date: 21-06-2021

Sl. No.	Particulars	Event related Details			
1.	Event*	International yoga day – a yoga program for all			
2.	Title of the Event	"YOGA FOR HOLISTIC HEALTH"			
3.	Date	21-06-2021			
4.	Time	10.15 am. To 11.30 am			
5.	Venue	Webinar			
6.	Resource Person 1 Details ** (Profile to be enclosed)	Dr. Sudhindra – Yoga Guru			
7.	Topics Covered	A BRIEF ABOUT MANY ASPECTS COVERING PHYSICAL HEALTH, FOOD HABITS, EXERCISE, YOGA, MEDITATION, POSITIVE ATTITUDE, FEELING OF GRATEFULNESS, SURYA NAMASKARETC			
8.	Resource Person 2 Details** (Profile to be enclosed)	Attached			
9.	Topics Covered	A BRIEF ABOUT MANY ASPECTS COVERING PHYSICAL HEALTH, FOOD HABITS, EXERCISE, YOGA, MEDITATION, POSITIVE ATTITUDE, FEELING OF GRATEFULNESS Surya Namaskar neck exercise, shoulder exercise breathing exercise ETC.			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	14	External:	Nil
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	98	External:	Nil
12.	Faculty Coordinator/s	Dr. Venkatesh B.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			
17.	Report uploaded on college website? If yes, give details:	https://www.dscasc.edu.in/mba-department-initiatives			

Sl. No.	Particulars	Event related Details
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.php?fbid=351204829957174&set=pb.100052029801075.-2207520000..&type=3
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)	<p>We have conducted a study to understand the problems of students during Covid-19 pandemic and the resultant lock-down and work from home – on line classes. On analysis of the results, we observed several apprehensions and problems, both physical, psychological and health issues, faced by the students due to on-line classes and sedentary life due to lock down.</p> <p>Hence, it was felt that there was a need for a session by a professional councilor In this connection, we identified Dr. Sudhindra Yoga teacher to provide us the benefits of Surya namaskara, Neck exercise and lung exercise through pranayama</p>
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:

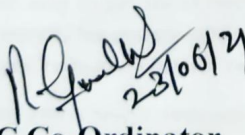
* Seminar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

** 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 Coordinator


IQAC Co-Ordinator


HOD/Director


Principal