



Dayananda Sagar College of Arts, Science, and Commerce
Internal Quality Assurance Cell
Buddha Study Centre

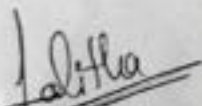
Department: B.Com

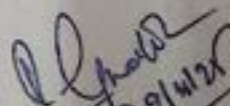
Date of Report: 29/11/2025

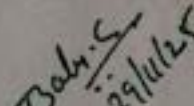
SL No.	Particulars	Event related Details			
1.	Event*	Quiz Competition			
2.	Title of the Event	Buddha's Wisdom			
3.	Date of Conduction	28 th November, 2025	4.	Time	9.15 AM to 10.00 AM
5.	Venue	Building No. 13, 4 th floor, Room No. 405			
6.	Resource Person 1 Details (Profile to be enclosed)	Name Designation Mobile No.	Organization Specialization Email ID		
7.	Topics Covered	N/A			
8.	Resource Person 2 Details (Profile to be enclosed)	Name Designation Mobile No.	Organization Specialization Email ID		
9.	Topics Covered	N/A			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	03	External:	N/A
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	12	External:	N/A
12.	Faculty Coordinator/s	Full Name	Prof Lalitha, Prof Vinutha K, Dr. Meghana C, Prof Amshupali		
		Department	Dept of Commerce and Management		
		Designation	Assistant Professor		
13.	Student Coordinator/s	Full Name	NA		
		Department	Dept of Commerce		
		Designation	Students		
14.	Total Expenditure (Details to be enclosed)	N/A	15.	Sponsors and Amount (if any)	N/A
16.	Agenda of the Event (Attach a copy)	N/A	17.	Provide the link of the report uploaded on College Website	N/A
18.	Social Media Links (Provide the links of the report uploaded on Social Media)	Yes	19.	Report sent to Newspapers? If yes, provide cuttings/images:	N/A

Sl. No.	Particulars	Event related Details			
20.	Certificates Printed? (Attach a copy**)	N/A	21.	Feedback Collected? (Attach a copy**)	N/A
22.	Attendance Sheet Attached? *	Yes	23	Photographs of the Event (About 5 relevant, clear, and appropriate photos with precise caption. The jpg files need to be attached)	Yes
24.	Summary of the Event (Around 100 words)	The Buddha's Wisdom quiz competition was organized to promote awareness of Buddhist teachings and inspire students to apply these values in daily life. Participants from various classes engaged enthusiastically, demonstrating strong preparation and interest. The quiz covered topics such as the life of the Buddha, core teachings, moral stories, and principles of compassion and mindfulness. The event encouraged teamwork, critical thinking, and respectful competition. Winners were recognized for their outstanding performance, while all participants gained valuable insights. Overall, the competition successfully fostered learning, discipline, and appreciation for the profound wisdom of Buddhism.			

Social Media Link: <https://www.instagram.com/p/DRtUcOdkeq5/?igsh=cHpzYXNrbW4zenE5>


Event Coordinator


IQAC Coordinator


Principal

IQAC Co-ordinator
Dayananda Sagar College of Arts & Science & Commerce
Kumara Any Layout, Bengaluru - 560 111.

Principal
Dayananda Sagar College of Arts & Science & Commerce
Kumara Any Layout, Bengaluru - 560 111.



**DAYANANDA SAGAR COLLEGE OF ARTS,
SCIENCE AND COMMERCE**

SITAVIGE MALLESHWARA HILLS, KUMARSWAMY LAYOUT, BENGALURU-560111

**INTERNAL QUALITY ASSURANCE CELL (IQAC)
BUDDHA STUDY CENTRE
ORGANIZES**

QUIZE COMPETITION

BUDDHA'S WISDOM



**CELEBRATING THE
LIGHT WITHIN**

DATE: 28/11/2025

VENUE:

BUILDING 13, ROOM 406

TIME: 9:30 A.M

FACULTY HOD'S VICE PRINCIPAL PRINCIPAL

Photos:





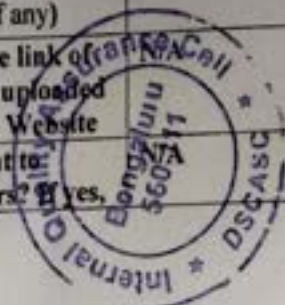


Dayananda Sagar College of Arts, Science, and Commerce
Internal Quality Assurance Cell
Buddha Study Centre

Department: B.Com

Date of Report: 29/11/2025

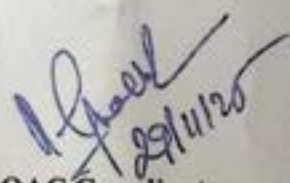
Sl. No.	Particulars	Event related Details			
1.	Event*	Essay Writing Competition			
2.	Title of the Event	Modern Applications of Buddhist principles to mental health and well-being.			
3.	Date of Conduction	28 th November, 2025	4.	Time	9.45 AM to 10.30 AM
5.	Venue	Building No. 13, 4 th floor, Room No. 405			
6.	Resource Person 1 Details (Profile to be enclosed)	Name Designation Mobile No.	Organization Specialization Email ID		
7.	Topics Covered	N/A			
8.	Resource Person 2 Details (Profile to be enclosed)	Name Designation Mobile No.	Organization Specialization Email ID		
9.	Topics Covered	N/A			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	03	External:	N/A
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	12	External:	N/A
12.	Faculty Coordinator/s	Full Name Department Designation	Prof Lalitha, Prof Vinutha K, Dr. Meghana C, Prof Amshupali Dept of Commerce and Management Assistant Professor		
13.	Student Coordinator/s	Full Name Department Designation	NA Dept of Commerce Students		
14.	Total Expenditure (Details to be enclosed)	N/A	15	Sponsors and Amount (if any)	N/A
16.	Agenda of the Event (Attach a copy)	N/A	17.	Provide the link of the report uploaded on College Website	N/A
18.	Social Media Links (Provide the links of the	Yes	19.	Report sent to Newspapers?	Yes

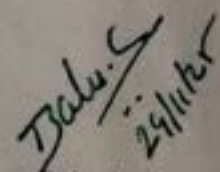


Sl. No.	Particulars	Event related Details			
	report uploaded on Social Media)			provide cuttings/images:	
20.	Certificates Printed? (Attach a copy**)	N/A	21.	Feedback Collected? (Attach a copy**)	N/A
22.	Attendance Sheet Attached? *	Yes	23	Photographs of the Event (About 5 relevant, clear, and appropriate photos with precise caption. The jpg files need to be attached)	Yes
24.	Summary of the Event (Around 100 words)	Buddhist principles are now widely used to support mental health and well-being, especially among students. Ideas like mindfulness, compassion, and non-attachment help individuals handle stress, anxiety, and emotional pressure. Modern therapies, such as Mindfulness-Based Stress Reduction, use meditation and breathing exercises that students can easily practice in daily life. These techniques improve focus, self-awareness, and emotional balance. By understanding impermanence, students learn to accept change and manage academic challenges more calmly. It can help students build healthier habits and strengthen their overall well-being.			

Social Media Link: <https://www.instagram.com/p/DRtUcOdkeq5/?igsh=cHpzYXNrbW4zenE5>


Event Coordinator


IQAC Coordinator
IQAC Co-ordinator
Dayananda Sagar College of Arts,
Science & Commerce
Kumaraswamy Layout, Bengaluru - 560 111.


Principal
Principal
Dayananda Sagar College of Arts
Science & Commerce
Kumaraswamy Layout, Bengaluru - 560 111





**DAYANANDA SAGAR COLLEGE OF ARTS,
SCIENCE AND COMMERCE**

SILAVIGE MALLESHWARA HILLS, KUMARSWAMY LAYOUT, BENGALURU-560011

**INTERNAL QUALITY ASSURANCE CELL (IQAC)
BUDDHA STUDY CENTRE
ORGANIZES**

**BODHI OTSAV
ESSAY WRITING COMPETITION**

**Modern applications of Buddhist principles
to mental health and well-being**

**CELEBRATING THE
LIGHT WITHIN**

DATE: 28/11/2025

VENUE:

BUILDING 13, ROOM 405

TIME: 9:30 A.M

FACULTY HOD'S VICE PRINCIPAL PRINCIPAL

Student's participation in the event



Bengaluru, Karnataka, India

Wh48+mp, 1st Stage, Kumaraswamy Layout, Bengaluru,
Karnataka 560111, India

Lat 12.907247° Long 77.566564°

Friday, 28/11/2025 09:53 AM GMT +05:30

Google

Bengaluru, Karnataka, India

Wh48+mp, 1st Stage, Kumaraswamy Layout, Bengaluru,
Karnataka 560111, India

Lat 12.907268° Long 77.566571°

Friday, 28/11/2025 09:49 AM GMT +05:30

Google



**DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE
AND COMMERCE**

Kumaraswamy Layout, Bangalore - 560111
(Affiliated to Bangalore University, Approved by AICTE, NAAC Accredited)
Internal Quality Assurance Cell

Name of the Activity: _____

Department: B.COM

Date: 28/11/25 Time: _____

Sr.	Student Name	Reg. No.	Dept.	Signature
1	Ahli Prasad H	U03CT250001	B.COM 5 th year	<i>[Signature]</i>
2	ANUSHAM	U03CT250018	B.COM 2 nd year	<i>[Signature]</i>
3	Chiranthan K S	U03CT250015	B.COM 1 st year	<i>[Signature]</i>
4	Ganesh G.M	U03CT250014	B.COM 1 st A	<i>[Signature]</i>
5	Jayam R. Shetty	U03CT250014	B.COM 1 st A	<i>[Signature]</i>
6	Sri Harsha M	U03CT250026	B.COM 1 st A	<i>[Signature]</i>
7	Ganapreeth	U03CT250018	B.COM 1A	<i>[Signature]</i>
8	Hitesh M	U03CT250011	B.COM 1A	<i>[Signature]</i>
9	Caanika Shetty R.	U03CT250052	B.COM 1A	<i>[Signature]</i>
10	Chaitanya S	U03CT250012	B.COM 1A	<i>[Signature]</i>
11	Chinmaye petlur	U03CT250012	B.COM 1A	<i>[Signature]</i>
12	Vijayalaksh	U03CT250030	B.COM 1C	<i>[Signature]</i>
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Event Coordinator Name: _____

Signature: _____



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AND COMMERCE**

Kumaraswamy Layout, Bangalore - 560111
(Affiliated to Bangalore University, Approved by AICTE, NAAC Accredited)
Internal Quality Assurance Cell

Name of the Activity: _____

Department: B.COM

Date: 28/4/22 Time: _____

Sr.	Student Name	Reg. No.	Dept.	Signature
1	ANUSHA M	U03CJ24C0048	B.COM, 2 nd Year	
2	Hare Prasad	U03CJ24C0020	B.COM 5 th SEM	
3	Sri NAKHA. M	U03CJ23C0826	B.COM 2 nd SEM	
4	Jayaram R Shetty	U03CJ23C0124	B.COM 1 st SEM	
5	Gurupreet H	U03CJ23C0093	B.COM 1 st SEM	
6	Hitesh. N	U03CJ25C0011	B.COM 1 st SEM	
7	Ganesh. G. A	U03CJ25C0094	B.COM 1 st SEM	
8	Chaitra. S	U03CJ25C0051	B.COM 1 st SEM	
9	Camelakshy. R.	U03CJ25C0052	B.COM 1 st SEM	
10	Prinmay Patel	U03CJ25C0093	B.COM 1 st SEM	
11	Upalak	U03CJ25C0360	B.COM 'C' SEM	
12	Chiranthan KS	U03CJ25C0065	B.COM 1 st SEM	
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Event Coordinator Name: _____

Signature: _____