

**DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE**  
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560111

**Internal Quality Assurance Cell (IQAC)**

**Annexure - I**

**Yoga & Meditation Unit "STHITAPRAJNA"**  
**Training Session on Meditation and Yoga**  
**Report of the event**

**Department: M.Com**

**19.5.2025**

Sl. No.	Particulars	Event related Details			
1.	Event*	Training Session			
2.	Title of the Event	Training Session on Meditation and Yoga			
3.	Date	19 <sup>th</sup> May 2025			
4.	Time	9.30am			
5.	Venue	Building No. 13, Business block 7 <sup>th</sup> floor			
6.	Resource Person 1 Details (Profile to be enclosed)	Name: -- Prof. G. Srishyla Organization: DSCASC, Bangalore Designation: Adjunct faculty Area of Expertise: Personal Mobile No. Personal Email Id			
7.	Topics Covered	Importance of meditation, types of yoga and their benefits			
8.	No. Faculty Participants (Enclose a copy)	Internal:	4	External:	-
9.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	10	External:	-
10.	Faculty Coordinator/s	Full Name: Dr. Savita Trivedi Department: M.Com Designation: Professor			
11.	Student Coordinator/s	Full Name: -Ms.Abhijna Prabhu Register No: P03CJ24C012011			
12.	Total Expenditure (Details to be enclosed)	--			



Sl. No.	Particulars	Event related Details
13.	Sponsors and Amount (if any)	--
14.	Program Schedule of the Event attached?	Yes
15.	Provide the link of the report uploaded on College Website	<a href="https://www.dscasc.edu.in/MCom/mcom-news">https://www.dscasc.edu.in/MCom/mcom-news</a>
16.	Provide the links of the report uploaded on Social Media	<a href="https://www.instagram.com/p/DDKKBzrHov/?igsh=bWF0c2NhZzh6czE1s">https://www.instagram.com/p/DDKKBzrHov/?igsh=bWF0c2NhZzh6czE1s</a>
17.	Report sent to Newspapers? If yes, provide cuttings/images	---
18.	Certificates Printed? (Attach a copy**)	---
19.	Feedback Collected?	--
20.	Attendance Sheet Attached?	Attached
21.	Summary of the Event (Around 100 words)	Under yoga & meditation unit "STHITAPRAJNA" ,a training session on Yoga and Meditation was organized on 19 <sup>th</sup> May 2025 at 9.30 am for M.Com students. Gathering was addressed by HOD Dr. Mahalakshmi V. Resource person was Prof. G. Srishyla. During the session students practiced meditation and yoga. It was a very informative and useful session. Event was organized by professor Dr. Savita Trivedi and was coordinated by Ms. Abhjna Prabhu.
22.	Photographs of the Event (About 5 relevant, clear, and appropriate photos to be pasted with title and explanation. The jpg files need to be attached)	Attached



Notes:

\* Seminar / Webinar / 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.

*Shivoli*  
Event Coordinator

*Subash*  
HOD/Director

*A. S. Prasad*  
19/05/25  
IQAC Coordinator

*TSalu C*  
Principal


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

Brochure

**DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE**  
**NEAR VICE-CHANCELLOR'S HILLS, KUMARASWAMY LAYOUT, BENGALURU - 560 111**

**DEPARTMENT OF MASTER OF COMMERCE**  
**IN ASSOCIATION WITH INTERNAL QUALITY ASSURANCE CELL (IQAC)**  
**AND YOGA AND MEDITATION UNIT "SHTITPRAJNA"**

**ORGANIZE:**  
**TRAINING ON YOGA AND MEDITATION**  
**DATE: 19TH MAY 2025**  
**TIME: 9:00 AM**  
**VENUE: BUSINESS BLOCK 9<sup>TH</sup> FLOOR**



**Event Coordinator HOD IQAC Vice Principal Principal**





Dayananda Sagar College of Arts, Science and Commerce

Master of Commerce

Attendance for "Training Session on Meditation and Yoga"  
by Dr. Savita Trivedi on 19th May 2025

Sl. No	Registration No	Student Name	Sign
1	P03CJ24C012009	VIJETHA SSAHUKAR	Vijetha S
2	P03CJ24C012010	Ramya A	Ramya A
3	P03CJ24C012008	Deepthi R.S	Deepthi
4	P03CJ24C012015	Anvitha P.N.	Anvitha
5	P03CJ24C012012	Pavethra S	Pavethra
6	P03CJ24C012017	Ayesha Iqam	Ayesha
7	P03CJ24C012008	Surbhaya Sulthana	Surbhaya
8	P03CJ24C012003	KIRAN PRASHANTH.B	Kiran Prashanth B
9	P03CJ24C012028	MADHURA.T.	Madhura
10	P03CJ24C012027	MADHU SHREE.R	Madhu
11	P03CJ24C012004	Akash K	Akash
12	P03CJ24C012003	Nikhil B.R	Nikhil
13	P03CJ24C012002	Hemanth Kumar. C.E	H.K.B.C.E
14	P03CJ24C012008	Satish R	Satish R
15	P03CJ24C012004	Hanish S	Hanish
16	P03CJ24C012005	Kulad S	Kulad
17	P03CJ24C012008	Chitra S	Chitra
18	P03CJ23C012014	Gnananid	Gnananid
19	P03CJ23C012015	Bindu C	Bindurivanna
20	P03CJ23C012031	Kumari Risha	Kumari Risha
21	P03CJ23C012027	Sanjana S	Sanjana
22	P03CJ23C012011	Pritya B.C	Pritya
23	P03CJ23C012006	Pritha B.M	Pritha
24	P03CJ23C012002	Mahala G	Mahala
25	P03CJ23C012005	Flanishtha HR	Flanishtha
26	P03CJ23C012003	Kumari Risha	Kumari Risha
27	<del>P03CJ23C012015</del>	<del>Pritya B.C</del>	<del>Pritya B.C</del>
28	P03CJ23C012037	Dhanush Gowda. S.P	Dhanush S.P
29	P03CJ23C012016	SEOTRA-N.N	SEOTRA
30	P03CJ23C012004	NEERVI .V.V. NAGARAJA	NEERVI
31	P03CJ23C012045	XIKITHS	XIKITHS
32	P03CJ23C012046	Shalet Poo-S	Shalet
33	P03CJ23C012010	Mashaswini K.S	Mashaswini
34	P03CJ23C012026	Shivani E.S	Shivani
35	P03CJ23C012025	Shruti Choudhan	Shruti
36	P03CJ23C012024	Shivani Drabbandai	Shivani
37	P03CJ23C012014	Meghana R.	Megha
38	P03CJ23C012013	Thejaswini R.	Thejaswini
39	P03CJ23C012009	Sowmya L	Sowmya
40	P03CJ23C012022	Ranjith A	Ranjith



Name of the Event: Training on meditation and yoga  
 Name of the Coordinator: Dr. Savita Trivedi  
 Date: 19th May 2025