



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell

Department*: MBA

Report of the Event Conducted
(One form to be filled for each event)

Date of Report: 27/01/2026

Sl. No.	Particulars	Event related Details			
1.	Event*	Buddha study center-Mindful Leadership Workshop			
2.	Title of the Event	Activity on "Mindful Leadership Workshop"			
3.	Date of Conduction	27/01/2026	4.	Time:	10.00 AM – 12.00 PM
5.	Venue	Seminar Hall, Building No. 17, DSCASC			
6.	Resource Person 1 Details (Profile to be enclosed)	Name Designation Bengaluru S-1 111		Organization Specialisation Entrepreneurship Email ID satishpaladi14@gmail.com	
7.	Topics Covered	Eightfold Path, mindfulness, compassion, and right action			
8.	Resource Person 2 Details (Profile to be enclosed)				
9.	Topics Covered	NA			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	NA	External:	NA
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	40	External:	NA
12.	Faculty Coordinator/s	Full Name Department Designation	Prof. Nethravathi N MBA Assistant Professor		
13.	Student Coordinator/s	Full Name Department Designation	Preksha MBA Class Representative		
14.	Total Expenditure (Details to be enclosed)	Rs. 0	15	Sponsors and Amount (if any)	NA
16.	Agenda of the Event (Attach a copy)	--	17.	Provide the link of the report uploaded on College Website	Yes
18.	Social Media Links (Provide the links of the report uploaded on Social Media)	--	19.	Report sent to Newspapers? If yes, provide cuttings/images:	NA
20.	Certificates Printed? (Attach a copy**)	NA	21.	Feedback Collected? (Attach a copy**)	
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 (Approx. 100 words)	The "Mindful Leadership Workshop" was conducted for MBA students to introduce the relevance of Gautama Buddha's teachings in contemporary management practices. The session began with a brief overview of core principles such as the Eightfold Path, mindfulness, compassion, and right action. Students were divided into small groups and given real-life corporate scenarios involving ethical dilemmas, workplace stress, and leadership conflicts. Each group was asked to analyze the situation			

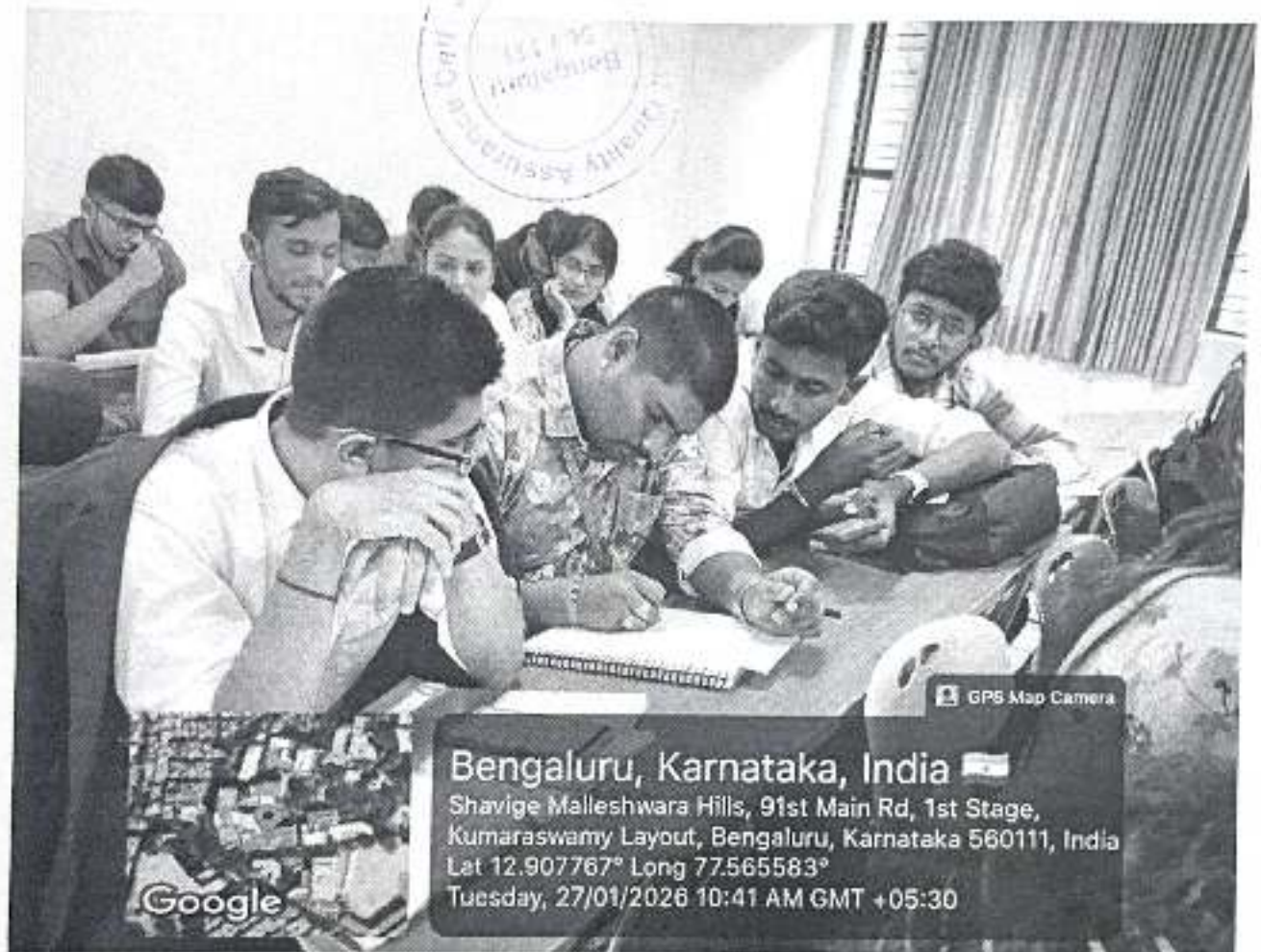
through the lens of Buddha's teachings and propose mindful and ethical solutions. Interactive discussions followed, where participants shared their perspectives and reflected on how emotional intelligence and self-awareness can improve decision-making. A short guided mindfulness exercise was also conducted to help students experience focus and clarity. The activity encouraged students to connect ancient wisdom with modern leadership challenges, fostering a deeper understanding of responsible and ethical management. The workshop concluded with reflections on how mindfulness can enhance productivity, interpersonal relationships, and organizational culture. Overall, the event was engaging, thought-provoking, and helped students develop a balanced approach to leadership and decision-making.

Notes:

* Seminar / Webinar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc. ** Formist Copy need to be attached and hard copy need to be filed, *Original sheet need to be filed and scanned copy should be attached. *Department, please select the department

PS:

- ❖ Whichever column is not applicable, write as NA.
- ❖ If the nothing is done / gained / spent, write as No/Nil.





Event Coordinator

Head
(MBA)

Head of the Department
 Department of Management Studies (MBA-BU),
 Dayananda Sagar College of
 Arts, Science and Commerce,
 Bengaluru - 560 111

Director
(MBA)

27/01/26

IQAC Coordinator

Principal

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

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



Dayananda Sagar College of Arts, Science, and Commerce
Internal Quality Assurance Cell
Attendance sheet



Name of the Activity: Buddha study center-Mindful Leadership Workshop

Department*: MBA

Date: 27-01-2026

Time: 10.00 am to 12.00pm

SL NO	Name	USN	Signature
1	Vishwas avvappa Amarawadagi	P03CJ24M015154	
2	Ankita Ashok Talekar	P03CJ24M015155	
3	Annapoomeshwari M M	P03CJ24M015158	
4	Spoorti S Vernekar	P03CJ24M015159	
5	Sudeepgouda	P03CJ24M015161	
6	Divyashree S	P03CJ24M015162	
7	Ananya.S	P03CJ24M015163	
8	Harshitha B C	P03CJ24M015164	
9	Lavanya H L	P03CJ24M015165	
10	Vinay AN	P03CJ24M015166	
11	Bindushree K	P03CJ24M015168	
12	Darshan Gowda R	P03CJ24M015169	
13	Gnanesh BN	P03CJ24M015171	
14	Anusha Anvekar	P03CJ24M015172	
15	Subhash P	P03CJ24M015173	
16	Vijayalakshmi. V	P03CJ24M015174	
17	ATEEQ US ZAMA	P03CJ24M015175	
18	Shetty Shamita Shankar Jhanaki	P03CJ24M015176	

19	Thanvi shetty	P03CJ24M015177	Thshetty
20	S Ujwal	P03CJ24M015179	Ujwal
21	Gopal	P03CJ24M015180	Gopal
22	Vinayak kalyanashetti	P03CJ24M015181	Vinayak
23	Vyshnavi Sudhan	P03CJ24M015182	Vyshnavi
24	G Pavan Joshua	P03CJ24M015183	G Pavan
25	Keerthana P	P03CJ24M015185	Keerthana
26	chinmayi	P03CJ24M015186	Chinmayi
27	Divya M	P03CJ24M015187	Divya
28	S SINDHU SINGH	P03CJ24M015188	Sindhu
29	Deepak Raj D	P03CJ24M015189	Deepak
30	Bhagyashree Ganji	P03CJ24M015191	Bhagyashree
31	SOWMYA K	P03CJ24M015193	Sowmya
32	Rakesh YM	P03CJ24M015195	Rakesh
33	Prajwal Shetty	P03CJ24M015198	Prajwal
34	S Akshay kumar	P03CJ24M015199	Akshay
35	Chiranth H U	P03CJ24M015201	Chiranth
36	Karishma Taj R	P03CJ24M015203	Karishma
37	Naveena N	P03CJ24M015204	Naveena
38	Karthik Gowda M	P03CJ24M015205	Karthik
39	Varun Aradhya AR	P03CJ24M015206	Varun
40	Puneeth Raju R	P03CJ24M015207	Puneeth



Mindful leadership workshop:

The session was highly engaging and informative, emphasizing the importance of self-awareness, emotional intelligence and conscious leadership. The practical activities and real life examples, helped to understand the application of mindfulness in leadership roles. The workshop inspired better decision making and stress management techniques. It encouraged participants to lead with empathy, focus and resilience. Overall it was meaningful and impactful learning experience.



Harshita BC

P03C324N015164

Mindful leadership Workshop

The session provided practical techniques to enhance focus, emotional balance and interpersonal relationship in workplace. It helped to cultivate positive mindset & lead with confidence & compassion.

BS

Bindushree K.

PD 30CT 24 NO 15168.