

# DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shavige Malleshwara Hills, Kaumarswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

Yoga and Meditation Cell

## Work from home / Study at home challenges and solutions

Department: MBA (BU)

Date: 27-11-2020

Sl. No.	Particulars	Event related Details			
1.	Event*	Digital workshop on Yoga			
2.	Title of the Event	"WORK FROM HOME / STUDY AT HOME - CHALLENGES AND SOLUTIONS"			
3.	Date	27-11-2020			
4.	Time	10.10 am. To 11.30 pm			
5.	Venue	Webinar			
6.	Resource Person 1 Details ** (Profile to be enclosed)	Ms. Jayanthi Subramanyam			
7.	Topics Covered	Simple Asanas and few Yoga Mudras to easen/cure eye strain, neck pain, pain at the shoulder joins, backache, knee pain, etc., generally suffered by sedentary lifestyled / for students and professors			
8.	Resource Person 2 Details** (Profile to be enclosed)	NA			
9.	Topics Covered	NA			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal: 30		External: Nil	
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal: 100		External: Nil	
12.	Faculty Coordinator/s	Dr. Venkatesh B.R. Dr. Srikantamurthy M.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:	NIL			
18.	Report sent to media? If yes, give details:	NIL			

Sl. No.	Particulars	Event related Details
19.	Report uploaded in Social Media? If yes, give details:	Report uploaded on social media
20.	Certificates Printed? (Enclose a copy***)	Sample Student Certificate enclosed (Digital Version)
21.	Feedback Collected? (Enclose a copy***)	-
22.	Summary of the Event (Minimum 100 words)	This program was aimed towards improving health of faculty and students who constantly sit in front of the computer/ TV / Smart Phones for a longer duration. This workshop was for about one and a half hours, through which four to five different yoga mudras and techniques were taught. <b>Ms. Jayanthi Subramanyam</b> demonstrated the postures and also briefly explained as to what would be the effect towards performing the said postures. It was little fun filled too where the students participated with utmost care and interest. Many students requested the yoga teacher to teach more yoga mudras and asanas which would enhance their health thereby overcoming today's life style diseases.
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**

**HOD/Director**

**Principal**

**Photos**

Meet - htr-hpim-nzs x Meet - htr-hpim-nzs x +

https://meet.google.com/htr-hpim-nzs


Mr. Dharmendra Rao Jadav V is presenting

Fazil Ali is also here

12 10:02

Dayananda Sagar College of Arts, Science and Commerce  
Department of Management Studies - MBA (BU)  
Shree Maheshwara Hills, Kommissary Layout,  
Bangalore - 560023

Chanakya Series of Business Management Lectures  
YOGA AND MEDITATION CELL  
presented by  
Webinar on  
"WORK FROM HOME / STUDY AT HOME -  
CHALLENGES AND SOLUTIONS"



Ms. Jayanthi Subramanyam  
Bassantia D'Souza  
Head of Studies  
Yoga Teacher and Mentor  
Integrative Health and Wellbeing Clinic Bangalore

on 27<sup>th</sup> November 2020 from 10.10 AM

Venue: [Google Meet](#); [YouTube](#)

e-Certificates will be issued to the participants

Prasanna Kumar Mohan N

Mr. Dharmendra Ra... Azra Ahmed

Kajal Dharmendra Rao

Nayana T Mr. Dharmendra Ra...

Ravindra Kini

10:02 AM 27-11-2020

Meet - htr-hpim-nzs x Meet - htr-hpim-nzs x +

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10:02 AM 27-11-2020

Meet - htr-hpim-nzs x Meet - htr-hpim-nzs x +

https://meet.google.com/htr-hpim-nzs


Usha Amol is presenting

Pragya Tiwari and 80 more

10:21

You

# The Real Purpose of Yoga



meet.google.com is sharing your screen. Stop sharing Hide

Jayanthi Subraman... Ravindra Kini

Sanjay Hegde Bangalore rama sh...

Bharathi R Prasanna Kumar

Mr. Dharmendra Ra... Tanaya A

Mohan N

10:21 AM 27-11-2020

Meet - htr-hpim-nzs x Meet - htr-hpim-nzs x +

https://meet.google.com/htr-hpim-nzs

Usha Amol is presenting

Santhosh R and 87 more

10:36

You

# Definition / Meaning of YOGA

**योगश्चित्तवृत्तिनिरोधः (योग चित्त वृत्ति निरोधः)**  
 yogaś-citta-vṛtti-nirodhaḥ  
 By Patanjali

When you are in a state of yoga, all misconceptions (vrittis) that can exist in the mutable aspect of human beings (chitta) disappear.

Jayanthi Subraman... tejaswini kulkarni

Sanjay Hegde Sunil Kumar S

Bharathi R Mohammed Faisal

Dr. B R Venkatesh Nayana T

Bangalore rama shetty Nara...

10:36 AM 27-11-2020

Meet - htr-hpim-nzs x Meet - htr-hpim-nzs x +

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V S Harshith Babu and 85 more 96 10:45 You



Dayananda Sagar College of Arts, Science and Commerce  
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Bangalore - 560078

**Chanakya Series of Business Management Lectures**

YOGA AND MEDITATION CELL

presents  
Webinar on

**"WORK FROM HOME / STUDY AT HOME -  
CHALLENGES AND SOLUTIONS"**



**Resource Person**

**Ms. Jayanthi Subramanyam**

*Heartfulness Institute  
Yoga Trainer and Mentor  
Integrative Health and Wellbeing Clinic Bangalore*

on **27<sup>th</sup> November 2020 from 10.10 AM**

Venue:

Google Meet: [CLICK HERE TO JOIN!](#) YouTube: [CLICK HERE TO JOIN!](#)

*e-Certificates will be issued to the participants*