


Annexure - I

Report of the Event Conducted

Department: BBA/ BCOM

Date: 22-12-2021

Sl. No.	Particulars	Event related Details			
1.	Event*	Workshop on Meditation			
2.	Title of the Event	Health and Wellness			
3.	Date	21-12-2021			
4.	Time	2:00 PM -3:00 PM			
5.	Venue	Building No. 13; Room No. 406 and 409			
6.	Resource Person 1 Details	Name: Shashishekhar Organisation: NA Designation: Yoga Expert Area of Expertise: Yoga and Meditation Personal Mobile No:7975369080 Personal Email ID:			
7.	Topics Covered	Meditation techniques and importance Breathing techniques and importance of breathing the right way.			
8.	Resource Person 2 Details (Profile to be enclosed)	Name: NA Organisation: Designation: Area of Expertise: Personal Mobile No: Personal Email ID:			
9.	Topics Covered	NA			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:	02	External:	-
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	77	External:	-
12.	Faculty Coordinator/s	Full Name: Rashmi S Department: BBA/B COM Designation: Faculty Coordinator Full Name: Deepika H C			

Sl. No.	Particulars	Event related Details
		Department: BBA/B COM Designation: ASSISTANT PROFESSOR
13.	Student Coordinator/s	NA
14.	Total Expenditure (Details to be enclosed)	NA
15.	Sponsors and Amount (if any)	NA
16.	Program Schedule of the Event attached?	NA
17.	Provide the link of the report uploaded on College Website	NA
18.	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**)	
21.	Feedback Collected? (Attach a copy**)	NO
22.	Attendance Sheet Attached? #	YES

Sl. No.	Particulars	Event related Details
23.	Summary of the Event (Around 100 words)	The Department of B.Com and BBA conducted “Health and Wellness” for the students of 1 st Semester B.Com. The event was conducted on 21 st December 2021. The session was handled by Mr. Shahishekar, who has represented India Internationally in Yoga Competition. The students were educated regarding the importance of meditation and the knowledge on breathing techniques so the students can have a healthy life style. It was an interactive session where students learnt about the importance of health and meditation, different meditation techniques was thought to the students to keep the mind calm and sound.
24.	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)	NO

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.**

Event Coordinator

HOD/Director

IQAC Coordinator

Principal



