



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell
Internal Quality Assurance cell (IQAC)
NSS Unit

Department*: DSCASC

Date of Report: 07/11/2025

SLNo.	Particulars	Event related Details	
1.	Event*	Find peace Within Strengthen the Mind and Calm the Soul	
2.	Title of the Event	Find peace Within Strengthen the Mind and Calm the Soul	
3.	Date of Conduction	07/11/2025	4. Time :01:50 pm to 02:50 pm
5.	Venue	Pyramid Valley International, Bengaluru	
6.	Resource Person 1 Details (Profile to be enclosed)	NA	
7.	Topics Covered	NA	
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:04	External:0
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:37	External:0
12.	Faculty Coordinator/s	Prof. Sreenivasa HP Prof. Praveen MV Prof. Arjun Kumar KV Prof. Shruti HS	
13.	Student Coordinator/s		
14.	Total Expenditure (Details to be enclosed)	NA	15. Sponsors and Amount (if any) NA
16.	Agenda of the Event (Attach a copy)	NA	17. Provide the link of the report uploaded on College Website NA
18.	Social Media Links (Provide the links of the report uploaded on Social Media)	NA	19. Report sent to Newspapers, If yes, provide cuttings/images: NA
20.	Certificates Printed? (Attach a copy)**	NA	21. Feedback Collected? (Attach a copy)** Yes
22.	Attendance Sheet Attached?*	Yes	23. Photographs of the Event YES
24.	Summary of the Event (Around 100 words)	The NSS Unit of DSCASC organized a meditation camp on 07/11/2025 titled "Find Peace Within Strengthen the Mind and Calm the Soul". The session aimed to promote mental well-being, inner peace, and emotional balance among participants. Through guided meditation and relaxation techniques, students learned methods to reduce stress and enhance focus. The camp successfully encouraged mindfulness and self-awareness for a healthier and more peaceful lifestyle.	

Event Coordinator

IQAC Coordinator

Principal

Dayananda Sagar College of Arts
Science & Commerce

Kumaraswamy Layout, Bengaluru - 560 111





DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE &
COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout,
Bengaluru - 560078



MEDITATION 2025



Find Peace Within — Strengthen the Mind, Calm the Soul

Join us for a rejuvenating meditation session to promote mindfulness, harmony, and mental well-being.

↑ Venue: Pyramid Valley International, Bengaluru
7th November 2025

Organized By:
NATIONAL SERVICE SCHEME (NSS) DSCASG



Ramanagara, Karnataka, India

Mfxv+vr3, Karnataka 562112, India, Ramanagara,
Karnataka 562112, India

Lat 12.699414° Long 77.494473°

Friday, 07/11/2025 02:44 PM GMT +05:30

Google



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DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE &
COMMERCE

Shavige Malleshwara Hills, Kumaraswamy Layout,
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Kyomanda Sagar College of Arts, Science and Commerce
Kumaraswamy Layout
Bangalore

Meditation Program

Our NSS Team attended a Meditation program at Pyramid Valley, which proved to be a calming and enriching experience, the session helped us understand the importance of mindfulness, inner peace & mental well being. The instructors guided us through practical meditation techniques that were easy to follow and highly effective. The peaceful environment of Pyramid Valley made the session even more meaningful. Overall the program was well-organized, refreshing, and helped us gain clarity and relaxation. It was truly a valuable experience for all NSS volunteers.

Thank you



[H. D. PRAVEEN]





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: Meditation
Department: B. Com
Date: 10-11-2025 Time: 10:00 AM

Sl.	Student Name	Reg. No.	Dept.	Signature
1	V. Lokesh	U03CT24M0008	BBA 3 rd Sem	Lokesh
2	Rashmi Ramesh	U03CT24M0134	BBA 3 rd Sem	Rashmi
3	Rashmi Bai B	U03CT24M0015	BBA 3 rd Sem	Rashmi
4	V. Aishwarya	U03CT24M0060	BBA 3 rd Sem	Aishwarya
5	Rheemikam	U03CT24S0059	BCA 3 rd Sem	Rheemikam
6	Abhishek	U03CT24S0041	BCA 3 rd Sem	Abhishek
7	Uman Badu	U03CT24S0145	BCA 2 nd Sem	Uman
8	Rishav Kanouja	U03CT24S0114	BCA 3 rd Sem	Rishav
9	S.H. Chakmi	U03CT24S0122	BCA 3 rd Sem	Chakmi
10	Vijaya Shiyani	U03CT24S0150	BCA 3 rd Sem	Vijaya
11	Tulsi R	U03CT24S0146	BCA 3 rd Sem	Tulsi
12	Yuvashree Y	U03CT24S0158	BCA 3 rd Sem	Yuvashree
13	Sumukha S. H	U03CT24S0131	BCA 3 rd Sem	Sumukha
14	Pranithi P	U03CT24S0105	BCA 3 rd Sem	Pranithi
15	NAYANA SHREE B.S	U03CT23S0130	BCA 3 rd Sem	Nayana
16	Spoorthi C	U03CT23C0172	B.Com 5 th Sem	Spoorthi
17	Harsha N	U03CT23S0111	BCA 5 th Sem	Harsha
18	R. Pradeep	U03CT23S0085	BCA 5 th Sem	R. Pradeep
19	Uthas S.B	U03CT24C0081	B.Com 3 rd Sem	Uthas
20	Smit G	U03CT24C0100	B.Com 3 rd Sem	Smit
21	Vasanthakumari	U03CT24C0068	B.Com 3 rd Sem	Vasanthakumari
22	Priya	U03CT24C0064	B.Com 3 rd Sem	Priya
23	Varsha G	U03CT23C0060	B.Com 5 th Sem	Varsha
24	Aishwarya HR	U03CT23C0165	B.Com 5 th Sem	Aishwarya
25	Soondarika G	U03CT23C0178	B.Com 5 th Sem	Soondarika

Event Coordinator Name: Praveen MV

Signature: [Signature]





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Internal Quality Assurance Cell

Meditation

Name of the Activity: _____

Department: B.Com

Date: 10/11/2025 Time: 10:00 AM

Sr.	Student Name	Reg. No.	Dept.	Signature
1	Smriti R	U03CJ23C0083	B.Com 5 th Sem	<u>Smriti R</u>
2	Vishal R	U03CJ23C0034	B.A 5 th Sem	<u>Vishal R</u>
3	Darshan B	U03CJ23C0013	B.Com 5 th Sem	<u>Darshan B</u>
4	Vinutha R	U03CJ23C0030	B.Com 5 th Sem	<u>Vinutha R</u>
5	M. Nithya	U03CJ23C0081	B.Com 5 th Sem	<u>M. Nithya</u>
6	Latha B	U03CJ23C0016	B.Com 5 th Sem	<u>Latha B</u>
7	Harihar B	U03CJ23C0031	B.Com 5 th Sem	<u>Harihar B</u>
8	Pranav S	U03CJ23C0032	-	<u>Pranav S</u>
9	Pranav S	U03CJ23C0036	-	<u>Pranav S</u>
10	D. Gagan	U03CJ23C0037	-	<u>D. Gagan</u>
11	Pranav S	U03CJ23C0038	-	<u>Pranav S</u>
12	Pranav S	U03CJ23C0039	B.A 3 rd Sem	<u>Pranav S</u>
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Event Coordinator Name: Pranav MV

Signature: [Signature]