



**KLE Society's**  
**S. NIJALINGAPPA COLLEGE**

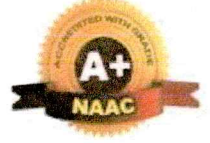
**II-Block, Rajajinagar, Bengaluru-10**  
**Re-accredited by NAAC at A<sup>+</sup> grade with 3.53 CGPA**  
**College with UGC-STRIDE Component – I**

**Phone: 080-23526055, 080-23325020, Fax 080-23320902**

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**[kleaccts@yahoo.com](mailto:kleaccts@yahoo.com)**



**Date: 6/01/2023**

**Department of PG Studies in Commerce, M.Com**

**Notice**

All the students of M.Com are here by informed that, the Department of PG Studies in Commerce, organizing Three days Meditation Program for M.com Students for the academic batch 2022-2023 on Tuesday, 10<sup>th</sup> Jan 2023 in Lecture Hall 8 at 10:00 AM. . Attendance is mandatory.

*Shu m Saw*

**Coordinator**

**Coordinator**

**PG Department of Commerce & Research**

**KLE Society's S. Nijalingappa College**

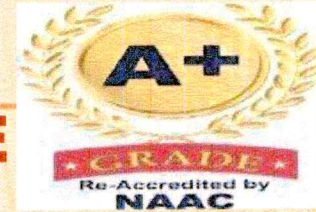
**Rajajinagar, Bengaluru-560 010**







**KLE SOCIETY'S  
S. NIJALINGAPPA COLLEGE  
II Block, Rajajinagar , Bengaluru-10**



**Re-accredited by NAAC at A+ grade with 3.53 CGPA College with potential for Excellence UGC-Stride Component I**

**IQAC Initiated**

Three days Meditation Program  
for faculty in Association with  
Heart fullness

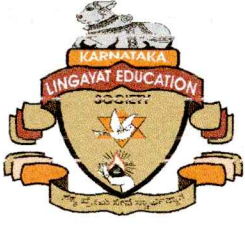


**Date:** 10<sup>th</sup> Jan 2023 .

**Time:** 10:00 AM

Organized by  
Department of Commerce & Research Centre





K.L.E. SOCIETY'S  
**S. NIJALINGAPPA COLLEGE**  
RAJAJINAGAR, BANGALORE-560 010.  
COLLEGE WITH POTENTIAL FOR EXCELLENCE  
(Re-Accredited with 'A+' Grade by NAAC)



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## Report on Three Days Meditation Program for Students

The Department of P G Studies in commerce organized Three days Meditation Program for M.com Students for the academic batch 2022-2023 was held on Tuesday, 10<sup>th</sup> Jan 2023 in Lecture Hall 8 at 10:00 AM. There was a overwhelming participation by M.com students which reflected the interest in knowing about the physical health, mental health, finance health, social health, spiritual health, stress management & Yoga.

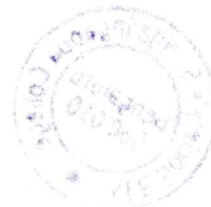
The Formal Inaugural Session started with the invocation song by Sree Shilpa then welcome address to Resource person, Principal, IQAC Co-coordinator, Faculties, & Students by Dr Jagadish. H Assistant professor of Department of PG studies in commerce.

### Resource Person: Shree Guruprasad.S

Founders of Lalaji and Babuji Institute. He has completed more than 290 ways of meditation and also stressed management techniques which was practiced under his supervision.

The resource person started the session with the below highlights:

- ✓ Heartfulness is the process of welcoming your spirit into every cell of the body.
- ✓ It can be achieved by turning the mind inward to heart and connecting with the divine source.
- ✓ The process of meditation can be achieved only if it is performed along with yoga and mindfulness.
- ✓ It was said that meditation is between awakening and sleeping.
- ✓ They also highlighted on 5 types of health physical health, mental health, finance health, social health and spiritual health.
- ✓ Meditation is a cleaning process, where by practicing the meditation one can come out of mental illness.



Besides, a motivational speech, the heartfulness meditation was conducted for all student of M.Com 1 M.Com 2 present for 1. 30 years.

Before starting the meditation they mentioned 3 things not to do and 2 important things to do.

3 Things not to do

- ✓ Not to fall asleep
- ✓ Not to think or leave thoughts enter into mind
- ✓ Not to imagine regarding divine light

2 Things to do

- ✓ Concentrate on heart not on mind
- ✓ Give suggestion to heart regarding divine light

After completion of meditation, students were given opportunity to share their thoughts and experiences.

Shree Guruprasad answered for the thoughts of audience.

One of the student asked there were number of thoughts during the meditation. For this the chief speaker responded that, this is initial stage where the practicing will be difficult.

One of the student asked question regarding benefits of meditation.

He says that there are various benefits from meditation. They are:

- ✓ It helps us relieve from sleep disorders
- ✓ Helps us reduce the stress in mind
- ✓ Helps us to reduce obesity

They also suggested for walking. The very important thing is that the person has to walk in connection with their age.

## **Day 2**

The second day of the session was started with an activity

The following are the highlights of the session

- ❖ The melanin content after sunset will reduce, which induces the sleep. So, meditation helps us in sleep disorder
- ❖ The process of De-cluttering was explained with the application of meditation.
- ❖ De-cluttering is the process of eliminating all stress which is influenced by outside world.

## **Day 3**

The day three of the session was started with an activity

The following are the highlights of the session

- ❖ How to connect with our inner self
- ❖ The process of Deepening the Meditation was explained with appropriate way.





- ❖ Deepening the meditation through a simple prayerful intention, to connect humbly with our inner self, listen to our heart's voice and weave our destiny.

The students shared their experience about the program.

**Beneficiaries:**

61 M.com Students

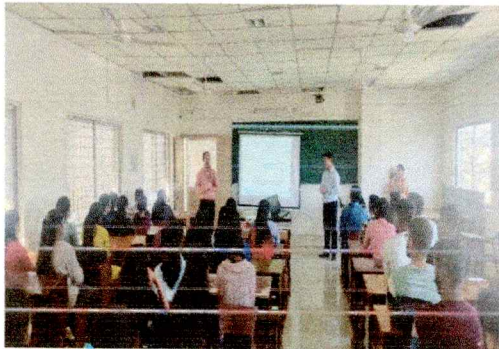
**Photo Gallery**



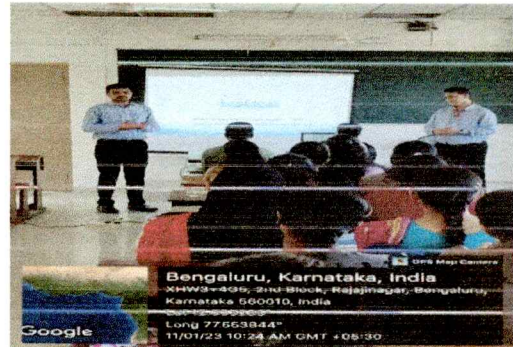
Welcome Speech



Invocation Song



Activity



Activity

*Shruti Sai*

**HOD**

Head of the Department of Commerce  
K.L.E's S. Nijalingappa College  
II Block, Rajajinagar, Bengaluru-560 010

*[Signature]*  
**IQAC Coordinator**

**Co-ordinator**  
Internal Quality Assurance Cell  
K.L.E's S. Nijalingappa College, Bengaluru-560 010

*[Signature]*  
**Principal**

**Principal**  
KLE Society's S. Nijalingappa College  
Rajajinagar, Bangalore-560 010





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kleaccts@yahoo.com



Department of PG Studies in Commerce, M.Com  
Students Attendance / Registration sheet

Date: 10/1/2023

Meditation Program

Sl. No.	Name	Register No.	Signature
1	Bhavana. K	P18EB22C012001	Bhavana K
2	Abhishek	P18EB22C012002	Abhishek
3	Preethi.M	P18EB22C012003	Preethi M
4	Preethi.M	P18EB22C012004	Preethi M
5	Monika.M	P18EB22C012005	Monika M
6	LakshmiPathi Y.A	P18EB22C012006	Lakshmi Pathi Y.A
7	Meghana.H. S	P18EB22C012007	Meghana H. S
8	Sathish.N	P18EB22C012008	Sathish N
9	Bharath.VS	P18EB22C012009	Bharath V.S
10	Gowthami.S	P18EB22C012010	Gowthami S
11	Sushma. N	P18EB22C012011	Sushma N
12	Shashank. S	P18EB22C012012	Shashank S
13	Sandeep.P	P18EB22C012013	Sandeep P
14	Sharath Kumar Ardhya	P18EB22C012014	Sharath Kumar Ardhya
15	Rohith. L	P18EB22C012015	Rohith L
16	Kavyashree. B	P18EB22C012016	Kavyashree B
17	Mahavishnu	P18EB22C012017	Mahavishnu
18	Nandin.M	P18EB22C012018	Nandin M
19	Akshatha.M. Baddi	P18EB22C012019	Akshatha M. Baddi
20	Pavithra.V	P18EB22C012020	Pavithra V
21	Reshma.M	P18EB22C012021	Reshma M
22	Pavithra. P	P18EB22C012022	Pavithra P
23	Sneha. S	P18EB22C012023	Sneha S
24	Aishwarya. S	P18EB22C012024	Aishwarya S
25	Amir Abbasi	P18EB22C012025	Amir Abbasi
26	Aisha Khanam	P18EB22C012026	Aisha Khanam
27	Nimraa Suroor	P18EB22C012027	Nimraa Suroor
28	Lokesh. S	P18EB22C012028	Lokesh S
29	Sahana.G	P18EB22C012029	Sahana G







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Department of PG Studies in Commerce, M.Com Date  
Students Attendance / Registration sheet

SL. No	Register No.	Name	Signature
1	P18EB21C0001	GIRISH R	
2	P18EB21C0002	ROOPASHREE N	
3	P18EB21C0003	SREE SHYAM S	
4	P18EB21C0004	USHA B G	
5	P18EB21C0005	PREETHI N	
6	P18EB21C0006	SRISAGAR M	
7	P18EB21C0007	ARAHAN JAIN M A	
8	P18EB21C0008	VISHAL GOWDA R	
9	P18EB21C0009	AVANI N KELUR	
10	P18EB21C0010	ARPITHA N	
11	P18EB21C0011	B CHAITHANYA	
12	P18EB21C0012	SHREESHILPA S	
13	P18EB21C0013	SOUNDARYA S	
14	P18EB21C0014	KISHORE URS	
15	P18EB21C0016	PRIYANKA V	
16	P18EB21C0017	RAKSHITHA S	
17	P18EB21C0018	SANJANA T R	
18	P18EB21C0019	TEJASWINI E	
19	P18EB21C0020	TAMILARASI P	
20	P18EB21C0022	CHAITHRA N	
21	P18EB21C0023	HEMALATHA V	
22	P18EB21C0024	KAVANA URS G	
23	P18EB21C0025	GAYATHRI BAI G	
24	P18EB21C0026	RAJESH D G	
25	P18EB21C0027	PRAVEEN KUMAR .A .T	
26	P18EB21C0029	SUPRITHA R	
27	P18EB21C0030	CHETHANKUMAR N	
28	P18EB21C0031	SATHYA R	
29	P18EB21C0032	BHUVANA R	
30	P18EB21C0033	AISHWARYA M	
31	P18EB21C0034	CHAITHRA H C	
32	P18EB21C0035	VIGNESH R	

Shu m Saiu

Head of the Department of Commerce  
K.L.E's S. Nijalingappa College  
II Block, Rajajinagar, Bengaluru-560 110



Principal  
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