



KLE Society's
S. NIJALINGAPPA COLLEGE
II-Block, Rajajinagar, Bengaluru-10
Re-accredited by NAAC at A+ grade with 3.53 CGPA
College with UGC-STRIDE Component – I



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Date:15/01/2021

Department of PG Studies in Commerce, M.Com

Notice

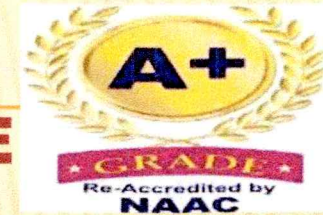
The Department of P G Studies in commerce organizing Three days Meditation Program for faculty in Association with Heart fullness for the academic year 2020-2021 on , 19th Jan 2021 in Sharadha Sabagana at 10:00 AM . All are requested to attendant the workshop and make successful

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

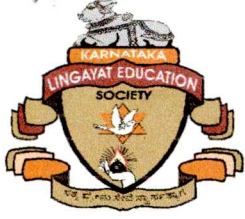
Three days Meditation Program
for faculty in Association with
Heart fullness

Date: 31-10-2019

Time: 10:30 AM

Organized by
Department of Commerce & Research Centre





K.L.E. SOCIETY'S
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RAJAJINAGAR, BANGALORE-560 010.
COLLEGE WITH POTENTIAL FOR EXCELLENCE
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Report on Three Days Meditation Program For faculty in Association with Heart fullness

The Department of P G Studies in commerce organized Three days Meditation Program for faculty in Association with Heart fullness for the academic year 2020-2021 was held on , 19th Jan 2021 in sharadha sabagana at 10:00 AM. There was a overwhelming participation by faculties 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 Mrs. Divya then welcome address to Resource person, Principal, IQAC Co-coordinator, Faculties 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 the faculties.

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

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

Shree Guruprasad answered for the thoughts of audience.

One of the faculty 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 faculty 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:80 faculties



Shree Guruprasad

PG Commerce Coordinator
Coordinator
PG Department of Commerce & Research
KLE Society's S. Nijalingappa College
Rajajinagar, Bengaluru-560 010

[Signature]
IQAC Coordinator

Co-ordinator
Internal Quality Assurance Cell
S. Nijalingappa College, Bengaluru-10

[Signature]
Principal

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



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Department of PG Studies in Commerce, M.Com
Registration sheet of Three Days Meditation Program for Faculty

Date:

Sl.No	Name of the faculty	Signature
1	Roopashree M.G.	
2	Yashodha M Yadahalli	
3	Sushmitha R	
4	Dr. Banani Misra	
5	Jamuna K	
6	Dr.Ranjana Singh	
7	Lakshmi S.P	
8	Dr.Suresha K.C	
9	Dr.G Asha	
10	Bhuvaneshwari G	
11	Chaitanya E C	
12	Aditya M L	
13	Sandesh R.D	
14	Mathapathi D.S	
15	Dr.B.M.Hiremath	
16	Dr.Roopashri S Hosamath	
17	S S Joshi	
18	Dr.Selvappa	
19	R.M.Badiger	
20	K. Nagi Reddy	
21	Saroja R Savadatti	
22	Shreeshmal Bhavya	
23	Santhosh Kumar M	
24	Sahana S	
25	Meghana H.N	
26	Rajaiah.B	
27	Dr.S.V.Madiwale	
28	R.A.Yadahalli	
29	M.R.Chaya	
30	Swetha R M	
31	Sangeetha K	
32	Pushpalatha R	
33	Deepushree S R	
34	Sandhya R	
35	Soujanya R	



30		
37	Chandrashekharappa AS	<i>Ch</i>
38	Manjula K	<i>Ma</i>
39	Dr.Karnakumar T.V	<i>Kal</i>
40	Poornima Samaje	<i>Poo</i>
41	Savitha Karaguppi	<i>Savi</i>
42	Pooja Uppin	<i>Poo</i>
43	Arpitha N.Sannagoudar	<i>Ar</i>
44	Dr.Narayanaswamy S Y	<i>Dr</i>
45	Dr. Suhasini L kudupali	<i>Dr</i>
46	Rashmi S Aradhya	<i>Ra</i>
47	Ananya D D	<i>An</i>
48	Dr.C.V.Koppad	<i>Dr</i>
49	Shivakumar M Sajjan	<i>Shi</i>
50	Babita Naik	<i>Ba</i>
51	Yogesh Kumar A B	<i>Yog</i>
52	Nandini B.R	<i>Na</i>
53	Chethankumar M	<i>Ch</i>
54	Maruthi M V	<i>Ma</i>
55	Angel jaya kirubha	<i>An</i>
56	Sunitha K N	<i>Su</i>
57	Divya R	<i>Di</i>
58	Rakshana R	<i>Ra</i>
59	Venkatesh kumar R	<i>Ve</i>
60	Dr.Supraja V	<i>Dr</i>
61	Shravani H M	<i>Sh</i>
62	Sampoorna	<i>Sam</i>
63	Pooja	<i>Poo</i>
64	Prathyaksha H.V	<i>Pr</i>
65	Bharathi.N	<i>Bha</i>
66	Naimisha V	<i>Na</i>
67	Dr.Parvathi N.Angadi	<i>Dr</i>
68	Smt.Sharada C.	<i>Sh</i>
69	Girish Sharma	<i>Gi</i>
70	Nalina S	<i>Na</i>
71	Dr Manohar P	<i>Dr</i>
72	Dr Shivananda C S	<i>Dr</i>
73	Vishal S. V.	<i>Vi</i>
74	Dr. Indudhar Panduranga Vali	<i>Dr</i>
75	SIDDALINGAPPA POOJARI	<i>Si</i>
76	BHAGYA SHREE S	<i>Bh</i>
77	KETAKI ANKALGI	<i>Ke</i>
78	Ramesh A	<i>Ra</i>

Shri Sai

Head of the Department of Commerce
K.L.E's S. Nijalingappa College
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Dr

Principal
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