



## Department of Management Studies

Date: 06/07/2026

### CIRCULAR

All the 1<sup>st</sup> year and 2<sup>nd</sup> year MBA Students are informed to attend the Industrial Visit to **Art of Living**, on 08/07/2026. Everyone should be there at College Campus by 8.30 am without fail. Attendance is Mandatory.

These are the few guidelines to follow as visitors.

1. Kindly be in **College uniform with formal Shoes and Blazer**.
2. Kindly carry ID cards provided by college. (ID Card is Mandatory)



HOD-MBA

HOD  
Department of Management Studies  
Rajarajeswari College of Engineering  
Bangalore - 560 074.



Principal  
RAJARAJESWARI  
COLLEGE OF ENGINEERING  
Ramohalli Cross, Bengaluru-74



## Department of Management Studies

### Department of Master of Business Administration

#### Report for Industry Visit on 08-07-2026

**Event Name** : Industry Visit for 2<sup>nd</sup> sem MBA Students

**Date** : 08-07-2026

**Place** : Art Of Living

**In charge** : Ms.Deepika .N & Ms.Usha Venkatesh

**Participation Staff & Student** : MBA 2<sup>nd</sup> Semester Students-

29 Students, 2 Faculty members

#### **About the Program : About the Program:**

This report summarizes an industrial visit to the *Art of Living*, an organization dedicated to promoting mental well-being, stress management, and holistic development through various programs and practices.

#### **Key Learnings from Art of Living:**

- Importance of stress management techniques in personal and professional life.
- Benefits of breathing exercises (Pranayama) and meditation for mental clarity and emotional balance.
- Development of a positive mindset and improved focus.
- Enhancement of interpersonal skills and overall well-being.
- Understanding the role of mindfulness in achieving a balanced lifestyle.
- Significance of living in the present moment for better productivity and happiness.

#### **Conclusion:**

The Industrial Visit successfully enriched the participants' understanding the importance of widening gap between theoretical learning and practical exposure. The **Department of MBA** extends heartfelt gratitude to the esteemed speakers, organizing committee, and attendees for making the event a grand success.



MOOGAMBIGAI CHARITABLE AND EDUCATIONAL TRUST  
**Rajarajeswari College of Engineering**  
(An Autonomous Institution under Visvesvaraya Technological University, Belagavi)



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### INVITATION



**RAJARAJESWARI  
COLLEGE OF ENGINEERING**  
**An Autonomous Institution**  
(Under VTU, Approved by AICTE, UGC & Gok)  
No. 14, Ramohalli Cross, Kumbalgodu, Mysore Road, Bengaluru - 560074

  
**THE ART OF LIVING**

**Department of Management Studies & Industry  
Institute Interaction (III) Club Organizes**  
**INDUSTRIAL VISIT TO**  
**THE ART OF LIVING, KANAKAPURA**

**Date:**  
8<sup>th</sup> July 2026

**Time:**  
9:30 A.M.

**For II Sem  
MBA Students**

**Dr. P. Ebby Darney, Dean - Student Affairs & III Club Coordinator**

**Coordinators:**  
**Mrs.S Sushma Rawath**  
Dept. of MBA

**Dr. Lakshmi B L** HOD - MBA  
**Dr. Balakrishna R** Principal

**Campus:** #14, Ramohalli Cross, Kumbalgodu, Mysore Road, Bengaluru – 560074

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**Department of Management Studies**

**Report on Industrial Visit**

| SL. NO | PARTICULARS               | DETAILS                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|--------|---------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1.     | Type Event                | Industrial Visit                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 2.     | Venue                     | Art Of Living, Bengaluru                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 3.     | Date of the programme     | 08/07/2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 4.     | Time                      | 9.00 AM to 3.30 AM                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 5.     | Staff Co Coordinator      | <b>Ms. Deepika.N &amp; Ms. Usha Venkatesh</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| 6.     | Staff & Students Attended | <b>MBA 2<sup>nd</sup> Semester &amp; 2 Faculty</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 7.     | Outcome of the Programme  | <ul style="list-style-type: none"><li>• Participants gained awareness about stress management and mental well-being.</li><li>• Improved ability to practice breathing techniques and meditation in daily life.</li><li>• Developed a positive attitude and better emotional balance.</li><li>• Enhanced focus, concentration, and overall productivity.</li><li>• Strengthened interpersonal and communication skills.</li><li>• Encouraged adoption of a healthy and mindful lifestyle.</li><li>• Increased self-awareness and ability to handle challenges effectively.</li></ul> |



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### GEO TAG PHOTOS



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**Department of Management Studies**

**RajaRajeswari College of Engineering**  
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Sponsored by: MOOGAMBIGAI CHARITABLE AND EDUCATIONAL TRUST  
**Department of Management Studies**



Date: 08/07/2026

Attendance - 2<sup>nd</sup> Sem MBA Students (2025-27)

Industrial Visit to The Art of Living, Kanakpura

| Sl No | USN        | Student Name     | Signature       |
|-------|------------|------------------|-----------------|
| 1     | 1RR25BA001 | Ananya A         | Ananya A        |
| 2     | 1RR25BA002 | Ashwini B S      |                 |
| 3     | 1RR25BA003 | S Bhumika        | Bhumika S       |
| 4     | 1RR25BA004 | Chandana M M     | Chandana M.M    |
| 5     | 1RR25BA005 | Chandana R       | Chandana R      |
| 6     | 1RR25BA006 | Chandrashekar    | Chandrashekar   |
| 7     | 1RR25BA007 | Deeksha S        | Deeksha S       |
| 8     | 1RR25BA008 | Gayithri S       |                 |
| 9     | 1RR25BA009 | Karthika E S     | Karthika E S    |
| 10    | 1RR25BA010 | Kasuhik R        | Kasuhik R       |
| 11    | 1RR25BA011 | Kiran R          | Kiran R         |
| 12    | 1RR25BA012 | Lakshmisha A S   | Lakshmisha A S  |
| 13    | 1RR25BA013 | Leelarani N      | Leelarani N     |
| 14    | 1RR25BA014 | Moulya A S       | Moulya A S      |
| 15    | 1RR25BA015 | Nayanashree Y M  | Nayanashree Y M |
| 16    | 1RR25BA016 | Prajwal M Naika  | Prajwal M       |
| 17    | 1RR25BA017 | Pramodini V      | Pramodini V     |
| 18    | 1RR25BA018 | Praveen K S      | Praveen K S     |
| 19    | 1RR25BA019 | Renuka B S       | Renuka B S      |
| 20    | 1RR25BA020 | Sanjana V        | Sanjana V       |
| 21    | 1RR25BA021 | Sanjushree S     |                 |
| 22    | 1RR25BA022 | Shashikanth V N  | Shashikanth V N |
| 23    | 1RR25BA023 | Sinchana K S     | Sinchana K S    |
| 24    | 1RR25BA024 | Sindhu K S       | Sindhu K S      |
| 25    | 1RR25BA025 | Soujanya Bhargav | Soujanya        |
| 26    | 1RR25BA026 | Srushti C S      | Srushti C S     |
| 27    | 1RR25BA027 | Sujana T M       | Sujana T M      |
| 28    | 1RR25BA028 | Swathi S         | Swathi S        |
| 29    | 1RR25BA029 | Vandana V S      | Vandana V S     |
| 30    | 1RR25BA030 | Veerabhadra K    |                 |
| 31    | 1RR25BA031 | Vijayambika D P  | Vijayambika D P |
| 32    | 1RR25BA032 | Vinutha H R      | Vinutha H R     |
| 33    | 1RR25BA033 | Yamuna M         | Yamuna M        |

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### Students Feed back

| Students name     | Please rate the following parameters:<br>[Experience from IV ] | Please rate the following parameters:[<br>IV Facilitator ] | Please rate the following parameters:<br>[can u able to Relate your classroom concepts during your IV] | Please rate the following parameters:<br>[Content ] | Please rate the following parameters:<br>[Presentations ] |
|-------------------|----------------------------------------------------------------|------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------|-----------------------------------------------------------|
| Chiranth M P      | Good                                                           | Very Good                                                  | Good                                                                                                   | Good                                                | Very Good                                                 |
| Chitrashree J S   | Excellent                                                      | Very Good                                                  | Very Good                                                                                              | Very Good                                           | Excellent                                                 |
| Darshan K         | Good                                                           | Good                                                       | Good                                                                                                   | Good                                                | Good                                                      |
| Deepak R          | Good                                                           | Good                                                       | Very Good                                                                                              | Very Good                                           | Good                                                      |
| Devika K          | Very Good                                                      | Good                                                       | Good                                                                                                   | Very Good                                           | Good                                                      |
| Dhanish Jadhav    | Very Good                                                      | Good                                                       | Good                                                                                                   | Good                                                | Good                                                      |
| Dilip Kumar K N   | Very Good                                                      | Very Good                                                  | Very Good                                                                                              | Very Good                                           | Excellent                                                 |
| Divya Vs          | Excellent                                                      | Very Good                                                  | Very Good                                                                                              | Very Good                                           | Excellent                                                 |
| G N Balaji        | Good                                                           | Good                                                       | Good                                                                                                   | Good                                                | Good                                                      |
| Gagana R          | Good                                                           | Good                                                       | Very Good                                                                                              | Very Good                                           | Good                                                      |
| Gayathri P        | Very Good                                                      | Good                                                       | Good                                                                                                   | Very Good                                           | Good                                                      |
| Spoorthy N        | Very Good                                                      | Good                                                       | Good                                                                                                   | Good                                                | Good                                                      |
| Srikanth S        | Very Good                                                      | Very Good                                                  | Very Good                                                                                              | Very Good                                           | Excellent                                                 |
| Suraj M           | Excellent                                                      | Very Good                                                  | Very Good                                                                                              | Very Good                                           | Excellent                                                 |
| Suraksha B R      | Good                                                           | Good                                                       | Good                                                                                                   | Good                                                | Good                                                      |
| Swathi B          | Good                                                           | Good                                                       | Very Good                                                                                              | Very Good                                           | Good                                                      |
| Varun             | Very Good                                                      | Good                                                       | Good                                                                                                   | Very Good                                           | Good                                                      |
| Vasanthai Bai L   | Very Good                                                      | Good                                                       | Good                                                                                                   | Good                                                | Good                                                      |
| Venkatesh B R     | Very Good                                                      | Very Good                                                  | Very Good                                                                                              | Very Good                                           | Excellent                                                 |
| Venkatesh Muranal | Excellent                                                      | Very Good                                                  | Very Good                                                                                              | Very Good                                           | Excellent                                                 |
| Vishwas N         | Good                                                           | Good                                                       | Good                                                                                                   | Good                                                | Good                                                      |
| Yadukumar K M     | Good                                                           | Good                                                       | Very Good                                                                                              | Very Good                                           | Good                                                      |