



RajaRajeswari College of Engineering

(An Autonomous Institute, Affiliated Visvesvaraya Technological University, Belagavi,
Approved by AICTE, UGC & GoK, Accredited by ISO 9001-2015 Certified Institution)
Sponsored by: MOOGAMBIGAI CHARITABLE AND EDUCATIONAL TRUST



Department of Computer Science & Design

REPORT OF INDUSTRY VISIT

Report of visit to Art of Living for a visit ,Bengaluru,Karnataka on thursday, 26th September 2024 with respect to the subject of VTU activity plan based of 1st - semester students of Computer Science and Design

Students gained information about Mindfulness and Presence: Embracing the present moment helps you appreciate life more deeply. Practicing mindfulness can reduce stress and enhance your overall well-being.

Balance and Harmony: Striving for balance in different aspects of life—work, relationships, and personal interests—promotes a sense of harmony and fulfillment.

Self-Discovery and Growth: The art of living involves continuous self-exploration and personal growth. Understanding your values, passions, and purpose enriches your life experience.

Connection and Community: Building meaningful relationships and nurturing a sense of community contributes significantly to happiness. Shared experiences and support systems enhance life's richness.

Gratitude and Positivity: Cultivating gratitude helps shift your perspective towards the positive aspects of life. Regularly acknowledging what you're thankful for can lead to increased happiness and resilience.

The following faculty members are arranged, coordinating, and accompanying the students

- 1. Dr. M.Selvi, Professor and HOD-CSD**
- 2. Mrs.A.Rubithra, Assistant Professor -CSD**

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**Students of the Department of Computer Science and Design are ready to board
the bus to Bangalore**

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Event Photos :



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