



# Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell  
Yoga and Meditation Unit- STHITHAPRAJNA  
Report of the Event Conducted



Department\*: BBA

Date of Report: 29/04/2025

Sl. No.	Particulars	Event related Details		
1.	Event*	Yoga and Meditation Unit		
2.	Title of the Event	Educational Visit		
3.	Date of Conduction	29/04/2025	4.	Time 10:00 AM
5.	Venue	S-VYASA Yoga University		
6.	Resource Person 1 Details (Profile to be enclosed)	Name NA Designation Mobile No.	Organization Specialization Email ID	
7.	Topics Covered			
8.	Resource Person 2 Details (Profile to be enclosed)	Name NA Designation Mobile No.	Organization Specialization Email ID	
9.	Topics Covered	NA		
10.	No. Faculty Participants	Internal: NA	External: NA	
11.	No. Student Participants	Internal: 09	External: NA	
12.	Faculty Coordinator/s	Name: Dr. Vadiraja K S Designation: Assistant Professor Department: BBA/B.Com		
13.	Student Coordinator/s	Name: Dr. Puja Sharma Designation: Assistant Professor Department: BBA/B.Com		
14.	Total Expenditure	NA	15.	Sponsors and Amount (if any)
16.	Agenda of the Event	NA	17.	Provide the link of the report uploaded on College Website
18.	Social Media Links	NA	19.	Report sent to Newspapers? If yes, provide cuttings/images:
20.	Certificates Printed?	NA	21.	Feedback Collected?
22.	Attendance Sheet Attached?	Attached	23.	Photographs of the Event
24.	Summary of the Event	On 29th April 2025, 09 BBA students visited S-VYASA Yoga University in Bengaluru, organized by the Yoga and Meditation Unit. The visit included a campus tour, interactive lectures, and a guided yoga session. Students explored the integration of yoga with scientific research and its applications in stress management, therapy, and corporate life. The experience enhanced their understanding of holistic wellness and motivated many to adopt yoga practices. The event successfully bridged academic learning with practical well-being, offering valuable insights into the relevance of yoga in modern lifestyles. The visit was enriching and encouraged further engagement with yogic sciences.		

*Puja Sharma*  
Event Coordinator

*Pooja*  
HOD

*A. Gopal*  
IQAC Coordinator

*Balu*  
Principal

**IQAC Co-ordinator**  
Dayananda Sagar College of Arts,  
Science & Commerce  
Kumara Vidy Layout, Bengaluru - 560 111.

Dayananda Sagar College of Arts, Science & Commerce  
Shavige Malleshwara Hills, Kumaraswamy Layout Bengaluru- 560111  
Yoga and Meditation Unit- STHITHAPRAJNA  
In association with Internal Quality Assurance Cell (IQAC)  
Department of Management- BBA (UG)

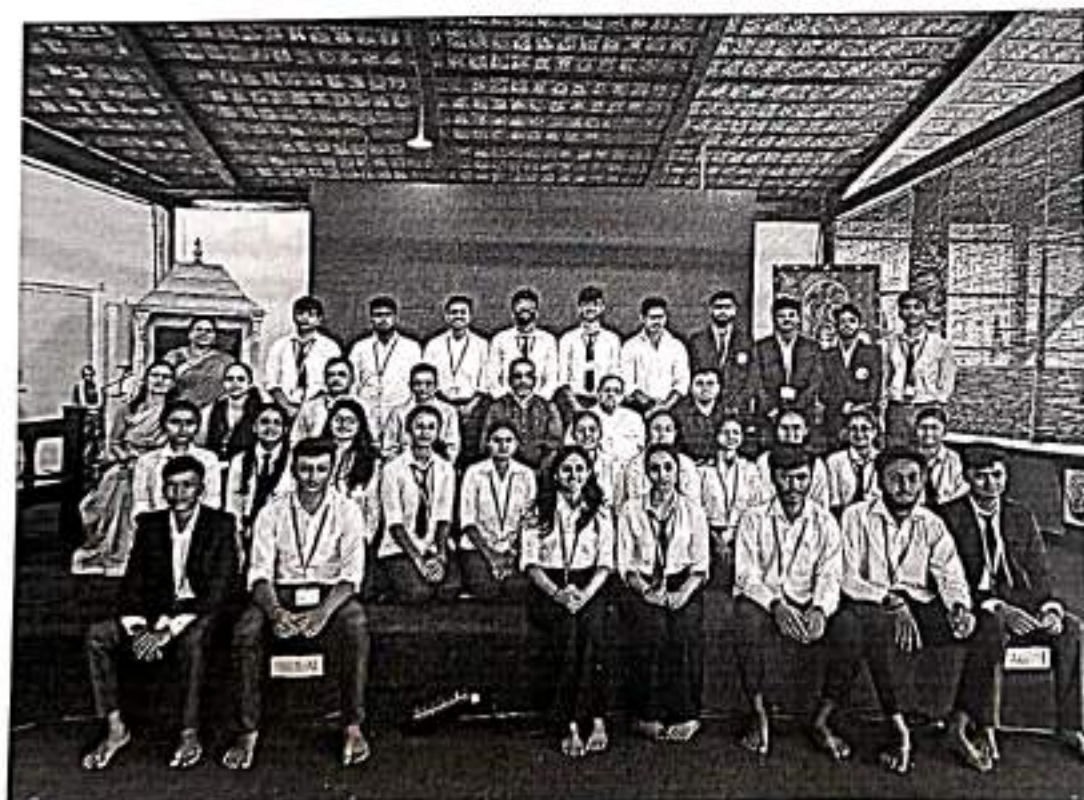
Photos



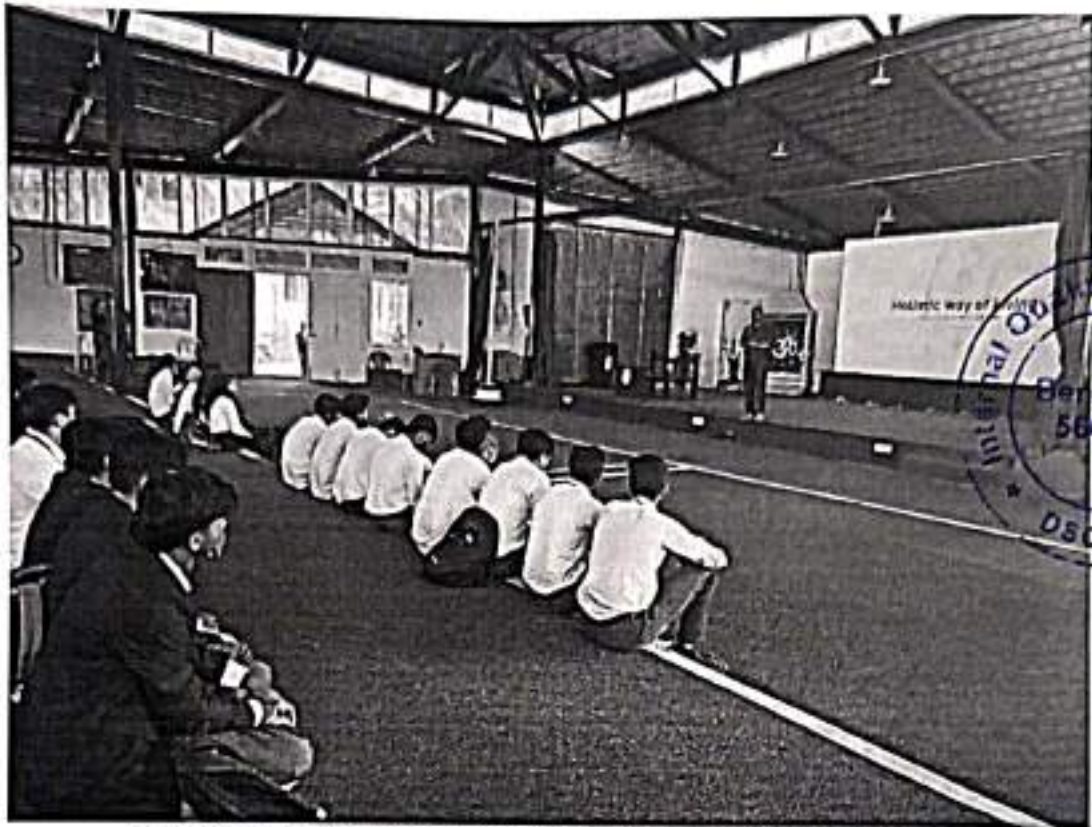
Pic.1. Students participation in Maithri Milan



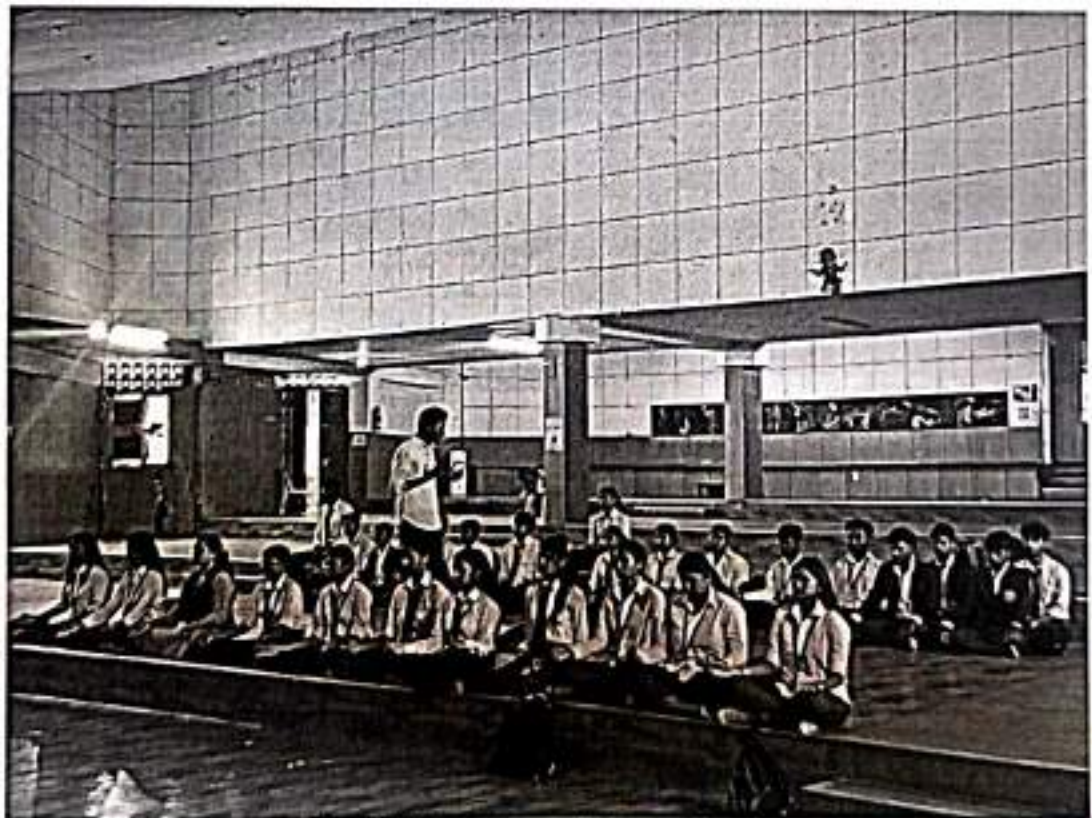
**Pic.2. Students chanting shlokas in Maithri Milan.**



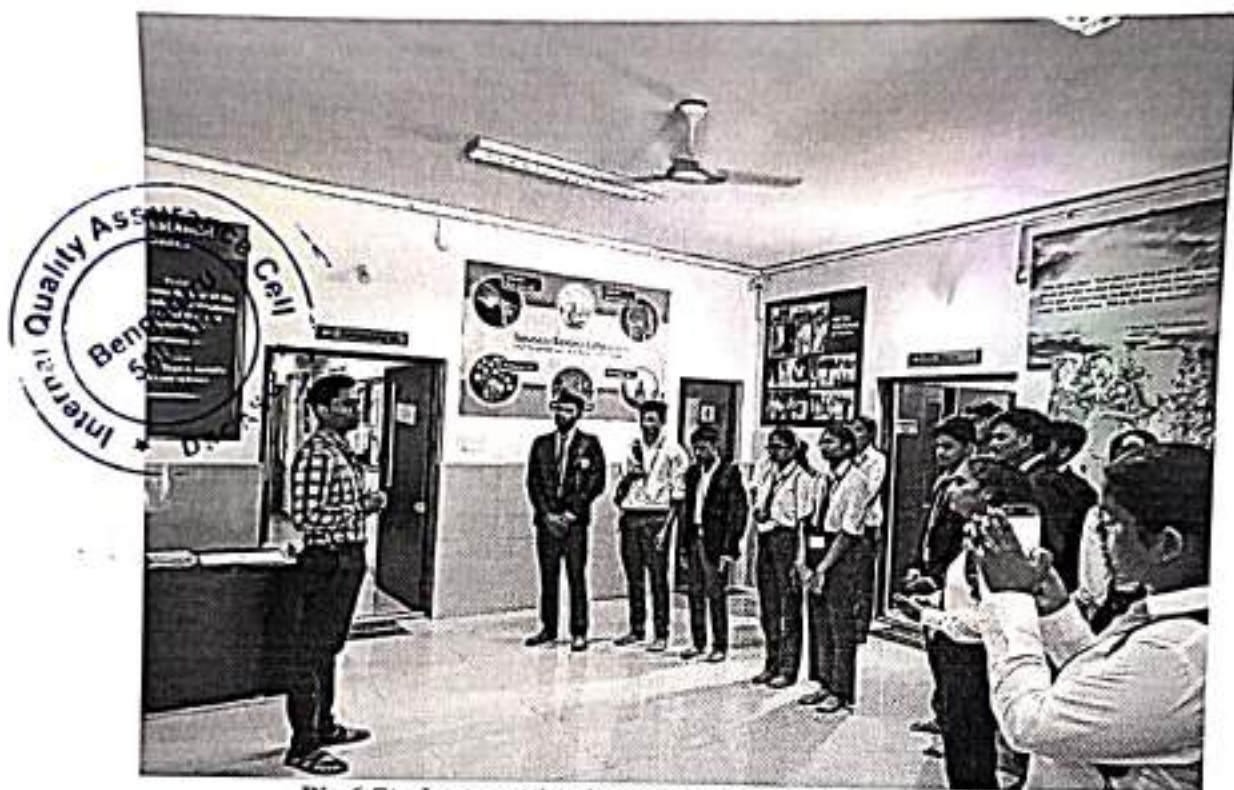
**Pic.3.Students with Chancellor and Founder of S-VYASA  
Dr.H. R. Nagendra, Research Director Dr. Manjunath.**



**Pic.4. Students getting enlightenment on Holistic way of Living**



**Pic.5. Students practising meditation**



Pic.6.Students getting knowledge about research in Yoga.



Pic.7. Students visited the Research Lab- ANVESHANA



# DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE



Shavige Malleshwara Hills, Kumaraswamy layout Bengaluru - 560111

(Affiliated to Bangalore University)

Department of Management

Yoga & Meditation Unit - STHITHAPRAJNA

in association with

Internal Quality Assurance Cell (IQAC)

Organizes

An Educational Visit

to

## S-VYASA

Swamy Vivekananda Yoga Anusandhana Samsthanam

# योग: कर्मसु कौशलम्

Faculty Coordinators

Dr. Vadiraja K S

Dr. Puja Sharma

29, April, 2025

10:00 AM



Faculty

HOD

Vice-Principal

Principal

## S-VYASA Yoga University

(Swami Vivekananda Yoga Anusandhana Samsthāna)

**Location:** Prashanti Kutiram, Jigani, Bengaluru, Karnataka, India

**Status:** Deemed-to-be University under Section 3 of the UGC Act, 1956

**Established:** 2002 (as a Deemed-to-be University), with roots in yoga research since the 1980s

**Motto:** *Combining the Best of the East with the Best of the West*

### Vision and Mission:

S-VYASA was established with the aim of scientifically validating the ancient wisdom of yoga and integrating it with modern science and technology. Inspired by the life and teachings of **Swami Vivekananda**, the university promotes a holistic vision of education—combining physical, mental, emotional, intellectual, and spiritual growth.

- **Vision:** To be a global leader in yoga-based education and research.
- **Mission:** To make yoga a socially relevant science and to apply it for health promotion, disease prevention, and management.

### Academic Programs:

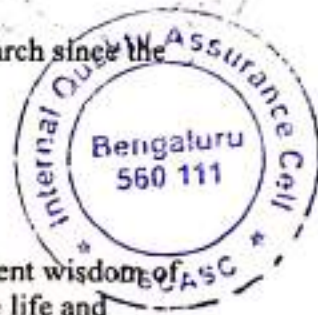
S-VYASA offers a variety of programs through its different schools:

- **Undergraduate Courses:**
  - B.Sc. in Yoga and Consciousness
  - B.N.Y.S. (Bachelor of Naturopathy and Yogic Sciences)
- **Postgraduate Courses:**
  - M.Sc. in Yoga Therapy / Yoga and Consciousness
  - MBA in Wellness Management
  - M.A. in Yoga
- **Doctoral Programs:**
  - Ph.D. in Yoga and Allied Sciences
- **Certificate & Diploma Courses:**
  - Short-term Yoga Instructor Courses
  - Distance Education and Online Programs

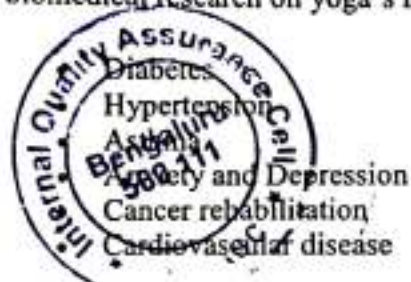
### Research and Innovation

S-VYASA is internationally acclaimed for its scientific research in yoga, especially in collaboration with institutions like:

- Harvard Medical School (USA)
- National Institutes of Health (NIH)
- Indian Council of Medical Research (ICMR)



Its Anvesana Research Laboratory is a state-of-the-art facility conducting advanced biomedical research on yoga's impact on various ailments, such as:



### **Therapeutic Application – Arogyadhama:**

S-VYASA runs a holistic health care centre called **Arogyadhama**, which applies integrated yoga therapy for over 100 health conditions. The treatment is drugless and combines:

- Yoga therapy
- Naturopathy
- Ayurveda
- Diet and lifestyle management

### **Campus and Facilities**

- Set amidst a serene natural environment on the outskirts of Bengaluru
- Residential facilities for students and patients
- Separate hostels for men and women
- Meditation halls, classrooms, and research laboratories
- Herbal gardens and eco-friendly infrastructure

### **Global Recognition and Outreach**

- S-VYASA has trained thousands of yoga professionals globally.
- Hosts international conferences and workshops like the **Global Yoga Conference**.
- Partnered with AYUSH Ministry and other organizations for yoga promotion.
- Active in promoting **International Day of Yoga (IDY)** every year.

### **Conclusion**

S-VYASA stands as a bridge between ancient yogic traditions and contemporary scientific inquiry. It is a unique institution that not only imparts academic knowledge but also fosters a lifestyle rooted in wellness, peace, and holistic development. Its commitment to research, education, and therapy has placed it among the top institutions in the world for yoga studies and integrative medicine.



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Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore, Karnataka, India, Pin Code : 560111  
Phone : +91 8042161762 / 26661104 Fax: 26660789,  
Website : <https://dscasc.edu.in/>

**YOGA AND MEDITATION UNIT-STHITHAPRAJNA  
IN ASSOCIATION WITH**

**INTERNAL QUALITY ASSURANCE CELL (IQAC)**

**DEPARTMENT OF MANAGEMENT- BBA**



**NAME OF THE EVENT: EDUCATIONAL VISIT**

**DATE: 29/04/2025**

**TIME: 10:00 AM**

**VENUE: S-VYASA YOGA UNIVERSITY**

SL. NO.	NAME OF THE STUDENT	REG. NUMBER	CLASS / SECTION	SIGNATURE
1	PRIYA	U03CJ23M0012	BBA IV Sem A' Sec	
2	VINAYA. S	U03CJ23M0015	BBA IV Sem A' Sec	
3	Manoj. D	U03CJ23M0020	BBA IV Sem A' Sec	
4	Mohan Kumar. K	U03CJ23M0030	BBA IV Sem A' Sec	
5	Akash. M	U03CJ23M0037	BBA IV Sem A' Sec	
6	VIVAN SAGAR	U03CJ24M0012	BBA II Sem C' section	
7	Y. LOKESH	U03CJ24M0008	BBA II Sem C' section	
8	Sujal K. Maltlick	U03CJ24M0011	BBA II Sem C' section	
9	PRATHEET. P	U03CJ24M0017	BBA II Sem B' section	



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**NAME OF THE EVENT: EDUCATIONAL VISIT**

**DATE: 30/04/2025**

**TIME: 10:00 AM**

**VENUE: S-VYASA YOGA UNIVERSITY**

**NAME:** Navya D

**REG. NO:** J03CJ23M0020

**DEPARTMENT:** BBA

**STUDEN FEEDBACK**

- 1] **Enriching Experience :-** The Educational visit to S-VYASA Yoga University was truly enriching. It provided deep insights into the science of yoga.
- 2] **Well organized & informative :-** The event was well organized with knowledgeable resource persons.
- 3] **Practical learning opportunity :-** It was a great opportunity to connect theoretical knowledge with real-world practices.
- 4] **Motivating & Calming Environment :-** The serene atmosphere of the university campus, combined with the structured session, created a motivating & calming experience for all participants.



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**NAME OF THE EVENT: EDUCATIONAL VISIT**

**DATE: 30/04/2025**

**TIME: 10:00 AM**

**VENUE: S-VYASA YOGA UNIVERSITY**



**NAME: Akash. M**

**REG. NO: UO3CJ23M0037**

**DEPARTMENT: BBA**

**STUDEN FEEDBACK**

- 1] **Enriching Experience :-** The educational visit to S-VYASA Yoga university was truly enriching. it provided deep insights into the Science of Yoga
- 2] **well organized & informative ;** The event was well organized with knowledgeable resource persons,
- 3] **Practical learning opportunity :-** it was a great opportunity to ~~connect~~ connect theoretical knowledge with real-world practices.
- 4] **Motivating and calming Environment :-** The serene atmosphere of the university campus, combined with the structured sessions, created a motivating and calming experience for all participants.



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**YOGA AND MEDITATION UNIT- STHITHAPRAJNA  
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**NAME OF THE EVENT: EDUCATIONAL VISIT  
DATE: 30/04/2025  
TIME: 10:00 AM  
VENUE: S-VYASA YOGA UNIVERSITY**

**NAME: VIVAN SAGAR  
REG. NO: U03CJ24M0072  
DEPARTMENT: BBA - "C" (2nd SEM)**

**STUDEN FEEDBACK**

Very good experience and gained knowledge about how yoga affects the body and how holistic way of living can improve our life style in overall aspect.

I Also learnt about how yoga even affects minute molecules and it was a very good session.