

Dayananda Sagar College of Arts Science and Commerce
Kumaraswamy Layout, Bangalore - 78
Internal Quality Assurance Cell

Cell Annual Report June 2024 to May 2025

Cell Name: YOGA AND MEDITATION CELL

Annual Report of the cell (June 2024 to May 2025)

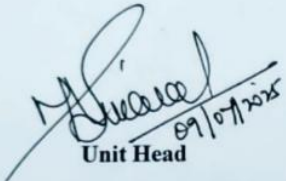
Yoga is associated with the culture and spiritual heritage of India. People all around the world, transcending nationalities, and cultures have recognized the immense benefits of Yoga. Many renowned Yoga Gurus have contributed to the promotion and expansion of this traditional wisdom. Yogic practices are stepping stones to a healthy and disease-free life, creating physical and mental well-being. Yoga is more of a way of life rather than a mere system of exercises or a bunch of techniques. It is a state of mind, an orientation of the psycho-physical being. Yoga is a science and art of transforming individual care into universal care. In modern times, many scientific works have proved the efficacy of Yoga in psychosomatic disorders. Not only the Yoga institutions but other institutes of medicines and sciences have worked for the scientific validation of Yoga. The scientific work on the utility of Yoga has created much faith among the masses for its application to lifestyle disorders. DAYANANDASAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE (DSCASC) has established to act as a Centre of Excellence in the field of Yoga. The basic objective of this Institute is to develop, promote and propagate the science and art of Yoga. It also provides and promotes facilities for Yoga education, training, therapy, and research to fulfil the above objectives. As the demand for the system of Yoga is increasing rapidly at the global level, the Institute is striving hard to fulfil the current need and demands of people from every corner

In view of this, Dayananda Sagar College of Arts Science and commerce, MBA BU has conducted various activities such as Special yoga on Disease Prevention, Yoga program for teachers, Surya namaskar, Heart full Meditation from Heartfulness Foundation, International Yoga Day, Yoga Camp for Women's,. The Yoga Teacher have also explained remedies for personal health problems to the participants with lot of patience.

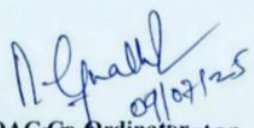
Yoga practices basically aim at the integral development of the personality as a whole by a fine combination of the above mentioned four forms of yoga- Karma Yoga, Bhakthi Yoga, Jnana Yoga and Raja Yoga , which is called as Integrated Yoga

Sl.No.	Event Name	Date	Weblink (24 point format)	No. of Students Benefitted
1	A Visit to Pyramid Valley International	26.9.2024	http://dscasc.edu.in/images/MBA/initiatives/pyrmv.pdf	97

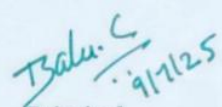
2	Mindfull at Work: Gita's Way 1	2.5.2025	https://www.dscasc.edu.in/images/BBA/new/Bmfw.pdf	20
3	Mindfull at Work: Gita's Way	2.5.2025	https://www.dscasc.edu.in/images/news-bba-bcomm/pdf/BBcmfw.pdf	69
4	Veda Vijnana Gurukula	3.4.2025	https://www.dscasc.edu.in/images/BBA/new/EVVG.pdf	10
5	Educational visit	29-04-2025	https://www.dscasc.edu.in/images/BBA/new/BEv.pdf	19
6	Mindfulness work Gita's way of online workshop	29-04-2025	https://www.dscasc.edu.in/images/BCom/new/BcEv.pdf	19
7	Yoga and meditation and stress management	18-09-2024	https://www.dscasc.edu.in/images/BBA/new/ygm.pdf	15
8	Yoga and meditation for faculties	08-03-2025	https://www.dscasc.edu.in/images/MBA/initiatives/yoga.fc.pdf	13



Unit Head
09/07/2025



IQAC Co-Ordinator
09/07/2025




Principal
9/7/25

Head & Members of the Cell

1. Dr. M.R. Srikantamurthy - Cell Head
2. Dr. Vadiraja K.S – Cell Member
3. Prof. Rashmi Umarji M– Cell Member
4. Prof. Diwakar– Cell Member
5. Prof. Subbu Lakshmi– Cell Member

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