

Dayananda Sagar College of Arts, Science and Commerce

SM Hills, Kumaraswamy Layout, Bengaluru – 560 111

Department of Management - BBA (UG)

Internal Quality Assurance cell (IQAC)



Yoga Cell Report of the Event Conducted

Department: BBA

Date: 21/09/2024

Sl. No.	Particulars	Event related Details			
1.	Event*	Yoga Session			
2.	Title of the Event	Yoga – Meditation and Stress Management			
3.	Date	20 th September 2024			
4.	Time	9:00 AM to 11:00 AM			
5.	Venue	Building No. 13,			
6.	Resource Person 1 Details (Profile to be enclosed)	Mr. Pradeep			
7.	Topics Covered	Yoga, Type of diet for managing stress, exam tension and for improving memory			
8.	Resource Person 2 Details (Profile to be enclosed)	NA			
9.	Topics Covered	NA			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:		External:	0
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	28	External:	0
12.	Faculty Coordinator/s	Full Name : Dr. Vadiraja K S Department : BBA / B Com Designation: Assistant Professor			
13.	Student Coordinator/s	Name of the Student: Register Number: Name of the Student: Register Number:			
14.	Total Expenditure (Details to be enclosed)	NIL			
15.	Sponsors and Amount (if any)	NIL			
16.	Agenda of the Event (Attach a copy)	NA			
17.	Provide the link of the report uploaded on College Website				
18.	Providethe links of the report uploaded on Social Media				

Sl. No.	Particulars	Event related Details
19.	Report sent to Newspapers? If yes, provide cuttings/images:	NA
20.	Certificates Printed? (Attach a copy**)	NA
21.	Feedback Collected? (Attach a copy**)	NA
22.	Attendance Sheet Attached?*	Yes
23.	Summary of the Event (Around 100 words)	On September 20, 2024, a yoga session was conducted to promote the mental and physical well-being of students. Led by Mr. Pradeep, the session covered various asanas, breathing techniques, and relaxation methods. A total of 28 students participated, reporting increased energy levels and reduced stress afterward. The session aimed to Enhance flexibility and balance, Reduce stress and anxiety, Improve concentration and focus, Promote overall well-being. The participants were highly motivated and committed to incorporating the learned techniques into their daily routine. The event successfully fostered a sense of wellness and self-care among students.
24.	Photographs of the Event <small>(About 5 relevant, clear, and appropriate photos with title and explanation. The .jpg files need to be attached)</small>	Yes, Attached.

Notes:

* Seminar / Webinar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

** Format Copy need to be attached and hard copy need to be filed

* Original sheet need to be filed and scanned copy should be attached

PS:

- ❖ Whichever column is not applicable, write as NA.
- ❖ If the nothing is done / gained / spent, write as No/Nil.


Event Coordinator


HOD BBA


21/09/24
IQAC Coordinator


Principal

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1 Students practising Asana



2 Students practising Asana



3. Students practising Asana



4 Students practising Asana



5. Students practising Pranayam



6. Students practising meditation

Dayananda Sagar College of Arts Science and Commerce
Kumara Swamy Layout, Bengaluru

Event:- *Yoga Session*

Venue:- *B'ld-14*

Sec:-

Date:- *20/09/24*

Time:- *9:00 to 10:00*

B.B.A

Sl No	Register No	Name of the Student	Signature
1.	U03CJ22M0159	Nishanth.S (C)	<i>Nishanth</i>
2	U03CJ22M0031	Mangai Karthika (C)	<i>MK</i>
3	U03CJ22M0038	Varun Raju (C), Varun Raju (C)	<i>Varun</i>
4	U03CJ22M0007	Rainier R	<i>Rainier</i>
5	U03CJ22M0008	Husain - chikhy	<i>Husain</i>
6	U03CJ22M0007	Hatim - Gadi	<i>Hatim</i>
7	U03CJ22M0007	A Nithin	<i>A Nithin</i>
8	U03CJ22M0120	Prajwal (C)	<i>P.P.R.</i>
9	U03CJ22M063	Nayana. Mayjunath	<i>Nayana</i>
10	U03CJ22M0009	Ashwin M J	<i>Ashwin</i>
11	U03CJ22M0005	ASHRITH. KM	<i>Ashrith</i>
12	U03CJ22M0030	Chethan. J	<i>Chethan</i>
13	U03CJ22M0006	Ayan Khan	<i>Ayan</i>
14	U03CJ22M0009	Bhuvan	<i>Bhuvan</i>
15	U03CJ22M0009	CHANDRU K	<i>Chandru</i>
16	U03CJ22M0009	Tarun Sagar M	<i>Tarun</i>
17	U03CJ22M0127	Nikhil.	<i>Nikhil</i>
18	U03CJ22M0011	Tarandeep Singh	<i>Tarandeep</i>
19	U03CJ22M0021	Soumajit Bauri	<i>Soumajit</i>
20	U03CJ22M0012	Syed Rakim Nafi	<i>Syed Rakim</i>
21	U03CJ22M0099	Sohan Saha	<i>Sohan</i>
22	U03CJ22M0070	Santanu Mondal	<i>Santanu</i>
23	U03CJ22M0005	J sa Vardan	<i>J sa Vardan</i>
24	U03CJ22M0113	Sheeshna M. G	<i>Sheeshna</i>



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DEPARTMENT OF BBA

YOGA CELL

YOGA - MEDITATION AND STRESS MANAGEMENT

NAME: Prajwal Sunil Gummamaver

DATE 20/09/2024

REG. NO U08CJ22M0120

TIME: 9 AM

SEM & SECTION IVth SEM BBA 'B'

VENUE: BUDDHA STATUE, BUILDING NO. 13

STUDENT FEEDBACK

I'm so grateful for the wonderful learning experience I've had in the teacher training course! The classes have been absolutely fantastic, and the instructors are incredibly helpful and supportive. Their guidance has truly made a difference in my understanding of yoga, as I progress. I've come to realize that I need more practice to prepare fully for my healthy body. I'm excited to dive deeper and refine my skills. Overall, this journey has been inspiring.



DEPARTMENT OF BBA

YOGA CELL

YOGA - MEDITATION AND STRESS MANAGEMENT

NAME: Arabu Nithin

DATE 20/09/24

REG. NO U03CJ22M0080

TIME: 9AM

SEM & SECTION 5th sem BBA 'B'

VENUE: BUDDHA STATUE, BUILDING NO. 13

STUDENT FEEDBACK

It was a wonderful experience learning from different masters. The practical classes were very useful and helpful, along with theory class that was fun and engaging. The class is well structured, with a perfect balance of breathing experiences, stretching and strengthening poses. I really appreciate how modifications are offered for different levels, allowing me to challenge myself without feeling overwhelmed.