

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: 20/09/2024

Sl. No.	Particulars	Event related Details			
1.	Event*	Yoga Session			
2.	Title of the Event	Yoga – Meditation and Stress Management			
3.	Date	19 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:	37	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			

Sl. No.	Particulars	Event related Details
17.	Provide the link of the report uploaded on College Website	
18.	Provide the links of the report uploaded on Social Media	
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 19, 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 37 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


IQAC Coordinator
IQAC Co-ordinator
Jayananda Sagar College of Arts,
Science & Commerce
Kumara my Layout, Bengaluru - 560 111.


Principal



1. Students practising Pranayama



2. Students practising Pranayama



3. Students practising Asana



4. Students practising Asana



5. Students practising Asana



6. Students practising meditation

Dayanandasagar College of Arts, Science and Commerce

Shavige Malleshwara Hills, Kumarswamy Layout, Bangalore-560082

Department of BBA I Sem BBA

Name of the Event Yoga event

Date- 19/09/2024

Sl No	NAME	Section	Signature
1)	Ibbani Revanna	A section	Ibbani Revanna
2)	Aparaj Banman	A section	Aparaj Banman
3)	Hanshith S	A section	Hanshith S
4)	Abhinav Adithyan	A section	Abhinav
5)	KUSHAL S	A section	Kushal
6)	Kishan K	A section	Kishan K
7)	Bhargavi N	A Section	Bhargavi N
8)	Pragya Kirana S	A Sec	Pragya Kirana S
9)	Jayanthi S	A sec	Jayanthi S
10)	Kalyani N	A sec	Kalyani N
11)	Hanshith U	A sec	Hanshith U
12)	Anshu D	A sec	Anshu D
13)	Mandara S	B sec	Mandara S
14)	Manya Jogi	B sec	Manya Jogi
15)	N. Naveena	B sec	N. Naveena
16)	V. Lakshmi	C sec	V. Lakshmi
17)	M. RUTHRESHWARAN	C sec	M. RUTHRESHWARAN
18)	Vogesh Kumar	C sec BBA	Vogesh Kumar
19)	Shreyas Kumar M	C sec BBA	Shreyas Kumar M
20)	Siddharth Singh Rawat	C sec BBA	Siddharth Singh Rawat
21)	Syed Rehan	C sec BBA	Syed Rehan
22)	VINOD SAGAR	C sec BBA	Vinod Sagar
23)	Poojitha S	C sec BBA	Poojitha S
24)	Nishant S	C sec BBA	Nishant S
25)	Nishant S	C sec BBA	Nishant S
26)	Vittal	C sec BBA	Vittal
27)	Sarvesh Ravi	C sec BBA	Sarvesh Ravi
28)	PAVANA R	B sec BBA 1 st SEM	Pavana R
29)	LIKITHA K	B sec BBA 1 st SEM	Likitha K
30)	Kaustubha P. A	A sec BBA 1 st SEM	Kaustubha P. A
31)	Jayanthi P	A sec BBA 1 st SEM	Jayanthi P
32)	Prathiba Girish	A sec BBA 1 st SEM	Prathiba Girish
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Dayanandasagar College of Arts, Science and Commerce

Shavige Malleshwara Hills, Kumarswamy Layout, Bangalore-560082

Department of BBA I Sem BBA

Name of the Event Yoga Event

Date- 19/9/2024

Sl No	NAME	Section	Signature
1)	Harshith	A I year	Harshith
2)	Akhay S	A 1 st year	Akhay S
3)	Mandara S	B I year	Mandara S
4)	Manya Jagi	B I year	Manya
5)	Naveena R	B I year	
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DAYANANDA SAGAR COLLEGE OF ARTS
SCIENCE & COMMERCE
Affiliated to Bangalore University



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

DEPARTMENT OF BBA

YOGA CELL

YOGA - MEDITATION AND STRESS MANAGEMENT

NAME: P.R. Meghana

REG. NO U03CJ23M0093

SEM & SECTION 3rd sem - BBA - 'B' sec

DATE 19/09/2024

TIME: 9:00 AM

VENUE: BUILDING NO. 14

STUDENT FEEDBACK

Yoga is a good meditation skill for individual and I have participated in the event which I am benefited with various positivities. It helped me with physical strength, mental health and increased sleep. It also helped me to improve strength, flexibility and balance.

I am interested to participate in yoga if conducted in future. The way mentors are trained to students is good and like to be in future sessions.



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DEPARTMENT OF BBA

YOGA CELL

YOGA - MEDITATION AND STRESS MANAGEMENT

NAME: *Sanjana . KS*

REG. NO *U03CJ23M0096*

SEM & SECTION *3rd Sem BBA 'B' Section*

DATE *19/9/2024*

TIME: *9am*

VENUE: BUILDING NO. 14

STUDENT FEEDBACK

I have participated in this Yoga and Meditation and Stress Management was really helpful it was so relaxed and had peace of mind. It helped us to develop our practice safely and sustainably to see the change in us and it relieve stress and improve mental and emotional health. It was really helpfull to me.

I would like to participate on future sessions. The way the Mentor's trained us is good and comfortable so I would like to participate again.