



Dayananda Sagar College of Arts, Science, and Commerce
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560111
Internal Quality Assurance Cell
Yoga and Meditation Unit
STHITAPRAJNA

Department: BCA

Date of Report: 18-9-2025

Sl. No.	Particulars	Event related Details				
1.	Event*	Yoga Session				
2.	Title of the Event	Meditation - Life Skill				
3.	Date of Conduction	17/9/25	4.	Time :	2:00 to 3:00 PM	
5.	Venue	Seminar Hall, Building 17, DSCASC				
6.	Resource Person 1 Details	Mr. Naga Shreeshyl KS BCA 1st sem 1st place in State level and National level Competition Conducted by Karnataka Yogasana Sports Association				
7.	Topics Covered	Breathing with Omkar chanting combined with gentle head and neck movements to promote relaxation, focus, and tension relief.				
8.	Resource Person 2 Details	NA				
9.	Topics Covered	NA				
10.	No. Faculty Participants	Internal:	01	External:	NIL	
11.	No. Student Participants	Internal:	68	External:	NIL	
12.	Faculty Coordinator/s	Name: Prof. Akshatha Deepak, Assistant Professor, Department: Department of Computer Applications -MCA, DSCASC.				
13.	Student Coordinator/s	-				
14.	Total Expenditure	NA	15.	Sponsors and Amount (if any)	NA	
16.	Agenda of the Event	NA	17.	Provide the link of the report uploaded on College Website	Yes	
18.	Social Media Links	https://www.instagram.com/p/DOsexX0DK0f/?igsh=MWxhdWE2bG9rNm5lcg==		19.	Report sent to Newspapers? If yes, provide cuttings/images :	No
20.	Certificates Printed? (Attach a copy**)	--		21.	Feedback Collected? (Attach a copy**)	
22.	Attendance Sheet Attached?*	Yes	23.	Photographs of the Event	Attached	



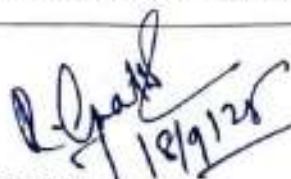
Sl. No.	Particulars	Event related Details
24.	Summary of the Event	Yoga Session: Meditation & Mind Relaxation This session focuses on meditation and mind relaxation techniques, including Pranayama (breathing exercises), Omkar chanting, and head exercises. Students will learn how to calm their minds, reduce stress, and improve mental clarity.



Event Coordinator



HOD-BCA



IQAC Coordinator



Principal

Principal

Jayananda Sagar College of Arts,
Science & Commerce

Kurtara: my Layout, Bengaluru - 560 111

Principal

Jayananda Sagar College of Arts,
Science & Commerce

Kurtara: my Layout, Bengaluru - 560 111





Dayananda Sagar College of Arts , Science
and Commerce

Kumarswamy Layout , Bangalore

Internal Quality Assurance Cell (IQAC)
Department of Computer Applications - BCA
Yoga and Meditation Unit
STHITAPRAJNA

Session On: Meditation - Life Skill

Naga Shreeshyl KS

BCA 1st sem



1st place in State level and National level Competition
Conducted by Karnataka Yogasana Sports Association



17/09/2025



2:00-3:00 pm



Building no 17
Seminar Hall

Event Co-ordinator

HOD-BCA

Vice Principal

Principal

DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560111
Yoga and Meditation Unit
STHITAPRAJNA
Session on- Meditation - Life Skill

Department: BCA

Date: 18-9-2025



Fig 1: Students Participating Actively



Fig 2: Students Participating Actively



Fig 3: Students Participating Actively



Fig 4: Students Participating Actively



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

Kumara Swamy Layout, Bangalore - 560 111
(Affiliated to Bangalore University, Approved by AICTE, NAAC Accredited)

Name of the Activity: Yoga and Meditation Unit - STHITAPRAJNA
Session on : "Meditation - Life Skill"

Name of the Department: Department of Computer Applications - BCA

Date: 17.09.2025

Course: V Semester BCA

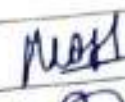





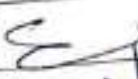
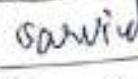
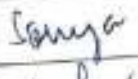
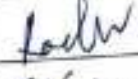
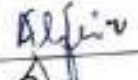




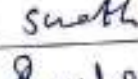




Time: 2:00 PM to 3:00 PM

SL.No.	Reg. No.	Student Name	Signature
01	U03CJ23S0116	Varushitha . G	
02	U03CJ23S0068	Prakruthi . B	
03	U03CJ23S0114	Growthan . V	
04	U03CJ23S0084	Koluth . S	
05	U03CJ23S0091	Sandesh B. M	
06	U03CJ23S0030	Alifa Nerurkar	
07	U03CJ23S0117	Varun Shetty	
08	U03CJ23S0110	Tauqeer Rahim	
09	U03CJ23S0008	Ayush Rai	
10	U03CJ23S0026	Darshan Rajan	
11	U03CJ23S0051	Wagdy Kazimi	
12	U03CJ23S0054	Bilal Khan	
13	U03CJ23S0042	Karthik P.B	
14	U03CJ23S0032	Fabin . T	
15	U03CJ23S0011	Bharath . A	
16	U03CJ23S0019	Chirag B.P	
17	U03CJ23S0096	Shashwanth R	
18	U03CJ23S0050	Bhuvan . SH	
19	U03CJ23S0012	Bharath . K	
20	U03CJ23S0056	Mowish . S	
21	U03CJ23S108	Basha	



SL.No.	Reg.No.	Student Name	Signature
22	U03CJ23S0014	Bhoomika. R	Bhr
21	U03CJ23S0002	Aradhya. Nk	Arad
22	U03CJ23S0023	Serikatha. D	Serika
23	U03CJ23S00111	Thirisha. al	Thir
24	U03CJ23S0109	Ranushree. G	Ranush
25	U03CJ23S0075	Pradeep. R	Pradeep
26	U03CJ23S0027	D. S. S. Yashwanth kumar	Yash
27	U03CJ23S0040	Baren kumar	Baren
28	U03CJ23S0073	Praveen singh	Praveen
29	U03CJ23S0081	Rehan Sayed	Rehan
30	U03CJ23S0025	Darshun. K.o.	Darshun
31	U03CJ23S0115	Vijeth. V	Vijeth
33	U03CJ23S0033	Pavan. G	Pavan
34	U03CJ23S0038	J. p. ujitha	ujitha
35	U03CJ23S0021	D. Harshitha	Harshitha
36	U03CJ23S0095	Shalini	Shalini
37	U03CJ23S0070	Dashmi. k	Dashmi
38	U03CJ23S0041	Jyotsna Bannur	Jyotsna
39	U03CJ23S0064	Palak Jangir	Palak
40	U03CJ23S0004	Abith kumar	Abith
41	U03CJ23S0050	Manoj kumar	Manoj
42	U03CJ23S0049	Manasa M	Manasa
43	U03CJ23S0087	S. Tejashree	Tejashree
44	U03CJ23S0089	Sai Roshan. V.C	Sai Roshan
45	U03CJ23S00121	Yuvraj	Yuvraj
46	U03CJ23S0042	Jyotsna. N	Jyotsna
47	U03CJ23S0085	Reetha B. S	Reetha
48	U03CJ23S0074	Keerthana. R	Keerthana



SL.No.	Reg.No.	Student Name	Signature
49	U03CJ23S0086	Niveditha.S	
50	U03CJ23S0013	Bhoomika.B	
51	U03CJ23S0112	Trishan.P	
52	U03CJ23S0099	Shivraj Singh.	
53	U03CJ23S0000	Sidra	
54	U03CJ23S0082	Ritesh Raj	
55	U03CJ23S0101	Sujal	
56	U03CJ23S0093	Samuel James	
57	U03CJ23S0102	Soumya	
58	U03CJ23S0076	Radhika	
59	U03CJ23S0053	Arfaiz	
60	U03CJ23S0020	C.Hemanth	
61	U03CJ23S0022	D.Jayadev	
62	U03CJ23S0017	CH.Trisha	
63	U03CJ23S0057	N.L.Manasvi	
64	U03CJ23S00107	Swathi	
65	U03CJ23S0101	Sneha C.G	
66	U03CJ23S0118	Vijaya Chinnayi	
67	U03CJ23S0066	Prajakta K.V	
68	U03CJ23S0005	Adithyan	

Dayananda Sagar College of Arts, Science & Commerce

Kumarswamy layout, Bangalore - 560111

Yoga and Meditation Unit

'STITHAPRAJNA'

Session on : "Meditation - Life Skill"

Date: 17/9/25

Feedback

The Yoga Session conducted by Naga Shreesht KS was very informative. The session helped us learn more about breathing, stretching and concentration techniques which is much required in today's stressful environment.

- U03CJ23S0066

Prajakta K.V

Yoga Session by Naga Shreesht KS was effective and helped us learn about the basics of yoga as its important.

- U03CJ23S0005

Adithya Shankar

The yoga session was informative and educational toward mental health. This was new to us for improving mind and mental health. Good session overall.



--U03CJ23S0112

Prajakta