

# Dayananda Sagar College of Arts, Science and Commerce

SM Hills, Kumaraswamy Layout, Bengaluru – 560 111

Department of Commerce - B. Com (UG)

Internal Quality Assurance cell (IQAC)



## Yoga Cell Report of the Event Conducted

Department: B. Com

Date: 19/09/2024

Sl. No.	Particulars	Event related Details			
1.	Event*	Yoga Session			
2.	Title of the Event	Yoga – Meditation and Stress Management			
3.	Date	18 <sup>th</sup> 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:	38	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	NA			
18.	Providethe links of the report uploaded on	NA			

Sl. No.	Particulars	Event related Details
	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 18, 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 38 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 B. Com

  
IQAC Coordinator

Principal

1 Day  
Kumar



Pic 1: Principal welcoming the participants



Pic 2: Participants learning breathing technique



Pic 3: participants meditating to calm their minds



Pic 4: practising pranayama to control their minds



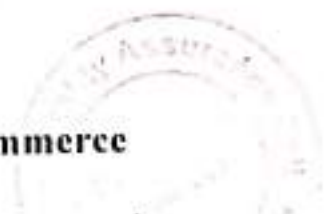
Pic 5: Guest explaining about the significance of Yoga

# Dayananda Sagar College of Arts, Science and Commerce

B.Com Department

Event: YOGA SESSION III Sem. Blom

Date: 18/09/2024



Sl. No	Reg no.	Name of the student	Signature
		<u>III B.Com - F</u>	
1	U03CJ23C0231	Vignesh.G	[Signature]
2	U03CJ23C0266	Mohammed Suffiya	[Signature]
3	U03CJ23C0279	Syed Usman Churi	[Signature]
4	U03CJ23C0281	Klikul Neema	[Signature]
5	U03CJ23C0332	Priyanka Vishwakarma	[Signature]
6	U03CJ23C0240	Akashika Kafare	[Signature]
7	U03CJ23C0334	Dhanya Muhammed Tawid	[Signature]
8	U03CJ23C0263	Aida - ul - Haya	[Signature]
9	U03CJ23C0228	Kainaat Fatimah	[Signature]
		<u>III B.Com - F</u>	
10	U03CJ23C0300	Harith.S	[Signature]
11	U03CJ23C0013	Manas.P	[Signature]
12	U03CJ23C0056	N.SAIKRISHNA	[Signature]
13	U03CJ23C0044	Abhay	[Signature]
14	U03CJ23C0096	Balaji.M	[Signature]
15	U03CJ23C0213	Praywal	[Signature]
16	U03CJ23C0377	Sharath KR	[Signature]
17	U03CJ23C0359	Chikutha.S	[Signature]
18	U03CJ23C0051	Pranathi.B.V	[Signature]
19	U03CJ23C0048	K Sankitha RAO	[Signature]
20	U03CJ23C0014	Dhanya N. Jagtar	[Signature]
21	U03CJ23C0057	Chaitanya.K	[Signature]
		<u>III B.Com - C</u>	
22	U03CJ23C0268	Darshini B.N	[Signature]
23	185	Zahid	[Signature]
24	290	Dilipkumar	[Signature]
25	289	S. Chethan	[Signature]
26	294	Murari	[Signature]
		<u>III B.Com - D</u>	
27	223	Pranav V	[Signature]
28	221	Kushi	[Signature]
29	405	Mehak	[Signature]





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

DEPARTMENT OF B.COM

YOGA CELL

YOGA - MEDITATION AND STRESS MANAGEMENT

NAME: Meghana S

DATE: 18/9/24

REG. NO U03CJ24C0245

TIME: 9:00 AM.

SEM & SECTION 1<sup>st</sup> sem, 'F'

VENUE: BUDDHA STATUE, BUILDING NO. 13

STUDENT FEEDBACK

Firstly, the environment when we entered the place was very quite and peaceful. The aura of the hall was pleasant. We began with meditation for few minutes and started doing pranayama. slowly we began with Asanas which makes our mind to concentrate. The teacher was very friendly and communicate very clearly. This session was very useful to me. I practise it every day and it brings lot of joy and balanced mind. Our body, mentally and physically was flexible. It surely enhanced our confidence and boosted our imagination.



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DEPARTMENT OF B.COM

YOGA CELL

YOGA – MEDITATION AND STRESS MANAGEMENT

NAME: SUMANA.S

DATE: 18-09-2024.

REG. NO U03CJ24C0207

TIME: 9:00 AM

SEM & SECTION B.Com F Sec' 1<sup>st</sup> SEM VENUE: BUDDHA STATUE, BUILDING NO. 13

STUDENT FEEDBACK

we have learnt so many Asanas because of that sessions. I was really good because of that my mind was refreshing. I have started to do the Asanas from that day. I have learnt new things. The sir has thought the asanas which improves our memory power and to remember what we read. That is very <sup>use</sup>ful. And it will be good if they conduct the yoga classes atleast ~~at~~ once in a week, so that we can learn more Asanas and improve our concentration. It was ~~every~~ useful, so that we can be ~~so~~ mentally strong.