

# 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: 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 <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. Pradheep			
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:	1	External:	0
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	39	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.	Provide the links of the report uploaded on				

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 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 39 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:**

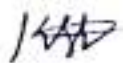
\* Seminar / Webinar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

\*\* 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

IQAC Co-ordinator  
Dayananda Sagar College of Arts,  
Science & Commerce  
Kumaragiri Layout, Bengaluru - 560 077.



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  
KUMARSWAMY LAYOUT BANGALORE

1st Sem Bcom - Yoga Session Attendance Sheet

Sl.No	Register No	Name of the student	Section	Signature
01	U03CT240017	Suhail Punnaishi	'E'	[Signature]
02	U03CT240021	Anurag M	'E'	[Signature]
03	U03CT240050	Pruthvi S	'E'	[Signature]
04	U03CT2400263	SURAJ KUMAR	'E'	[Signature]
05	U03CT2400231	Kushal J	'E'	[Signature]
06	U03CT2400198	Rabith R	'C'	[Signature]
07	U03CT2400183	Umar S.R	'D'	[Signature]
08	U03CT2400268	Kamal D	'E'	[Signature]
09	U03CT2400100	Mohith N	'D'	[Signature]
10	U03CT2400132	Yashar M	'D'	[Signature]
11	U03CT240000	Aaryan Khan	'D'	[Signature]
12	U03CT2400023	J. LITITH SHELKE	'B'	[Signature]
13	U03CT2400032	Meghanath N	'B'	[Signature]
14	U03CT2400013	Neeraj Mahesh	'C'	[Signature]
15	U03CT2400054	Dnyaneshwara	'E'	[Signature]
16	U03CT2400156	Vishal M. Raju	'E'	[Signature]
17		Nitin Bhati	'E'	[Signature]
18		Vittal	'B'	[Signature]
19	U03CT2400304	Prajwal R	'B'	[Signature]
20		Poojitha C.D	'B'	[Signature]
21		Manishree K.S	'B'	[Signature]
22		Prasanna S	'B' Bcom	[Signature]
23		Niranga K	'E'	[Signature]
24	U03CT2400	Vasanthi J. Kumbhar	'E'	[Signature]
25	CO 208	Manoj R	'E'	[Signature]
26		Shreeprya	'B' Bcom	[Signature]
27		Kusuma D	'E' Bcom	[Signature]
28		Uthana L.R	'E'	[Signature]
29		Poojai P. Nayak	'B' Bcom	[Signature]
30		Kumlika B	'E' B.COM	[Signature]
31		Meghana S	'E' B.COM	[Signature]
32		Sumana S	'E' B.COM	[Signature]
33		ANUSHA M	'C' Bcom	[Signature]
34		Tharjani R	'A' Bcom	[Signature]
35		Arishata A. patil	'B' Bcom	[Signature]
36		KEERTHANA A	'D' Bcom	[Signature]
37		Vaasha M.	'D' Bcom	[Signature]
38		Juthika Khambhai	'B' com	[Signature]
39		Nishant S		[Signature]



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 B.COM

YOGA CELL

YOGA - MEDITATION AND STRESS MANAGEMENT

NAME: *Shanat K R*  
REG. NO *V03CJ23C0377*  
SEM & SECTION *3<sup>rd</sup> Sem, 'F' Sec*

DATE: *19/9/2024*

TIME: *9 AM*

VENUE: BUILDING NO. 14

STUDENT FEEDBACK

The yoga session held today was really helpful as it was a break from our regular routine and helped us relax and that in turn helped us to stay focused the entire day. They taught us the basics of yoga, basic stretches, pranayama and meditation. The practices helped us to know the true value and its affect on the human physique and mind. They also taught us a bit of meditation tips we can impliment in our day to day life which will help us to have a good physique and mind throughout.



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DEPARTMENT OF B.COM

YOGA CELL

YOGA - MEDITATION AND STRESS MANAGEMENT

NAME: Chaitanya . K

DATE: 19/9/2024

REG. NO U03CJ23C0057

TIME:

SEM & SECTION 3rd sem 'F'

VENUE: BUILDING NO. 14

STUDENT FEEDBACK

I wanted to take a moment to share my gratitude for the recent yoga session organized by the college. The experience was incredibly refreshing and well-organized, allowing us to connect with both our physical well-being and inner peace. The instructor's guidance throughout the session was exceptional - clear, patient and motivating. Their focus on breathing and helped the students to give a mindful and refreshing experience helping them to give relief to students from stress and academic pressure, we would love to take part in such events and want the college to conduct such events.