



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell
Student Activity Unit-SANCHALANA
In Association with Yoga & Meditation Unit (STHITAPRAJNA)
Report of the Event Conducted

Department: MCA

Date of Report: 06/03/2026

Sl. No.	Particulars	Event related Details			
1.	Event*	Student Activity			
2.	Title of the Event	A Breath & Balance: A student Wellness initiative			
3.	Date of Conduction	04/03/26	4.	Time: 11 to 12	
5.	Venue	Building No.17			
6.	Resource Person 1 Details	Name:NA Designation:NA Mobile No.:NA	Organization:NA Specialization:NA Email ID : NA		
7.	Topics Covered	NA			
8.	Resource Person 2 Details	Name:NA Designation:NA Mobile No.:NA	Organization:NA Specialization:NA Email ID:NA		
9.	Topics Covered	NA			
10.	No. Faculty Participants	Internal:	05	External:	NIL
11.	No. Student Participants	Internal:	80	External:	NIL
12.	Faculty Coordinator/s	Full Name	Prof. Samudyatha D S , Poornima Puneekar, Anusha, Rudreshwari G ,Ahmed Department Computer Applications Designation Asst. Professor		
13.	Student Coordinator/s	Full Name	Kusumita,Durga spoorthy Department Computer Applications		
14.	Total Expenditure	NIL	15	Sponsors and Amount	NA
16.	Agenda of the Event	NA	17.	Provide the link of the report uploaded on College Website	YES
18.	Social Media Links	NA	19.	Report sent to Newspapers? If yes, provide cuttings/images:	NO
20.	Certificates Printed?	NA	21.	Feedback Collected?	YES
22.	Attendance Sheet Attached?*	YES	23	Photographs of the Event	YES
24.	Summary of the Event	The MCA Department organized <i>A Breath & Balance: A Student Wellness Initiative</i> to promote student wellness and stress management in collaboration with the Yoga Cell and the Student Activity Unit. The session was conducted by a student who is an international-level player and focused on breathing techniques, stress-relief exercises, and simple movements that can be performed while sitting in the classroom. Students actively participated and learned practical methods to improve concentration, reduce stress, and maintain emotional balance during academic activities. The initiative helped create awareness about the importance of maintaining both mental and physical well-being among MCA students who often experience academic and project-related pressures. The activity also emphasized the role of mindfulness and relaxation techniques in maintaining focus and productivity. The session concluded with positive feedback and appreciation from the participants, encouraging them to adopt simple wellness practices for a healthier and more balanced lifestyle.			

Samy
Event Coordinator

Kumude
Deputy-Director

Samy
IQAC Coordinator

T. Sankar
Principal

Principal
Dayananda Sagar College of Arts
Science & Commerce
Kumara Swamy Layout, Bengaluru - 560 111

Photos



Pic 1: A moment of mindfulness during the activity.



Pic 2: Interactive wellness session in progress.



Pic 3: Meditation session for mental relaxation.



Pic 4: Participants practicing stress-relief techniques.



ARTS, SCIENCE AND COMMERCE
Kumaraswamy Layout, Bangalore - 560111
(Affiliated to Bangalore University, Approved by AICTE,
NAAC Accredited)
Student Activity Unit - SANCHALANA
In Association with Yoga and Meditation Unit



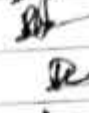
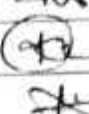
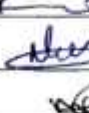
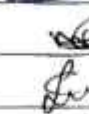
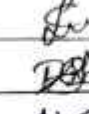
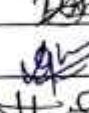
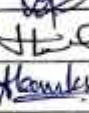
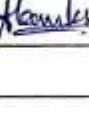
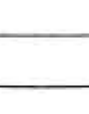
Name of the Activity: **Breath and Balance - A student wellness initiative**

Department: Department of Computer Applications - MCA

Date: 04.03.2026

Time:

Sl.No.	Student Name	Signature
1.	A Srivanthini	
2.	Bhanupriya . K S	
3.	MANDARA . M	
4.	Maheethwasi N	
5.	Abhignya . S. Syengar	
6.	Chennayi M.W.	
7.	Kirti Hosanath	
8.	Jim Kundaraya	
9.	Het Kundaraya	
10.	Mitesh Deheja	
11.	Bijaylaxmi Nayak	
12.	Pruthwish . S	
13.	N Ramesh	
14.	G. Nayana	
15.	Lokitha . S	
16.	Archana . N	
17.	Hemavathi M. J	
18.	Manthesh S. R	
19.	Nabha Makeen	
20.	B. Tausif umma	
21.	Hemant Kumar P U	
22.	J. Kamalash	
23.	Akshay Kumar	
24.	Arjun K. J	
25.	Kishore	
26.	Harshit SA	
27.	Nabha MA Knn	

Sl.No.	Student Name	Signature
28.	Anagha P. Shanbhoy	
29.	Bhargavi L	
30.	M.S. Poojilwa	
31.	Nikitha D. V	
32.	Kavya	
33.	Nischitha L.N	
34.	G. Shankar Gude	
35.	Pavan Kumar M.M	
36.	Puneeth Kumar T.A.	
37.	Naditala Gowda T.B	
38.	Manan G.M	
39.	Chetan S. Banp	
40.	Deepak Shinde	
41.	XXXXXXXXXXXX Aliya Ghosh	
42.	Hemanth W	
43.	Akanksha V U	
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Event Co-ordinator: Samudhyatha D. S.

Signature: Samu

Dayananda Vagar College of Arts, Science & Commerce

Programme : Breathe & Balance : A student wellness initiative

Feed back

Date : 4th March 2026

It was a refreshing and meaningful session that focused on improving mental well-being. Through pranayama, meditation and guided breathing exercises, the session effectively highlighted the importance of managing stress and calming the mind in a simple and natural way.

The activities were relaxing and helped create a sense of inner balance. It was a beneficial and calming experience that provided mindfulness and emotional well-being.

- Akanksha V.U

P03CJ258126003

Akanksha

