



# Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell

Stithaprajna

Yoga & Meditation Practice session

Report of the Event Conducted

Department\*: M.Com

Date of Report: 27.5.2026

Sl. No.	Particulars	Event related Details			
1.	Event*	Yoga & meditation: STITHAPRAJNA			
2.	Title of the Event	Yoga & Meditation Practice session			
3.	Date of Conduction	14.5.2026	4.	10am	
5.	Venue	Mcom corridor			
6.	Resource Person 1 Details (Profile to be enclosed)	Name	Sri.Shrishyla	Organization –	
		Designation	Adjunct Prof.	Specialization	
		Mobile No.		Email ID	
7.	Topics Covered				
8.	No. Faculty Participants	Internal: 3	3	External:	
9.	No. Student Participants	Internal:	27	External:	
10.	Faculty Coordinator/s	Full Name: Dr.Savita Trivedi Department: M. Com Designation: Professor		Full Name: Department: Designation:	
11.	Student Coordinator/s	Abhigna			
12.	Total Expenditure		15	Sponsors and Amount (if any)	
16.	Agenda of the Event		17.	Provide the link of the report uploaded on College Website	
18.	Social Media Links		19.	Report sent to Newspapers? If yes, provide cuttings/images:	
20.	Certificates Printed?		21.	Feedback Collected?	
22.	Attendance Sheet Attached?	Attached	23	Photographs of the Event	Attached
24.	Summary of the Event	Department of Mcom organized Yoga session for students in the morning to refresh their minds and relax for the day. All students of Mcom participated and Shri.G.Shrishyla guided yogasteps and benefits of various yoga. The event was on 14.5.2026 at 10am in the mcom class corridor.			



*Sinedi*

Event Coordinator

*Kumbh*

Dept. HOD

*K. Ganesha*  
27/5/26


IOAC Co-ordinator


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

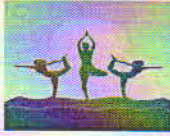
*Baburaj*


Principal


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

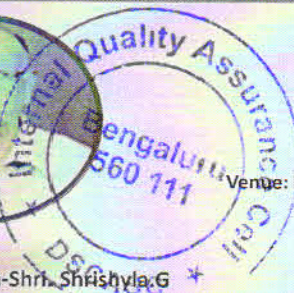
 Dayananda Sagar College of Arts, Science and Commerce  
Department of Master of Commerce  
under the guidance of IQAC & Yoga & Meditation Unit "STHITAPRAGNYA"  
organizes - "YOGA PRACTICE SESSION"

 INSTITUTION'S  
INNOVATION  
COUNCIL

  
Date: 14-5-2026  
Time: 10.00am

  
Resource person-Shri. Shishya G  
Professor of Practice (Adjunct) Dept. of M.Com), DSCASC

  
Venue: Building No. 13, 5<sup>th</sup> Floor



HOD                      IQAC                      VICE PRINCIPAL                      PRINCIPAL





II & IV Semester M.Com

Name of the Activity: "YOGA PRACTICE SESSION"

Date: 14-05-2026

Sl. No	Registration No	Student Name	Year Semester	Time: 10.00 am Sign
1	P03CJ24C012015	Anvitha P.N	4 <sup>th</sup>	Anvitha
2	P03CJ24C012005	Deepthi R.S	4 <sup>nd</sup>	Deepthi R.S
3	P03CJ24C012013	Pavithra S	4 <sup>nd</sup>	Pavithra S
4	P03CJ24C012027	Madhu Shree R	4 <sup>nd</sup>	Madhu Shree R
5	P03CJ24C012013	Shwetha	4 <sup>nd</sup>	Shwetha
6	P03CJ24C012014	Satish	4 <sup>nd</sup>	Satish
7	P03CJ24C012011	Abhijna	4 <sup>th</sup>	Abhijna
8	P03CJ24C012025	Hemish S	4 <sup>th</sup>	Hemish
9	P03CJ24C012024	Kushal S	4 <sup>th</sup>	Kushal
10	P03CJ24C012029	Vijetha S Sankar	4 <sup>th</sup>	Vijetha
11	P03CJ24C012010	Gayathri	4 <sup>th</sup>	Gayathri
12	P03CJ24C012028	Madhura T.	4 <sup>th</sup>	Madhura
13	P03CJ24C012004	Akshita	4 <sup>th</sup>	Akshita
14	P03CJ24C012017	Ayesha Islam	4 <sup>th</sup>	Ayesha
15	P03CJ24C012030	Rahath Fathima	4 <sup>th</sup>	Rahath
16	P03CJ25C012004	S. Anusha	2 <sup>nd</sup> sem	S. Anusha
17	P03CJ25C012005	Bindu H.A	2 <sup>nd</sup> sem	Bindu
18	P03CJ25C012007	Rakshitha K	2 <sup>nd</sup> sem	Rakshitha K
19	P03CJ25C012009	Gauthami B.R	2 <sup>nd</sup> sem	Gauthami B.R
20	P03CJ25C012012	Sourav Chaturvedi	2 <sup>nd</sup> sem	Sourav T.
21	P03CJ25C012008	Gauthami R	2 <sup>nd</sup> sem	Gauthami R
22	P03CJ25C012001	Rihana	2 <sup>nd</sup> sem	Rihana
23	P03CJ25C012002	Manishree	2 <sup>nd</sup> sem	Manishree
24	P03CJ25C012010	Kashta KM	2 <sup>nd</sup> sem	Kashta
25	P03CJ24C012023	Kishu Prashanth	4 <sup>th</sup> sem	Kishu
26				
27				
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30				



Name of the Event: "YOGA PRACTICE SESSION"

Name of the Coordinator: Dr. Savita Trivedi

Sinedi