

Dayananda Sagar College of Arts, Science and Commerce
Kumaraswamy Layout, Bangalore - 78
Internal Quality Assurance Cell

Cell Annual Report – June 2023 – May- 2024

Cell Name : Yoga and Meditation Cell:

Annual Report of the cell (June 2023 – May - 2024)

Yoga and Meditation Cell: Many wonder why it is necessary to meditate after practising Yoga asanas/ postures. One of the many benefits of practising yoga asanas/ postures is the fact that it allows us to slip into meditation effortlessly. Meditation being one of the main aspects of Yoga, it's essential that we sit for meditation after practicing Yoga asanas and pranayama; else it is like preparing our dinner but not eating it! In meditation one delves deep into the self. There are many kinds of meditations though they might seem different most of them are, in essence, the same.

In view of this, Dayananda Sagar College of Arts Science and commerce, MBA BU has conducted various activities such as Special yoga on Disease Prevention, Yoga program for teachers, Surya namaskar, Heart full Meditation from Heartfulness Foundation, International Yoga Day, Yoga Camp for Women's,. The Yoga Teacher have also explained remedies for personal health problems to the participants with lot of patience.

Meditation is the delicate and effortless art of doing nothing. Beyond all the chatter and noise in our mind, there is a silent, peaceful, blissful, beautiful space that exists in all of us, a place that is intact and unbroken. Turning our attention to this silent chamber brings relief both from the intrusiveness of outer affairs and from the incessant voices chattering within us. This silence cleanses the mind, giving it a much-needed rest, and making room for better perceptions and new ways of looking at life and its challenges.

Benefits of yoga include:

- increase your flexibility
- increase muscle tone and strength
- improve your circulatory and cardio health
- helps you sleep better
- increase your energy levels
- improve athletic performance
- reduce injuries
- detoxify your organs

- improve your posture
- improves anxiety and depression
- helps with chronic pain
- release endorphins that improve your mood

Sl. No.	Event Name	Date	Web link
1	World Yoga Day	21 June 2023	https://dscasc.edu.in/images/MBA/initiatives/WYD.pdf
2	Oral Health and Systemic Health	22.Sept.2023	https://dscasc.edu.in/images/MBA/initiatives/oralhealth.pdf
3	Health and Fitness	23-sept 2023	https://dscasc.edu.in/images/MBA/initiatives/healthfitness.pdf

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Head & Members of the Cell

1. Dr. B.R. Venkatesh

2. Dr. Srikantamurthy M.R.

3. Prof. Rashmi M Umarji

4. Prof. Vadiraj

Signature of Cell Head

Signature of IQAC Coordinator

Signature of Principal

IQAC Co-ordinator
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