

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

Cell Annual Report June 2022 to May 2023

Cell Name: YOGA AND MEDITATION CELL

Annual Report of the cell (June 2022 to May 2023)

In today's society that is fast approaching a more sedentary lifestyle, there is a greater need than ever to increase the daily activity levels in order to maintain both cardiovascular fitness and body weight. Fitness does not refer to being physically fit alone, but mentally state as well. Any individual can function optimally only if the individual is both mentally and physically fit. Such individuals tend to be less prone to medical conditions as well. While most people tend to focus on physical fitness alone, they forget that a sound mind exists only in a sound body. Rapidly emerging in the Western world as a disciplined way of life, for integrating the mind and body into union and harmony, yoga improves physical, mental, intellectual and spiritual health. It also offers an effective method of managing and reducing stress, anxiety and depression and there have been numerous studies that demonstrate the efficacy of yoga on mind related disorders. The physical exercises (asanas) in yoga tends to increase the patient's physical flexibility, coordination, and strength, while the breathing practices and meditation helps calm and focus the mind to develop greater awareness and diminish anxiety, and thereby resulting in higher quality of life. One simply cannot separate the aspect of health from their emotional well-being. Comprehensively Ideal Fitness Program includes aerobic, anaerobic, and resistance training, in addition to flexibility and core-building exercises likes yoga and meditation

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.

Yoga practices basically aim at the integral development of the personality as a whole by a fine combination of the above mentioned four forms of yoga- Karma Yoga, Bhakthi Yoga, Jnana Yoga and Raja Yoga , which is called as Integrated Yoga

| Sl.No. | Event Name | Date | Weblink (24 point format) | No. of Students Benefitted |
|--------|---|------------|---|-------------------------------|
| 1 | A Trip to Pyramid Valley An International Yoga centre | 07-02-2023 | http://dscasc.edu.in/images/MBA/initiatives/Pyramid.pdf | 60 |
| 2 | Yoga for Better Health C.D Sagar Auditorium | 22-02-2023 | http://dscasc.edu.in/images/MBA/initiatives/yogaprg.pdf | 165 |

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|---|--|------------|---|----|
| 3 | A Trip to Pyramid Valley An International Yoga centre | 21-3-2023 | http://dscasc.edu.in/images/MBA/initiatives/PyramidValley.pdf | 60 |
| 4 | A Trip to Pyramid Valley An International Yoga centre | 18-05-2023 | http://dscasc.edu.in/images/MBA/initiatives/PVIM.pdf | 36 |
| 5 | YOGA AND MEDITATION – A DEBATE PROGRAM At building no 13 SECA | 17-05-2023 | https://www.dscasc.edu.in/images/MBA/news/DebateYM.pdf | 19 |

Head & Members of the Cell

1. Dr. B.R. Venkatesh - MBA-BU / DIRECTOR
2. DR. M.R. SRIKANTAMURTHY - MBA-BU
3. PROF. RASHMI .M. UMARJI - BBA/B.Com
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