

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

Cell Annual Report - 2019-2020

Cell Name : Yoga and Meditation Cell:

Annual Report of the cell (From January 2019-May- 2020)

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 practising 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.

Sl. No	Event Name	Date	Web link
1	Enhancement of Memory and Natural Immunity Through Yoga and Meditation	22.1.2020	https://dscasc.edu.in/Images/MBA/initiatives/NIYM.pdf
2	Digital	07.1.2	https://dscasc.edu.in/Images/MBA/initiatives/DigitalYoga.pdf

	Workshop on Yoga	020	
--	---------------------	-----	--

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



Dayananda Sagar College of Arts
Science & Commerce
K.S. Layout, Bangalore - 560 078.

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

Cell Annual Report - 2019-2020

Cell Name : Yoga and Meditation Cell:

Annual Report of the cell (From June 2019-Dec- 2020)

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 practising 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.

Sl. No	Event Name	Date	Web link
1	Setback to Comeback	10th Dec 2020	https://dscasc.edu.in/images/MBA/initiatives/ISKON.pdf
2	Yoga Program - Heartfulness foundation	12th & 14th August 2020	https://dscasc.edu.in/images/MBA/initiatives/Heartfulness.pdf
3	Yoga for the Styled Sedentary Life / Desk Jockeys	1st JULY 2020	https://dscasc.edu.in/images/MBA/initiatives/DeskJockeys.pdf

Head & Members of the Cell

1. Dr. B.R. Venkatesh

Venkatesh

2. Dr. Srikantamurthy M.R.

S. Srikantamurthy

3. Prof. Rashmi M Umarji

Rashmi

4. Prof. Vadiraj

Vadiraj

Signature of Cell Head

Signature of IQAC Coordinator



[Handwritten Signature]

Signature of Principal

Principal,
Dayananda Sagar College of Arts,
Science & Commerce
K.S. Layout, Bangalore - 560 078.