

Dayananda Sagar College of Arts, Science and Commerce

SM Hills, Kumaraswamy Layout, Bengaluru – 560 111

Department of Management - BBA (UG)

Internal Quality Assurance cell (IQAC)

Yoga Cell Report of the Event Conducted



Department: BBA

Date: 19/09/2024

Sl. No.	Particulars	Event related Details			
1.	Event*	Yoga Session			
2.	Title of the Event	Yoga – Meditation and Stress Management			
3.	Date	18 th September 2024			
4.	Time	9:00 AM to 11:00 AM			
5.	Venue	Building No. 13,			
6.	Resource Person 1 Details (Profile to be enclosed)	Mr. Pradeep			
7.	Topics Covered	Yoga, Type of diet for managing stress, exam tension and for improving memory			
8.	Resource Person 2 Details (Profile to be enclosed)	NA			
9.	Topics Covered	NA			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal:		External:	0
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	15	External:	0
12.	Faculty Coordinator/s	Full Name : Dr. Vadiraja K S Department : BBA / B Com Designation: Assistant Professor			
13.	Student Coordinator/s	Name of the Student: Register Number: Name of the Student: Register Number:			
14.	Total Expenditure (Details to be enclosed)	NIL			
15.	Sponsors and Amount (if any)	NIL			
16.	Agenda of the Event (Attach a copy)	NA			
17.	Provide the link of the report uploaded on College Website				
18.	Providethe links of the report uploaded on Social Media				

Sl. No.	Particulars	Event related Details
19.	Report sent to Newspapers? If yes, provide cuttings/images:	NA
20.	Certificates Printed? (Attach a copy**)	NA
21.	Feedback Collected? (Attach a copy**)	NA
22.	Attendance Sheet Attached?*	Yes
23.	Summary of the Event (Around 100 words)	On September 18, 2024, a yoga session was conducted to promote the mental and physical well-being of students. Led by Mr. Pradeep, the session covered various asanas, breathing techniques, and relaxation methods. A total of 15 students participated, reporting increased energy levels and reduced stress afterward. The session aimed to Enhance flexibility and balance, Reduce stress and anxiety, Improve concentration and focus, Promote overall well-being, The participants were highly motivated and committed to incorporating the learned techniques into their daily routine. The event successfully fostered a sense of wellness and self-care among students.
24.	Photographs of the Event <small>(About 5 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)</small>	Yes, Attached.

Notes:

* Seminar / Webinar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

** Format Copy need to be attached and hard copy need to be filed

* Original sheet need to be filed and scanned copy should be attached

PS:

- ❖ Whichever column is not applicable, write as NA.
- ❖ If the nothing is done / gained / spent, write as No/Nil.



Event Coordinator




HOD BBA



19/09/24

IQAC Coordinator
IQAC Co-ordinator

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



Principal



Pic 1: Principal welcoming the participants



Pic 2: Participants learning breathing technique



Pic 3: participants meditating to calm their minds



Pic 4: practising pranayama to control their minds



Pic 5: Guest explaining about the significance of Yoga



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DEPARTMENT OF BBA

YOGA CELL

YOGA - MEDITATION AND STRESS MANAGEMENT

NAME: Kalyani

DATE 18/09/2024

REG. NO U03CJD4M0084

TIME: 9:00 AM

SEM & SECTION 1st SEM BBA
'A'

VENUE: BUDDHA STATUE, BUILDING NO. 13

STUDENT FEEDBACK

The session was very good, we had very peaceful mind. We had a very good meditation. The yogasana's which I heard there was new ^{hasanas} yogasana's. To July it was a good session, hope to see them ^{again} in our college again. I really enjoyed their new yoga hasana's. The time where we got relaxed & got peaceful mind. They also gave a very good speech about yoga. It was really good meeting them & they taught us was very good thing. Hope to see them again.



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DEPARTMENT OF BBA

YOGA CELL

YOGA - MEDITATION AND STRESS MANAGEMENT

NAME: Mandana - S

REG. NO U036J24M0018

SEM & SECTION 1st Sem BBA 'B' sec

DATE 18/9/24

TIME: 9:00 AM

VENUE: BUDDHA STATUE, BUILDING NO. 13

STUDENT FEEDBACK

It is a very good session where we had a peace of mind. The yoga's steps they thought us was so nice and the meditation which they made was so good that which relaxed our minds and body. And even i do the yoga hasanas which were thought to us in, every morning. They also gave us a very good speech about the yoga and the positive things, which made us realize that yoga is a very good thing to do, it relaxes our body. And i hope to see them again.