

# Dayananda Sagar College of Arts Science and Commerce

Kumaraswamy Layout, Bangalore - 78

## Internal Quality Assurance Cell

### Annual Report June 2022 to May 2023 Cell

**Cell Name : Yoga and Meditation Cell:**

**Annual Report** of the cell (From June 2020 to May 2021) within 200 words.

**Yoga and Meditation Cell:** For keeping stress at bay and to enable the students to tolerate the potential stress associated with life, Dayananda Sagar College of Arts, Science and Commerce, organizes a physical exercise and yoga session regularly for all the students and faculty members. It helps them to maintain harmony of body and spirit. It also increases attention span, improves memory and sharpens the focus of the students. It is also prolific for stress reduction, and emotional wellness. Dayananda Sagar College, also practices prayer during the very first session which leads the students to get peace of mind and concentration in their studies.

Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. In fact, yoga means not only doing exercise, but helps to awareness expansion, improves intelligence and natural ability is improved.

Practical Exercises such as Neuro Muscular Breathing Exercise - Eye Exercise, Bramari, Clapping of hands, meditation, Santhi Yoga, Anulom Vilom pranayama,

Sl. No.	Event Name	Date	Web link
1	"Water therapy: An ancient cure for modern ills"	12-01-2021	<a href="https://www.dscasc.edu.in/images/MBA/news/watertp.pdf">https://www.dscasc.edu.in/images/MBA/news/watertp.pdf</a>
2	"YOGA FOR HOLISTIC HEALTH"	15-06-	<a href="https://www.dscasc.edu.in/images/MBA/news/YHolic.pdf">https://www.dscasc.edu.in/images/MBA/news/YHolic.pdf</a>
3	"SETBACK TO COMEBACK"	10-12-2020	<a href="https://www.dscasc.edu.in/images/MBA/news/setback.pdf">https://www.dscasc.edu.in/images/MBA/news/setback.pdf</a>
4	"WORK FROM HOME /	27-11-2020	<a href="https://www.dscasc.edu.in/images/MBA/news/workhome.pdf">https://www.dscasc.edu.in/images/MBA/news/workhome.pdf</a>

	STUDY AT HOME - CHALLENGES AND SOLUTIONS"		<a href="https://www.dscasc.edu.in/images/MBA/news/workhome.pdf">https://www.dscasc.edu.in/images/MBA/news/workhome.pdf</a>
5	"Yoga Program - Heartfulness foundation"	12-14 <sup>th</sup> Aug 2020	<a href="https://www.dscasc.edu.in/images/MBA/news/Heartfulness.pdf">https://www.dscasc.edu.in/images/MBA/news/Heartfulness.pdf</a>
6	Yoga for the Sedentary Life Styled / Desk Jockeys	01-07-2020	<a href="https://dscasc.edu.in/images/MBA/initiatives/DeskJockeys.pdf">https://dscasc.edu.in/images/MBA/initiatives/DeskJockeys.pdf</a>

**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
4. PROF. DIWAKAR – BCA/MCA

*B.R. Venkatesh*  
*M.R. Srikantamurthy*

*R. Gopal*  
**IUAC Co-ordinator**  
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*[Signature]*

**Principal**  
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