

**Dayananda Sagar College of Arts Science and Commerce**  
**Kumaraswamy Layout, Bangalore - 78**  
**Internal Quality Assurance Cell**  
**Annual Report of the cell (From June 2021 to May 2022)**

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

**Yoga and Meditation Cell:** A regular yoga practice during the day can be a great way to achieve harmony between heart and soul on the path to divine enlightenment. Yoga is the physical mental and spiritual practices to attain a state of permanent peace of mind. Yoga Postures, Pranayama and Meditation are effective techniques to release stress. Meditation is relaxation which gives calm mind, good concentration and rejuvenation of the body and mind etc. Yoga is a great remedy to remove tensions. Yoga helps students, teachers, and workers by giving them emotional strength so that they can easily manage all pressures and can give them best intellectual abilities.

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.

Sl. No.	EventName	Date	Weblink
1	Faculty development Program- Yoga and Meditation	27thNov 2021	<a href="https://www.dscasc.edu.in/images/MBA/news/Yfitness.pdf">https://www.dscasc.edu.in/images/MBA/news/Yfitness.pdf</a>
2	Holistic health enhancement through yoga & meditation to faculties	June2021	<a href="https://www.dscasc.edu.in/images/MBA/news/YHolistic.pdf">https://www.dscasc.edu.in/images/MBA/news/YHolistic.pdf</a>
3	General yoga and health practices	July2021	<a href="https://www.dscasc.edu.in/images/MBA/news/generalyh.pdf">https://www.dscasc.edu.in/images/MBA/news/generalyh.pdf</a>
4	Health and Wellness	22-12-2021	<a href="https://dscasc.edu.in/images/bba/News_and_events/meditation.pdf">https://dscasc.edu.in/images/bba/News_and_events/meditation.pdf</a>
5	Busting Stress with Breath work	28-02-2022	<a href="https://www.dscasc.edu.in/images/deptIT-BBA-BCOM/Buststress.pdf">https://www.dscasc.edu.in/images/deptIT-BBA-BCOM/Buststress.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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