

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

**Cell Annual Report June 2018- Dec 2019**

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

**Annual Report of the cell (From January 2018-Dec- 2019)**

**Yoga and Meditation Cell:** According to ancient Indian scriptures, we consist of five sheaths or koshas – body, breath, mind, intellect and finally bliss. In this meditation we are guided from the gross to the subtler aspects of our being, finally experiencing the joy and peace that's inherent in everyone.

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 process of achieving a mind free of agitation. It's when you are in the present moment, there is no hesitation about or anticipation of what is coming next, and the mind returns to its natural state of peace and joy.

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.

1. Guided Meditations
2. Mantra Meditation
3. Panchkosha (Body Scan) Meditation

**A few things first:**

- Keep your practice simple
- The important thing is making time every day to sit, breathe, let go, and connect with the Self.

- It's best to learn from a qualified teacher who can help guide you on your journey to inner bliss.

Sl. No	Event Name	Date	Web link
1	Holistic student development Programme	15-06-2019	To Enable the student to have good health, to practice mental hygiene, to process emotional stability, Integral Moral values by Prakash guruji

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

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

