

DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

ShavigeMalleshwara Hills, Kumaraswamy Layout, Bangalore-560082

Internal Quality Assurance Cell (IQAC)

NSS Activity Report

Department: B.Com

Date: 23-07-2023

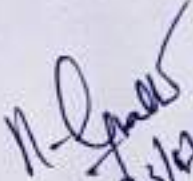
| Sl. No. | Particulars | Event related Details | | | |
|---------|--|--|----|-----------|----|
| 1. | Event* | Yoga and Meditation for Mindful Living | | | |
| 2. | Title of the Event | Yoga and Meditation for Mindful Living | | | |
| 3. | Date | 23-7-2023 | | | |
| 4. | Time | 10am to 5 pm | | | |
| 5. | Venue | Pyramid Valley International Harohalli | | | |
| 6. | Resource Person 1 Details (Profile to be enclosed) | NA | | | |
| 7. | Topics Covered | NA | | | |
| 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: | 2 | External: | NA |
| 11. | No. Student Participants (Enclose a copy of names with signatures) | Internal: | 50 | External: | NA |
| 12. | Faculty Coordinator/s | NSS Officer Prof Sreenivas H P and Lohith Kumar S | | | |
| 13. | Student Coordinator/s | Pragna R Kiran IV Sem B.Com A section U03CJ22C0010 | | | |
| 14. | Total Expenditure (Details to be enclosed) | NA | | | |
| 15. | Sponsors and Amount (if any) | NA | | | |
| 16. | Program Schedule of the Event attached? | NA | | | |
| 17. | Provide the link of the report uploaded on College Website | No | | | |
| 18. | Provide the links of the report uploaded on Social Media | No | | | |
| 19. | Report sent to Newspapers? If yes, provide cuttings/images: | No | | | |
| 20. | Certificates Printed? (Attach a copy**) | No | | | |





| Sl. No. | Particulars | Event related Details |
|---------|--|---|
| 21. | Feedback Collected? (Attach a copy**) | No |
| 22. | Attendance Sheet Attached? * | Yes |
| 23. | Summary of the Event (Around 100 words) | The Yoga and Meditation session was organized by the National Service Scheme (NSS) to promote physical wellness, mental tranquility, and overall well-being among students. The event aimed to introduce students to the benefits of yoga and meditation, enhance their stress management skills, and encourage a balanced lifestyle. The session consisted of guided yoga exercises and meditation practices led by experienced instructors. It was designed to be accessible to students of all skill levels and provided practical tools for stress management and relaxation. The event was attended by approximately 32 students, along with 2 faculty members. The turnout was encouraging, reflecting the interest and engagement of the student body in wellness activities. The Yoga and Meditation session successfully achieved its objectives of promoting wellness among students and providing practical tools for managing stress. |
| 24. | Photographs of the Event (About 5 relevant, clear, and appropriate photos to be pasted with title and explanation. The jpg files need to be attached) | Attached Below |


Event Coordinator



HOD/Director


23/7/23
IQAC Coordinator




Principal



**DAYANANADA SAGAR COLLEGE OF ARTS
SCIENCE AND COMMERCE**
Shree Mallikarjuna Hills, Ramaswamy Layout, Bangalore - 560028
(Affiliated to Bangalore University)



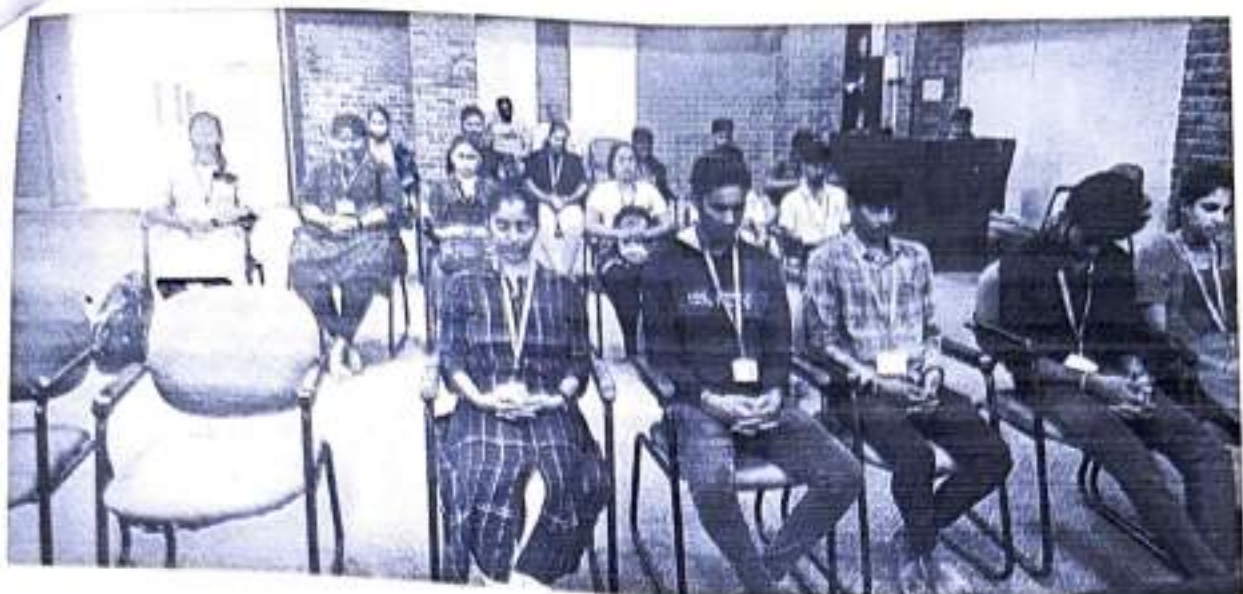
Internal Quality Assurance Cell (IQAC)
In association with
National Service Scheme
Organize

YOGA & MEDITATION
23rd July 2023









DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shaviga Malleshwara Hills, Kumaraswamy Layout, Bengaluru - 560078

NSS Activities - B.Com

Attendance Sheet

Event Name- Yoga and Meditation

Date: 23-7-2023

| Sl | Name | Class & Sec | Registration Number | Signature |
|----|-------------------|-------------|---------------------|------------|
| 1 | Rajna R Kiran | V B.Com A | U03CJ22C0000 | Rajna |
| 2 | Puvi V | V B.Com A | 053 | Puvi |
| 3 | Sai Tarun M | V B.Com A | 026 | Sai |
| 4 | Yashwanth Mayur S | V B.Com A | 087 | Yash |
| 5 | Dileep M | V B.Com A | 102 | Dileep |
| 6 | C. Pavana | V B.Com A | 091 | Pavana |
| 7 | Malavika A | V B.Com A | 101 | Malavika |
| 8 | Fahad P.H | V B.Com A | 105 | Fahad |
| 9 | KISHAN.V | V B.Com A | 094 | Kishan |
| 10 | YARUN. ND. | V B.Com A | 072 | Yarun ND |
| 11 | KARTHTK.S | V B.Com A | 078 | Karthik S |
| 12 | KARTHTK.D | V B.Com A | 069 | Karthik D |
| 13 | SANJAY.S | V B.Com A | 103 | Sanjay S |
| 14 | DEEPAKA KUMAR M | V B.Com A | 050 | Deepa |
| 15 | DHYAN. S.H | V B.Com A | U03MY22C0000 | Dhanu |
| 16 | Hariprasad S | V B.COM A | C0028 | Hariprasad |
| 17 | Yogesh RAD .M | V B.COM A | C0019 | Yogesh |
| 18 | Subhash Chawan | V B.Com A | C0018 | Subhash |
| 19 | Yashas Gowda. A. | V B.COM B | C0182 | Yashas |
| 20 | Sagar. M. V | V B.COM B | C0186 | Sagar |
| 21 | Monish H.C | V B.COM B | C0141 | Monish |
| 22 | Alwin Jos | V B.COM B | C0193 | Alwin |
| 23 | Varun Varma | V B.COM B | C0139 | Varun |
| 24 | Swathi. B. P | V B.COM B | C0229 | Swathi |
| 25 | P Sponthi Reddy | V B.COM B | C0136 | P Sponthi |
| 26 | Brajwal. N | V B.COM B | C0154 | Brajwal |



| Sl | Name | Class & Sec | Registration Number | Signature |
|----|------------|---------------------------------|---------------------|-----------|
| 27 | Amsutha .V | ^{nti.com} B.Com 'B' | U03CJ2210234 | Amsutha V |
| 28 | Rishel N.P | B.Com 'B' | U03CJ22K0116 | Rishel |
| 29 | Manoj .P | B.Com 'B' | U03CJ2260162 | Manoj |
| 30 | Widya .V | B.Com 'C' | U03CJ2200099 | Widya |
| 31 | Ranya .G | B.Com (C) | U03CJ 409 | Ranya |
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NSS Officer


Program Co-Ordinator



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