



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell
 Student Activity Unit-SANCHALANA
 In Association with Yoga & Meditation Unit (STHITAPRAJNA)
 Report of the Event Conducted

Department:BCA

Date of Report: 09/03/2026

Sl. No.	Particulars	Event related Details			
1.	Event*	Student Activity			
2.	Title of the Event	A Breath & Balance: A student Wellness initiative			
3.	Date of Conduction	04,05/03/26	4.	Time: 11 to 12	
5.	Venue	Building No.17			
6.	Resource Person 1 Details	Name:NA Designation:NA Mobile No.:NA	Organization:NA Specialization:NA Email ID : NA		
7.	Topics Covered	NA			
8.	Resource Person 2 Details	Name:NA Designation:NA Mobile No.:NA	Organization:NA Specialization:NA Email ID:NA		
9.	Topics Covered	NA			
10.	No. Faculty Participants	Internal:	05	External:	NIL
11.	No. Student Participants	Internal:	80	External:	NIL
12.	Faculty Coordinator/s	Full Name	Prof. Samudyatha D S , Poornima Puneekar, Anusha, Rudreshwari G ,Ahmed		
		Department	Computer Applications.		
		Designation	Asst. Professor		
13.	Student Coordinator/s	Full Name	Kusumita,Durga spoorthy		
		Department	Computer Applications		
14.	Total Expenditure	NIL	15	Sponsors and Amount	NA
16.	Agenda of the Event	NA	17.	Provide the link of the report uploaded on College Website	YES
18.	Social Media Links	NA	19.	Report sent to Newspapers? If yes, provide cuttings/images:	NO
20.	Certificates Printed?	NA	21.	Feedback Collected?	YES
22.	Attendance Sheet Attached? "	YES	23	Photographs of the Event	YES
24.	Summary of the Event	<p>The BCA department organized A Breath & Balance to promote student wellness and stress management in collaboration with the Yoga Cell and the Student Activity Unit. The session was conducted by a student who is an international-level player and focused on breathing techniques, stress-relief exercises, and simple movements that can be performed while sitting in the classroom. Students actively participated and learned practical methods to improve concentration, reduce stress, and maintain emotional balance during academic activities. The initiative helped create awareness about the importance of maintaining both mental and physical well-being. Overall, the program encouraged students to adopt simple wellness practices for a healthier and more balanced lifestyle.</p> <p>The activity also emphasized the importance of mindfulness in daily routines. Students gained awareness of simple techniques to remain calm and focused during academic pressures. The session concluded with positive feedback and appreciation from the participants.</p>			

Samy
Event Coordinator

Anandasec
HOD-BCA

N. Gopal
09/03/26
IQAC Coordinator

Babu
Principal

Dayananda Sagar College of Arts,
 Science & Commerce
 Kumara any Layout, Bengaluru - 560 111
 Dayananda Sagar College of Arts,
 Science & Commerce
 Kumaraswamy Layout, Bengaluru - 560 111



**DAYANANDA SAGAR COLLEGE OF ARTS,
SCIENCE AND COMMERCE**



DEPARTMENT OF COMPUTER APPLICATIONS - BCA

IQAC

STUDENT ACTIVITY CELL - SANCHALANA



BREATH & BALANCE:
A STUDENT WELLNESS INITIATIVE



DATE : 04.03.2026

VENUE: BUILDING NO. 17

EVENT COORDINATORS

PRINCIPAL

VICE PRINCIPAL

HOD

Photos



Pic 1: Students performing meditation exercises to enhance focus and reduce stress.



Pic 2: Students practicing stress-relief exercises.



Pic 3: Wellness exercise session in progress.



Pic 4: Participants engaging in classroom exercises.



Pic 5: Students practicing relaxation exercises.



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

Kumaraswamy Layout, Bangalore - 560111
(Affiliated to Bangalore University, Approved by AICTE,
NAAC Accredited)

Student Activity Unit - SANCHALANA
In Association with Yoga and Meditation Unit



Name of the Activity: **Breath and Balance - A student wellness initiative**
Department: Department of Computer Applications - BCA
Date: 04.03.2026

Time:

Sl.No.	Student Name	Signature
1.	Divya . N	Divya . N
2.	Ashitha . K	Ashitha . K
3.	Meghana . K	Meghana . K
4.	Gangathri . R S	Gangathri . R S
5.	Geethanjali . K	Geethanjali . K
6.	Bhoomika Ganesha	Bhoomika Ganesha
7.	Ananya Maheshwari	Ananya Maheshwari
8.	Bhavana M V	Bhavana M V
9.	Gowthami	Gowthami
10.	Jeevitha Sri S	Jeevitha Sri S
11.	Kusumitha . V	Kusumitha . V
12.	Hamsika . B . H	Hamsika . B . H
13.	Durga Spoorthy . P	Durga Spoorthy . P
14.	Disha	Disha
15.	Farzeen	Farzeen
16.	Bindu	Bindu
17.	Chandana	Chandana
18.	Anjali	Anjali
19.	Devaranda	Devaranda
20.	Ankitha P	Ankitha P
21.	Jhillvi	Jhillvi
22.	Akshaya	Akshaya
23.	Sumana M.P	Sumana M.P
24.	Yuktha . M	Yuktha . M
25.	Spoorti . R . S	Spoorti . R . S
26.	Poojwi . H . M	Poojwi . H . M
27.	Ramya . M . P	Ramya . M . P

Sl.No.	Student Name	Signature
28.	Tushar Chavan	Tushar
29.	Sahana MG	Sahana
30.	Ramya K	Ramya B
31.	Vasanthha K S	Vasanthha K S
32.	Yashaswini	Yash
33.	Trisha S P	Trisha
34.	SPOORTHY H.U	Spoorthy H.U
35.	P. Rohit Patil	Rohit P
36.	Rizqil Iqbal	Rizqil
37.	Yashas. K	Yashas
38.	Skanda. C	Skanda
39.	SURAJ YADAV	Suraj
40.	Vedanth. V. A	Vedanth
41.	Yathish. S	Yathish. S
42.	Akash. S	Akash
43.	Pavan. G	Pavan
44.	R. S. Gowtham Reddy	R. S. Gowtham
45.	SAAD Ahmad Khan	SAAD
46.	Syed Muszifa	Syed
47.	Prathik K Shetty	Prathik
48.	Rohit S	Rohit
49.	Rohith S	Rohith
50.	Varunkumar DV	Varunkumar DV
51.	Shivan Debnath	Shivan

Event Co-ordinator: ganudyatha. D-S

Signature: Ramya

Ryananda Sagar College of Arts,
Science and Commerce.

Student Activity : A Student wellness
Initiative.

Meditation was a calm and relaxing activity conducted in our class. It helped us clear our minds and focus better. During the meditation we concentrated on our breathing and stayed quite. This activity helped reduce stress and made us feel peaceful.

Overall, it was very helpful and positive experience for everyone. Activities like meditation should be practiced regularly.

Thank you to our classmate
"Nagashreesht", who had conducted this
activity.

- Pooari. H. M
(U03CJ25S0066)
BCA B Sec 2nd

Pri.