



Dayananda Sagar College of Arts , Science  
and Commerce

Kumarswamy Layout , Bangalore

Internal Quality Assurance Cell (IQAC)

Department of Computer Applications - BCA

Yoga and Meditation Unit

STHITAPRAJNA

Session On: Meditation - Life Skill

Naga Shreeshyl KS

BCA 1st sem



1st place in State level and National level Competition  
Conducted by Karnataka Yogasana Sports Association



17/09/2025



2:00-3:00 pm



Building no 17

Seminar Hall

Event Co-ordinator

HOD-BCA

Vice Principal

Principal