



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell
Yoga and Meditation Unit- NITHYAPRAJNA
Report of the Event Conducted



Department*: Bcom

Date of Report: 6/6/25

Sl. No.	Particulars	Event related Details		
1.	Event*	Yoga and Meditation Unit		
2.	Title of the Event	Educational Visit		
3.	Date of Conduction	29/04/2025	4.	Time 10:00 AM
5.	Venue	S-VYASA Yoga University		
6.	Resource Person 1 Details (Profile to be enclosed)	Name NA Designation Mobile No.		Organization Specialization Email ID
7.	Topics Covered			
8.	Resource Person 2 Details (Profile to be enclosed)	Name NA Designation Mobile No.		Organization Specialization Email ID
9.	Topics Covered	NA		
10.	No. Faculty Participants	Internal: NA		External: NA
11.	No. Student Participants	Internal: 19		External: NA
12.	Faculty Coordinator/s	Name: Dr. Vadiraja K S Designation: Assistant Professor Department: BBA/B.Com		Name: Dr. Puja Sharma Designation: Assistant Professor Department: BBA/B.Com
13.	Student Coordinator/s			
14.	Total Expenditure	NA	15.	Sponsors and Amount (if any)
16.	Agenda of the Event	NA	17.	Provide the link of the report uploaded on College Website
18.	Social Media Links	NA	19.	Report sent to Newspapers? If yes, provide cuttings/images:
20.	Certificates Printed?	NA	21.	Feedback Collected?
22.	Attendance Sheet Attached?	Attached	23.	Photographs of the Event
24.	Summary of the Event	On 29th April 2025, 19 B.Com students visited S-VYASA Yoga University in Bengaluru, organized by the Yoga and Meditation Unit. The visit included a campus tour, interactive lectures, and a guided yoga session. Students explored the integration of yoga with scientific research and its applications in stress management, therapy, and corporate life. The experience enhanced their understanding of holistic wellness and motivated many to adopt yoga practices. The event successfully bridged academic learning with practical well-being, offering valuable insights into the relevance of yoga in modern lifestyles. The visit was enriching and encouraged further engagement with yogic sciences.		

Event Coordinator

[Signature]
Hob

IQAC Coordinator

IUAC Co-ordinator

Dayananda Sagar College of Arts,
Science & Commerce
Kumara my Layout, Bengaluru - 560 111.

Principal

[Signature]
9/6/25

S-VYASA Yoga University

(Swami Vivekananda Yoga Anusandhana Samsthana)



Location: Prashanti Kutiram, Jigani, Bengaluru, Karnataka, India

Status: Deemed-to-be University under Section 3 of the UGC Act, 1956

Established: 2002 (as a Deemed-to-be University), with roots in yoga research since the 1980s

Motto: *Combining the Best of the East with the Best of the West*

Vision and Mission:

S-VYASA was established with the aim of scientifically validating the ancient wisdom of yoga and integrating it with modern science and technology. Inspired by the life and teachings of Swami Vivekananda, the university promotes a holistic vision of education—combining physical, mental, emotional, intellectual, and spiritual growth.

- **Vision:** To be a global leader in yoga-based education and research.
- **Mission:** To make yoga a socially relevant science and to apply it for health promotion, disease prevention, and management.

Academic Programs:

S-VYASA offers a variety of programs through its different schools:

- **Undergraduate Courses:**
 - B.Sc. in Yoga and Consciousness
 - B.N.Y.S. (Bachelor of Naturopathy and Yogic Sciences)
- **Postgraduate Courses:**
 - M.Sc. in Yoga Therapy / Yoga and Consciousness
 - MBA in Wellness Management
 - M.A. in Yoga
- **Doctoral Programs:**
 - Ph.D. in Yoga and Allied Sciences
- **Certificate & Diploma Courses:**
 - Short-term Yoga Instructor Courses
 - Distance Education and Online Programs

Research and Innovation

S-VYASA is internationally acclaimed for its scientific research in yoga, especially in collaboration with institutions like:

- Harvard Medical School (USA)
- National Institutes of Health (NIH)
- Indian Council of Medical Research (ICMR)



S-VYASA Research Laboratory is a state-of-the-art facility conducting advanced biomedical research on yoga's impact on various ailments, such as:

- Diabetes
- Hypertension
- Asthma
- Anxiety and Depression
- Cancer rehabilitation
- Cardiovascular disease

Therapeutic Application – Arogyadhama:

S-VYASA runs a holistic health care centre called Arogyadhama, which applies integrated yoga therapy for over 100 health conditions. The treatment is drugless and combines:

- Yoga therapy
- Naturopathy
- Ayurveda
- Diet and lifestyle management

Campus and Facilities

- Set amidst a serene natural environment on the outskirts of Bengaluru
- Residential facilities for students and patients
- Separate hostels for men and women
- Meditation halls, classrooms, and research laboratories
- Herbal gardens and eco-friendly infrastructure

Global Recognition and Outreach

- S-VYASA has trained thousands of yoga professionals globally.
- Hosts international conferences and workshops like the **Global Yoga Conference**.
- Partnered with AYUSH Ministry and other organizations for yoga promotion.
- Active in promoting **International Day of Yoga (IDY)** every year.

Conclusion

S-VYASA stands as a bridge between ancient yogic traditions and contemporary scientific inquiry. It is a unique institution that not only imparts academic knowledge but also fosters a lifestyle rooted in wellness, peace, and holistic development. Its commitment to research, education, and therapy has placed it among the top institutions in the world for yoga studies and integrative medicine.

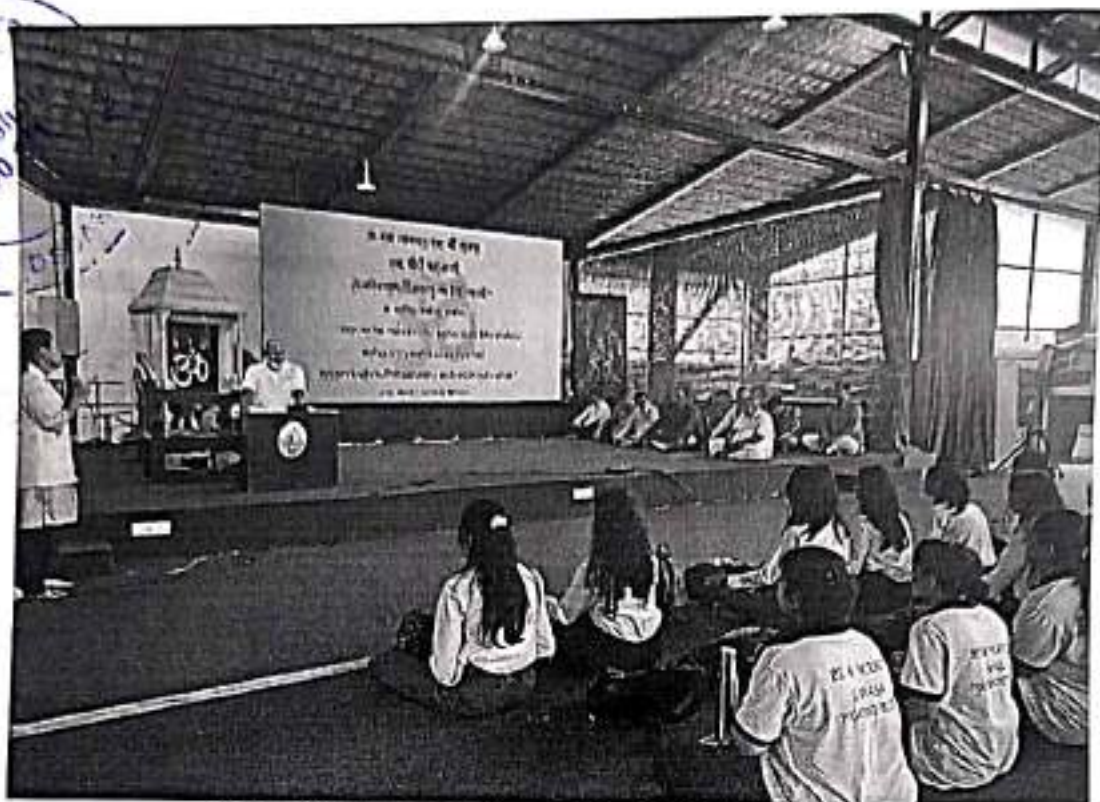
Dayananda Sagar College of Arts, Science & Commerce
Shavige Malleshwara Hills, Kumaraswamy Layout Bengaluru- 560111
Yoga and Meditation Unit- STIITHAPRAJNA
In association with Internal Quality Assurance Cell (IQAC)
Department of Commerce- B.Com (UG)



Photos



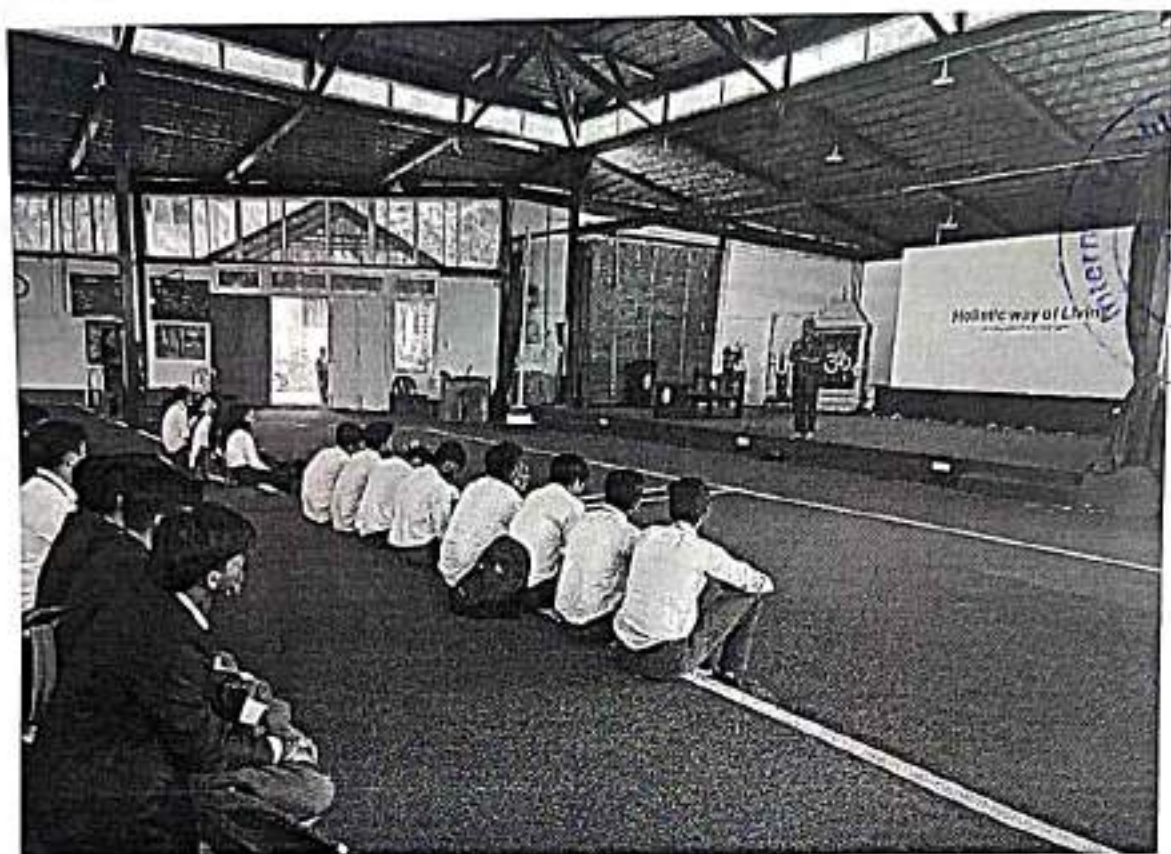
Pic.1. Students participation in Malthri Milan



Pic.2. Students chanting shlokas in Maithri Milan.



**Pic.3. Students with Chancellor and Founder of S-VYASA
Dr.H. R. Nagendra, Research Director Dr. Manjunath.**



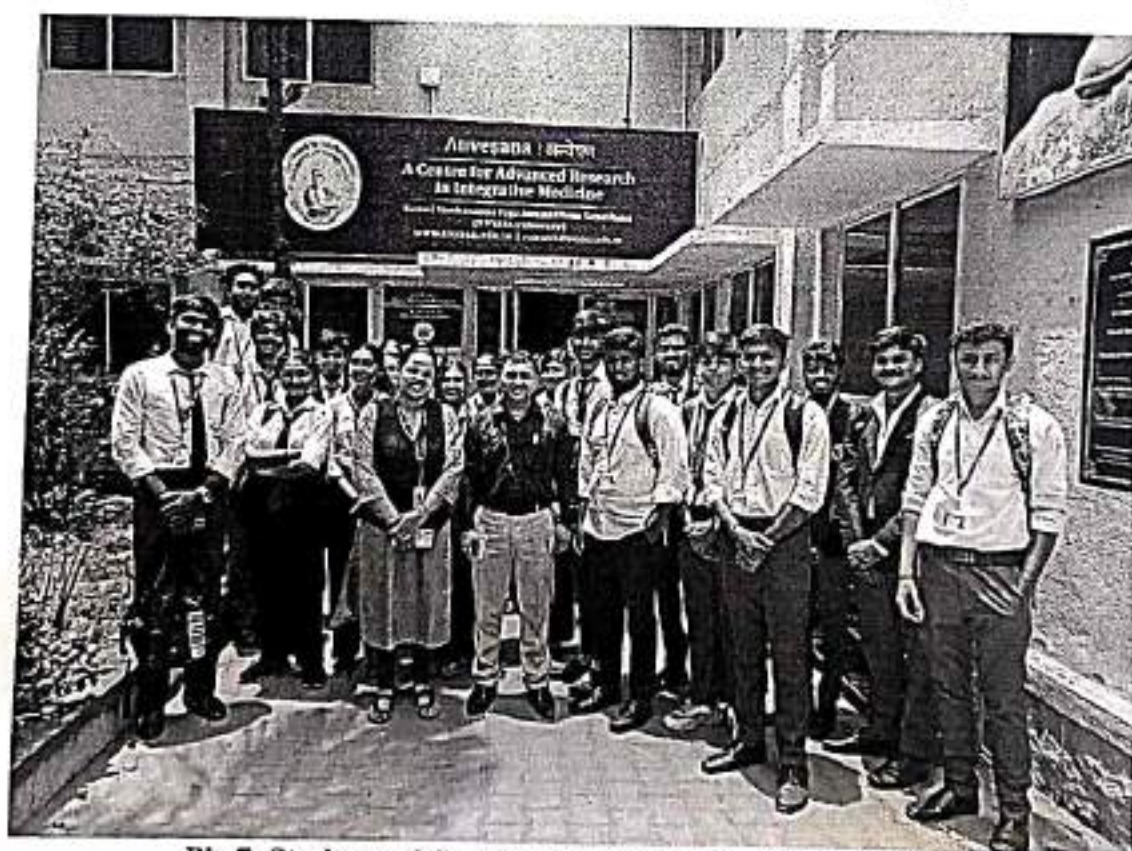
Pic.4. Students getting enlightenment on Holistic way of Living



Pic.5. Students practising meditation



Pic.6.Students getting knowledge about research in Yoga.



Pic.7. Students visited the Research Lab- ANVESHANA



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE



Shavige Malleshwara Hills, Kumaraswamy layout Bengaluru - 560111

(Affiliated to Bangalore University)

Department of Commerce

Yoga & Meditation Unit - STHITHAPRAJNA

in association with

Internal Quality Assurance Cell (IQAC)

Organizes

An Educational Visit

to

S-VYASA

Swamy Vivekananda Yoga Anusandhana Samsthanam

योग: कर्मसु कौशलम्

Faculty Coordinators

Dr. Vadiraja K S

Dr. Puja Sharma

29, April, 2025

10:00 AM



Faculty

HOD

Vice-Principal

Principal



DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE & COMMERCE

Affiliated to Bangalore University



Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore, Karnataka, India, Pin Code : 560111
Phone : +91 8042161762 / 26661104 Fax: 26660789,
Website : <https://dscasc.edu.in/>

YOGA AND MEDITATION UNIT-STHITHAPRAJNA IN ASSOCIATION WITH

INTERNAL QUALITY ASSURANCE CELL (IQAC)

DEPARTMENT OF COMMERCE- B.COM



NAME OF THE EVENT: EDUCATIONAL VISIT

DATE: 29/04/2025

TIME: 10:00 AM

VENUE: S-VYASA YOGA UNIVERSITY

SL. NO.	NAME OF THE STUDENT	REG. NUMBER	CLASS / SECTION	SIGNATURE
1.	Suprieth R. S	U03CJ24C0235	2 nd Sem 'F'	Suprieth R. S
2.	Chethan. R	U03CJ24C0073	2 nd Sem 'F'	Chethan. R
3.	Ananya. C. N	U03CJ24C0230	2 nd Sem 'F'	Ananya. C. N
4.	Aishwarya. P	U03CJ24C0049	2 nd Sem 'F'	Aishwarya. P
5.	Ananya. G	U03CJ24C0220	2 nd Sem 'F'	Ananya. G
6.	Yashika Raj	U03CJ24C0221	2 nd Sem 'F'	
7.	Mary saniya	U03CJ24C0249	2 nd Sem 'F'	Mary
8.	Nishkala. N	U03CJ24C0223	2 nd Sem 'F'	Nishkala
9.	Chathura. J	U03CJ24C0219	2 nd Sem 'F'	Chathura. J
10.	Druuthi P. B	U03CJ24C0256	II SEM 'F'	Druuthi

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NAME OF THE EVENT: EDUCATIONAL VISIT

DATE: 30/04/2025

TIME: 10:00 AM

VENUE: S-VYASA YOGA UNIVERSITY

NAME: Pranath B.V

REG. NO: UD3CJ230051

DEPARTMENT: B. Com.

STUDEN FEEDBACK

The visit to Yoga University made us to think upon holistic lifestyle with good food choices, healthy life. The nature and peaceful environment was relaxing and gave a break from daily life. It was insightful and led us to live a spiritual life.



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NAME OF THE EVENT: EDUCATIONAL VISIT
DATE: 30/04/2025
TIME: 10:00 AM
VENUE: S-VYASA YOGA UNIVERSITY

NAME: Chirusha S
REG. NO: U03CJ23C0359
DEPARTMENT: B.com

STUDEN FEEDBACK

This visit was very insightful and we learnt a lot of things like holistic way of living, importance of meditation and yoga. We learnt that we need to take care of our bodies and mind.

The visit was a very peaceful experience.



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TIME: 10:00 AM

VENUE: S-VYASA YOGA UNIVERSITY



NAME:

REG. NO:

DEPARTMENT:

STUDEN FEEDBACK

It was a very insightful visit. We learnt that our body is a combination of physical mental and emotional well being and the maintainance of all those could be done easily with the help of various asanas of Yoga. They gave us key points about developing our well being



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NAME OF THE EVENT: EDUCATIONAL VISIT

DATE: 30/04/2025

TIME: 10:00 AM

VENUE: S-VYASA YOGA UNIVERSITY

NAME:

REG. NO:

DEPARTMENT:



STUDEN FEEDBACK

It was a very good visit as we learnt about spirituality, yoga, holistic living & life to know got to the way of living a healthy lifestyle. The research center & Lab were the most interesting part about the visit. It was knowledfull.
Thank you.