

DAYANANDASAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560111
Internal Quality Assurance Cell (IQAC)

Annexure – I

Yoga & Meditation Unit "STHITAPRAJNA"
5 Days Yoga Practice Session

Department: M.Com

24.5.2025

Sl. No.	Particulars	Event related Details
1.	Event*	5 Days Yoga Practice Session
2.	Title of the Event	5 Days Yoga Practice Session
3.	Date	20 th to 24 th of May 2025 May 2025
4.	Time	9.00 am
5.	Venue	Building No. 13, Business block 6th floor
6.	Resource Person 1 Details (Profile to be enclosed)	Name: -- Dr. Savita Trivedi Organization: DSCASC Designation: Professor Area of Expertise: Personal Mobile No. Personal Email Id
7.	Topics Covered	Nostril breathing (Anulom Vilom), Om chanting, morning yoga stretches to help reduce stress, improve mobility and flexibility, to improve posture, boost energy and mental clarity
8.	Resource Person 2 Details (Profile to be enclosed)	Name: -- Dr.Savita Trivedi Organization: DSCASC Designation: Professor Area of Expertise: Personal Mobile No: Personal Email ID:
9.	Topics Covered	Meditation, OM Chant, Surya Namaskar every day.
10.	Resource Person Details 3 (Profile to be enclosed)	Name: -- Organization: Designation: Area of Expertise: Personal Mobile No: Personal Email ID:



Sl. No.	Particulars	Event related Details			
11.	Topics covered				
12.	No. Faculty Participants (Enclose a copy	Internal:	4	External:	-
13.	No. Student Participants (Enclose a copy of names with signatures)	Internal:	38	External:	-
14.	Faculty Coordinator/s	Full Name: Dr. Savita Trivedi Department: M.Com Designation: Professor			
15.	Student Coordinator/s	Full Name: -Ms.Abhijna Prabhu Register No: P03CJ24C012011			
16.	Total Expenditure (Details to be enclosed)	--			
17.	Sponsors and Amount (if any)	--			
18.	Program Schedule of the Event attached?	-			
19.	Provide the link of the report uploaded on College Website	https://www.dscase.edu.in/MCom/mcom-news			
20.	Provide the links of the report uploaded on Social Media				
21.	Report sent to Newspapers? If yes, provide cuttings/images	----			
22.	Certificates Printed? (Attach a copy**)	—			
23.	Feedback	--			



Sl. No.	Particulars	Event related Details
	Collected?	
24.	Attendance Sheet Attached?	Attached
25.	Summary of the Event (Around 100 words)	Under yoga & meditation unit "STHITAPRAJNA", 5 days yoga practice session was organized during 20 th to 24 th of May 2025 at 9.00 am. Students practiced Anulom Vilom, Om chanting, morning yoga stretches (light Aasana) to reduce stress, boost energy and mental clarity. Event was organized by professor Dr. Savita Trivedi and was coordinated by Ms. Abhjna Prabhu.
26.	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



Notes:

* Seminar / Webinar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

** Format Copy need to be attached and hard copy need to be filed

* Original sheet need to be filed and scanned copy should be attached

PS:

- ❖ Whichever column is not applicable, write as NA.
- ❖ If the nothing is done / gained / spent, write as No/Nil.

Srineli

Event Coordinator

Unakshi

HOD/Director

N. Prabhu
24/05/25

IQAC Coordinator

T. Balu

Principal

Principal
IQAC Co-ordinator
Dayananda Sagar College of Arts, Science & Commerce
Kumaraswamy Layout, Bengaluru - 560 111
Principal
Dayananda Sagar College of Arts, Science & Commerce
Kumaraswamy Layout, Bengaluru - 560 111



Dayananda Sagar College of Arts, Science and Commerce

Master of Commerce

II & IV semester Batch 2024-25

Attendance for "5 Days Yoga Practice Session" by Dr. Savita Trivedi
2025 to 24-05-2025

from 20-05-

Sl. No	Registration No	Student Name	20-05-2025	21-05-2025	22-05-2025	23-05-2025	24-05-2025
1	P03CJ24C012005	Deepthi R.S	Deepthi	Deepthi	Deepthi	Deepthi	Deepthi
2	P03CJ24C012012	Pavithra S	Pavithra	Pavithra	Pavithra	Pavithra	Pavithra
3	P03CJ24C012015	Anvitha P.N.	Anvitha	Anvitha	Anvitha	Anvitha	Anvitha
4	P03CJ24C012011	Abhijna	Abhijna	Abhijna	Abhijna	Abhijna	Abhijna
5	P03CJ24C012025	Harish S	Harish	Harish	Harish	Harish	Harish
6	P03CJ24C012024	Kushal S	Kushal	Kushal	Kushal	Kushal	Kushal
7	P03CJ24C012009	VIJETHA S SAHUKAR	Vijetha	Vijetha	Vijetha	Vijetha	Vijetha
8	P03CJ24C012018	Ramya A	Ramya	Ramya	Ramya	Ramya	Ramya
9	P03CJ24C012027	MADHU SHREE R	Madhu	Madhu	Madhu	Madhu	Madhu
10	P03CJ24C012028	MADHURA T.	Madhura	Madhura	Madhura	Madhura	Madhura
11	P03CJ24C012002	Hemanth Kumar. C.E	Hemanth	Hemanth	Hemanth	Hemanth	Hemanth
12	P03CJ24C012027	Nimol B.R.	Nimol	Nimol	Nimol	Nimol	Nimol
13	P03CJ24C012028	Satish R	Satish	Satish	Satish	Satish	Satish
14	P03CJ24C012022	KIRITI PRASHANTH B	Kirti	Kirti	Kirti	Kirti	Kirti
15	P03CJ24C012004	Akash K	Akash	Akash	Akash	Akash	Akash
16	P03CJ24C012021	Ayesha Iqam	Ayesha	Ayesha	Ayesha	Ayesha	Ayesha
17	P03CJ24C012021	Suryaya Althani	Surya	Surya	Surya	Surya	Surya
18	P03CJ23C012028	Chitra S	Chitra	Chitra	Chitra	Chitra	Chitra
19	P03CJ23C012028	Sanjana E	Sanjana	Sanjana	Sanjana	Sanjana	Sanjana
20	P03CJ23C012021	Pratyanka C	Pratyanka	Pratyanka	Pratyanka	Pratyanka	Pratyanka
21	P03CJ23C012006	Utkarsh B.M	Utkarsh	Utkarsh	Utkarsh	Utkarsh	Utkarsh
22	P03CJ23C012005	Harshit H.R	Harshit	Harshit	Harshit	Harshit	Harshit
23	P03CJ23C012002	Manasa G	Manasa	Manasa	Manasa	Manasa	Manasa
24	P03CJ23C012031	Kumaritruha	Kumaritruha	Kumaritruha	Kumaritruha	Kumaritruha	Kumaritruha
25	P03CJ23C012017	Gnanani N	Gnanani	Gnanani	Gnanani	Gnanani	Gnanani
26	P03CJ23C012015	Bindu	Bindu	Bindu	Bindu	Bindu	Bindu
27	P03CJ23C012041	Vasavi V	Vasavi	Vasavi	Vasavi	Vasavi	Vasavi
28	P03CJ23C012037	Dharmesh Gowda 148	Dharmesh	Dharmesh	Dharmesh	Dharmesh	Dharmesh
29	P03CJ23C012043	NITKARTI UV NAYAKA	Nitkarti	Nitkarti	Nitkarti	Nitkarti	Nitkarti
30	P03CJ23C012027	Nithya Rajee PS	Nithya	Nithya	Nithya	Nithya	Nithya
31	P03CJ23C012016	STOTRA NN	Stotra	Stotra	Stotra	Stotra	Stotra
32	P03CJ23C012025	Shruti Chauhan	Shruti	Shruti	Shruti	Shruti	Shruti
33	P03CJ23C012016	Shivani K S	Shivani	Shivani	Shivani	Shivani	Shivani
34	P03CJ23C012024	Shivani Deshbhardani	Shivani	Shivani	Shivani	Shivani	Shivani
35	P03CJ23C012045	KIKITH S	Kikith	Kikith	Kikith	Kikith	Kikith
36	P03CJ23C012022	Ramya A	Ramya	Ramya	Ramya	Ramya	Ramya
37	P03CJ23C012013	Thejaswini R	Thejaswini	Thejaswini	Thejaswini	Thejaswini	Thejaswini
38	P03CJ23C012014	Meghana	Meghana	Meghana	Meghana	Meghana	Meghana
39	P03CJ23C012009	Bouxya L	Bouxya	Bouxya	Bouxya	Bouxya	Bouxya
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Name of the Event : 5 Days Yoga Practice Session
Name of the Coordinator : Dr. Savita Trivedi
Date : 24-05-2025

