



Dayananda Sagar College of Arts, Science and Commerce

Internal Quality Assurance Cell (IQAC)

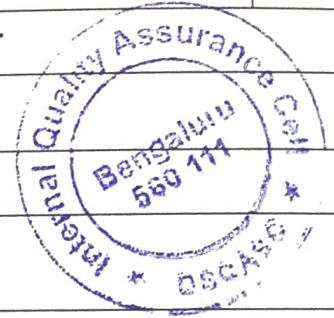
1 KAR NAVAL UNIT NCC

Report of the Event Conducted


Department: NCC UNIT, DSCASC

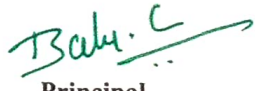
Date of Report: 25/06/2026

Sl. No.	Particulars	Event related Details			
1.	Event*	INTERNATIONAL YOGA DAY 2026			
2.	Title of the Event	YOGA FOR HEALTHY AGEING			
3.	Date of Conduction	22/06/2026	4.	Time 09.00 AM to 11.00 AM	
5.	Venue	Building No. 14, Ground floor, Architecture Block.			
6.	Chief Guest 1 Details (Profile to be enclosed)	N/A			
7.	Topics Covered	N/A			
8.	Resource Person 2 Details (Profile to be enclosed)	N/A			
9.	Topics Covered	NA			
10.	No. Faculty Participants	Internal: NA		External: NA	
11.	No. Student Participants	Internal: 92		External: NA	
12.	Faculty Coordinator/s	Full Name: Dr. Gangadhar Ramadge Designation: Assistant Professor, CTO - NCC Officer, Naval Unit NCC, DSCASC			
13.	Student Coordinator/s	Sharath Kumar, NCC Cadet			
14.	Total Expenditure	1572/-	15.	Sponsors and Amount (if any)	NA
16.	Agenda of the Event	focusing on physical vitality, mental resilience, and holistic wellness across all stages of life. The agenda promotes making yoga a daily habit rather than just a one-day event.	17.	Provide the link of the report uploaded on College Website	Yes
18.	Social Media Links	Yes	19.	Report sent to Newspapers? If yes, provide cuttings/images:	NA
20.	Certificates Printed?	NA	21.	Feedback Collected?	02
22.	Attendance Sheet Attached?	Attached	23.	Photographs of the Event	Attached
24.	Summary of the Event	On 22 nd June 2026, Naval NCC Unit, Dayananda Sagar College of Arts, Science and Commerce conducted '12 th International Yoga Day' the theme for 2026 was 'Yoga for Healthy Ageing.' This focus was chosen to highlight yoga's role in promoting longevity, mobility, and active living across all stages of life, aligning with the World Health Organization's initiatives. NCC Cadets participated in a structured session practicing asanas and pranayama, aiming to promote lifelong mobility and mental resilience among the youth. The event highlighted the importance of integrating yoga into daily routines to support long-term health and wellness.			




Event Coordinator


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


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



Dayananda Sagar College of Arts, Science and Commerce
(Affiliated with Bangalore University, recognized by the Government of Karnataka)
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore – 560 111.



**1 KAR NAVAL NCC UNIT
BANGALORE GROUP 'A'**



Date: 25.06.2026.

Report on 12th International Yoga Day

Location: Building no.14, Ground Floor, Architecture Block.

Organizing Unit: Naval NCC Unit

Total Number of Cadets Participated: 17.

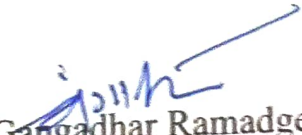
The Naval NCC Unit of Dayananda Sagar College of Arts, Science and Commerce celebrated the **12th International Yoga Day** on **22nd June 2026** with great enthusiasm under the global theme "**Yoga for Healthy Ageing.**" The Programme aimed to promote physical fitness, mental well-being, and healthy living among NCC cadets while encouraging them to adopt yoga as a lifelong practice.

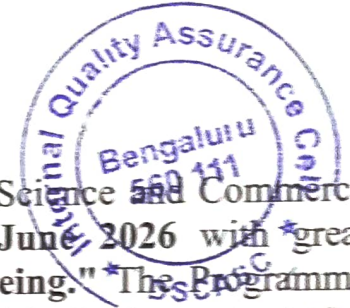
The event began with an awareness session on the significance of International Yoga Day and the importance of yoga in maintaining overall health. Cadets were introduced to the benefits of regular yoga practice in improving flexibility, strength, concentration, emotional balance, and stress management. The session also emphasized the role of yoga in preventing lifestyle-related diseases and supporting healthy ageing.

Under the guidance of trained instructors and the supervision of the NCC Officer, the cadets actively participated in a structured yoga session. They performed various **asanas** to improve flexibility, posture, and physical endurance, followed by **pranayama** exercises that enhanced breathing capacity, mental clarity, and relaxation. The activities highlighted how yoga contributes to lifelong mobility, resilience, and overall wellness.

The Programme reinforced the core values of the National Cadet Corps, including discipline, self-control, and perseverance. Cadets participated with dedication and enthusiasm, demonstrating their commitment to maintaining both physical and mental fitness.

The celebration concluded with a pledge by the cadets to practice yoga regularly and spread awareness about its health benefits among their families and communities. The successful observance of International Yoga Day reflected the Naval NCC Unit's commitment to nurturing disciplined, healthy, and socially responsible youth while promoting the timeless values of yoga for a healthier future.


Dr. Gangadhar Ramadge
CTO – NCC Officer
Naval Unit NCC





DAYANANDA SAGAR COLLEGE

OF ARTS, SCIENCE AND COMMERCE

Affiliated to Bangalore University
Shavige Malleshwara Hills, Kumarswamy Layout
Bengaluru

NAVAL NCC UNIT



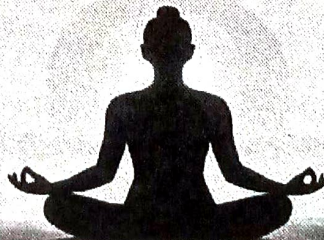
Under the Guidance of

IQAC

12th

INTERNATIONAL DAY OF YOGA - 2026

Theme
YOGA FOR HEALTHY AGEING



DATE:
22nd June 2026



TIME:
9 - 11 am



VENUE:
Building No. 14,
Architecture Block,
DSI Campus-1



BENEFITS OF YOGA:

- Improves Flexibility
- Enhances Immunity
- Reduces Stress
- Promotes Healthy Ageing

All are welcome

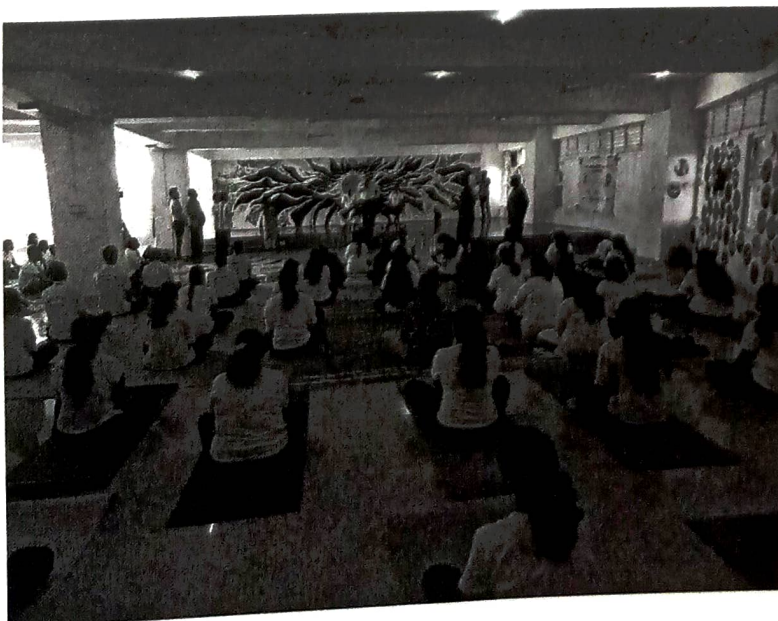
Yoga for Body, Mind and Soul



A group photo by students and Dignitaries.



S



The yoga instructor explained about the yoga postures.



Dayananda Sagar College of Arts, Science and Commerce
(Affiliated with Bangalore University, recognized by the Government of Karnataka)
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore – 560 111.



**1 KAR NAVAL UNIT NCC
GROUP 'A'**



12th INTERNATIONAL DAY OF YOGA 2026

ATTENDANCE SHEET

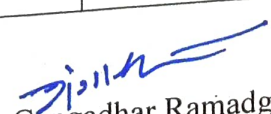
Venue: Building no. 14, Architecture Block, DSI Campus -1.

Date: 22.06.2026

Time: 09:00 Hr. to 11:00 Hr.



Sl. No.	REG NO.	NAME	Signature
1.	KA2025SDIN2280599	SAI KUMAR M PYATISHETTAR	Sai
2.	KA2025SDIN2280600	JAGANNATH K M	Jagannath
3.	KA2025SDIN2280601	KIRAN KUMAR P	Kiran
4.	KA2025SDIN2280602	SHREYAS GUPTA	Shreyas
5.	KA2025SDIN2280603	MAHESH V N	Mahesh
6.	KA2025SDIN2280604	SIDHARTH SANTANU ANAND	Sidharth
7.	KA2025SDIN2280605	YASHAVANT KENCHAMMANAVAR	Yashwant
8.	KA2025SDIN2280606	SHARATH KUMAR E	Sharath
9.	KA2025SDIN2280607	AKSHIT KUMAR	Akshat
10.	KA2025SWIN2280593	ANSHIKA KRISHNADATT UPADHYAY	Anshika
11.	KA2025SWIN2280594	AMOGHA SHANKAR HS	Amogha
12.	KA2025SWIN2280595	AKSHATHANJALI VIJAY RAO	Akshath
13.	KA2025SWIN2280596	PURVA SUNIT BHAGAT	Purva
14.	KA2025SWIN2280597	VARALAKSHMI	Varal
15.	KA2025SWIN2280598	JEEVITHA SRI S	Jeevitha
16.	KA2025SWIN2280608	AAYUSHI SINHA	Aayushi
17.	KA2025SWIN2280610	VEDA HANJAGI	Veda


Dr. Gangadhar Ramadge
CTO – NCC Officer
Naval Unit NCC



Dayananda Sagar College of Arts, Science and Commerce
(Affiliated with Bangalore University, recognized by the Government of Karnataka)
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore – 560 111.



**1 KAR NAVAL UNIT NCC
GROUP 'A'**



12th INTERNATIONAL DAY OF YOGA 2026

ATTENDANCE SHEET

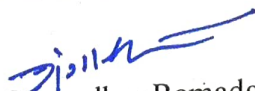
Venue: Building no. 14, Architecture Block, DSI Campus -1.

Date: 22.06.2026

Time: 09:00 Hr. to 11:00 Hr.



Sl. No.	REG NO.	NAME	Signature
1.	KA2025SDIN2280599	SAI KUMAR M PYATISHETTAR	Sai
2.	KA2025SDIN2280600	JAGANNATH K M	Jagannath
3.	KA2025SDIN2280601	KIRAN KUMAR P	Kiran
4.	KA2025SDIN2280602	SHREYAS GUPTA	Shreyas
5.	KA2025SDIN2280603	MAHESH V N	Mahesh
6.	KA2025SDIN2280604	SIDHARTH SANTANU ANAND	Sidharth
7.	KA2025SDIN2280605	YASHAVANT KENCHAMMANAVAR	Yashwant
8.	KA2025SDIN2280606	SHARATH KUMAR E	Sharath
9.	KA2025SDIN2280607	AKSHIT KUMAR	Akshat
10.	KA2025SWIN2280593	ANSHIKA KRISHNADATT UPADHYAY	Anshika
11.	KA2025SWIN2280594	AMOGHA SHANKAR HS	Amogha
12.	KA2025SWIN2280595	AKSHATHANJALI VIJAY RAO	Akshat
13.	KA2025SWIN2280596	PURVA SUNIT BHAGAT	Purva
14.	KA2025SWIN2280597	VARALAKSHMI	Vara
15.	KA2025SWIN2280598	JEEVITHA SRI S	Jeevitha
16.	KA2025SWIN2280608	AAYUSHI SINHA	Aayushi
17.	KA2025SWIN2280610	VEDA HANJAGI	Veda


Dr. Gangadhar Ramadge
CTO – NCC Officer
Naval Unit NCC



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

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



Internal Quality Assurance Cell

Name of the Activity: 12th INTERNATIONAL DAY OF YOGA 2026

Department: NCC and NSS Unit

Date: 22ND JUNE 2026 Time: 09:00 AM - 11:00 AM.

Sr.	Students Name	Department	Signature
1	Preetham	B.Com	[Signature]
2	Ananya	B.Com	[Signature]
3	Cooper	B.Com	[Signature]
4	Swetha	B.Com	[Signature]
5	Praveen	B.Com	[Signature]
6	Hareesh	B.Com	[Signature]
7	Vinayha	B.Com	[Signature]
8	Sujan	B.Com	[Signature]
9	Shazath	B.Com	[Signature]
10	Suraj	B.Com	[Signature]
11	Prajwal	B.Com	[Signature]
12	Sarvath	B.Com	[Signature]
13	Kiran. K	ISE	[Signature]
14	Mahesh. V	ISE	[Signature]
15	Nagesh. B. Y	ISE	[Signature]
16	Mohan. T	ISE	[Signature]
17	Prasidh. A	ISE	[Signature]
18	Varun	ISE	[Signature]
19	Nithya	B.A	[Signature]
20	Arsh	B.A	[Signature]
21	Aashya	B.A	[Signature]
22	Bhoomika	B.A	[Signature]
23	Sumekh	B.A	[Signature]
24	Arsh	B.A	[Signature]
25	Gaffar	B.A	[Signature]

Event Coordinator Name: Dr. Gangadhar

Signature: [Signature]



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

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



Internal Quality Assurance Cell

Name of the Activity: 12th INTERNATIONAL DAY OF YOGA 2026

Department: NCC and NSS Unit

Date: 22ND JUNE 2026 Time: 09:00 AM - 11:00 AM.



Sr.	Students Name	Department	Signature
1	Yashas k	BCA	
2	Ravi Kumar	Bcom	Ravi Kumar
3	Rohan R Krishna	BBA	Rohan
4	Nihal .s	BCA	Nihal
5	Devashish .HS	Bcom	Devashish
6	Mamish krishna	BCA	Mamish
7	Suman .k	Bcom	Suman
8	Yogesh .H	BBA	Yogesh
9	Goutham.k	BBA	Goutham
10	Sunil .	BCA	Sunil
11	N.Mohith	B.Com	N.Mohith
12	Shruthi .k Kumer .N	BBA	Shruthi
13	Rakhi Sathish	BBA	Rakhi
14	Pragwal	B.COM	Pragwal
15	lakshmesh	B.COM	Lakshmesh
16	Karthik	B.COM	Karthik
17	Vena gopal	BBA	Vena gopal
18	Prashanth	B.COM	Prashanth
19	Adithyan	BCA	Adithyan
20	Mohan Prasad	BCA	Mohan
21	Alok Kumar	BCA	Alok Kumar
22	Jai varth D	BCA	Jai varth
23	Vaibhan	BCA	Vaibhan
24	Suyida	BCA	Suyida
25	Ahok D	BCA	Ahok D

Event Coordinator Name: _____

Signature: _____



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

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



Internal Quality Assurance Cell

Name of the Activity: 12th INTERNATIONAL DAY OF YOGA 2026

Department: NCC and NSS Unit

Date: 22ND JUNE 2026 Time: 09:00 AM - 11:00 AM.

Sr.	Students Name	Department	Signature
1	Sidharth Santanu A	BSc	
2	Nihar Ranjan	BSc	
3	Krishna M Rao	BSc	
4	Anwar Md	BSc	
5	Talha Md	BSc	
6	Moulik K	BSc	
7	Vaasha. M.	B.com	
8	Ullas. S-B	B.com	
9	Runil G	B.COM	
10	T. Arukitha	B.com.	
11	Yashaswini Ganesh	B.com.	
12	Ravi	BSC	
13	Yashas	BSC	
14	Pavithra	BBA	
15	Chandana	BBA.	
16	Srujan	BCA.	
17	Aloka	BCA	
18	Jeevitha	BCA	
19	Prasanna	BCA	
20	Chandu	BSE	
21	Javanth	BCA	
22	Adhitya	BCA	
23	Nithin	BBA	
24	Akash	BBA	
25			

Event Coordinator Name: _____

Signature: _____

From,
T. Arkitha
UO3CJ24C0072
BCOM IV SEM
DSCASC.

29/06/2026-



Subject - Feedback on yoga program,

I would like to express my sincere gratitude for organizing the yoga session. The program was well-planned and very beneficial. The instructor explained the yoga postures and breathing techniques clearly, making them easy to understand and practice. Thank you for organizing this wonderful initiative.

Yours obedient

T. Arkitha

Bcom 3rd Sec.

IV SEM

UO3CJ24C0072.

From,

Rajiv

B.Com.

Dayanda Sagar College of
Arts, Science and Commerce,



Feedback

Great session! It was refreshing,
relaxing, and well-organized.

Excellent yoga Day event. Thank you
for promoting health and wellness.

Thank you


Akki