

Dayananda Sagar College of Arts Science and Commerce
Kumaraswamy Layout, Bangalore - 78
Internal Quality Assurance Cell



Cell Annual Report June 2025 to May 2026

Cell Name: YOGA AND MEDITATION CELL

Annual Report of the cell (June 2025 to May 2026)

Yoga helps regulate the autonomic nervous system and reduces overactivity in stress circuits, lowering cortisol levels and promoting relaxation. Breathing techniques (pranayama) and meditation activate the parasympathetic nervous system, helping calm the mind and reduce anxiety. Regular practice has been shown to decrease symptoms of generalized anxiety disorder and panic attacks, providing a natural, non-pharmacological approach to stress management. Yoga stimulates the release of neurotransmitters such as serotonin, dopamine, and gamma-aminobutyric acid (GABA), which elevate mood and reduce depressive symptoms. Studies indicate that yoga can be as effective as standard treatments for mild to moderate depression and can complement psychotherapy or medication. Trauma-sensitive yoga has also been shown to reduce PTSD symptoms, including flashbacks and hypervigilance. Regular yoga practice improves brain structure and function, enhancing memory, attention, and executive function. MRI studies show increased gray matter in the hippocampus and prefrontal cortex, areas critical for learning, decision-making, and emotional regulation. Yoga can counteract age-related cognitive decline and improve mental clarity and focus. Yoga fosters mindfulness, helping practitioners observe thoughts and emotions without judgment, which enhances emotional regulation and self-awareness. This practice encourages patience, resilience, and a more positive outlook on life, supporting long-term mental well-being.

DAYANANDASAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE (DSCASC) has established to act as a Centre of Excellence in the field of Yoga. The basic objective of this Institute is to develop, promote and propagate the science and art of Yoga. It also provides and promotes facilities for Yoga education, training, therapy, and research to fulfil the above objectives. As the demand for the system of Yoga is increasing rapidly at the global level, the Institute is striving hard to fulfil the current need and demands of people from every corner.

In view of this, Dayananda Sagar College of Arts Science and commerce, MBA BU has conducted various activities such as Special yoga on Disease Prevention, Yoga program for teachers, Surya namaskar, Heart full Meditation from Heartfulness Foundation, International Yoga Day, Yoga Camp for Women's,. The Yoga Teacher have also explained remedies for personal health problems to the participants with lot of patience.

Sl.N	Event Name	Dat	Weblink	No. of	Departme
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1	Meditation life skill	19-09-2025	https://www.dscasc.edu.in/images/BCA/news/MIs.pdf	68	BCA
2	Meditation life skill	25-08-2025	https://www.dscasc.edu.in/images/BCA/news/Lifesk.pdf	112	MCA
3	Yoga and meditation practice session	15-05-2026	https://www.dscasc.edu.in/images/MCom/news/Ygm.pdf	27	M.Com
4	Student Development Program on Self Improvement	10-11-2025	https://www.dscasc.edu.in/images/MBA/initiatives/Sdpsi.pdf	31	MBA

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29/06/2025
Cell Head

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Science & Commerce
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