



RAMAIAH

College of Arts, Science &
Commerce

ಎಮ್ ಎಸ್ ರಾಮಯ್ಯ ಕಲಾ, ವಿಜ್ಞಾನ ಮತ್ತು ವಾಣಿಜ್ಯ ಕಾಲೇಜು

M S Ramaiah College of Arts, Science and Commerce

Re-accredited 'A' by NAAC, Permanently Affiliated to Bengaluru City University,
Approved by Government of Karnataka, Approved by AICTE, New Delhi,
Recognized by UGC under 2f & 12B of UGC act 1956



(National Institutional Ranking Framework, Ministry of Education, Govt of India)
Ranked 62nd in NIRF India Ranking by MHRD, New Delhi
DBT Star College Scheme

Ref: RCASC/ COMMERCE/2021-22/003

Date: 06-01-2022

CIRCULAR

DEPARTMENT OF COMMERCE

All the students of I year B.com are hereby informed to attend the life skill development programme on “Yoga” organized by the Department of Commerce. Hence, all students are informed to join the session and benefit from the session.

Resource person: Mr. Mahesh, Physical education instructor, MSRCASC

Venue: Google meet

Date: 17/01/2022

Time: 8am – 9.30 am

Link: <https://meet.google.com/kgk-tyms-fem>

HOD

HEAD OF THE DEPARTMENT

COMMERCE

**M.S. RAMAIAH COLLEGE
OF ARTS, SCIENCE & COMMERCE
BANGALORE - 560 054**

PRINCIPAL
Principal,

**M.S. Ramaiah College of Arts, Science & Commerce
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Bangalore - 560 054**

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Department of Commerce

Organises a Seminar on

Yoga

Resource Person:

**Mr. Mahesh, Physical education
instructor, MSRCASC**

Date:17.01.2022

Venue: Google meet

Time: 8.00 am - 9.30 am

Objective:

The objectives of the programme was to enhance the knowled among the students about yoga and its benefits. It also strived create awareness about asanas, meditation and pranayama.

**Mrs. Karanam Kavitha
Event Co-ordinator**

**Prof.B.S Jayarama
Head
Department of Commerce**

About College

Dr. M S Ramaiah, a visionary and philanthropist established “Gokula Education Foundation (GEF)”, in the year 1962, to deliver education and healthcare for the betterment of mankind. Under the tutelage of GEF, Ramaiah College of Arts, Science and Commerce (RCASC) was established in 1994. RCASC is Re-accredited with “A” Grade by NAAC, Permanently affiliated to Bengaluru Central University (BCU), and approved by AICTE. It is also recognized under section 2(f) & 12(B) of the UGC Act 1956. It has produced several rank holders and has alumni in distinguished institutions all over the world. The College has a legacy of organizing National Conferences and workshops in various disciplines of Science, Commerce and Management in addition to Quality Initiatives in Higher Education.

Patrons

**Dr. M R Jayaram,
Chairman, GEF**

**Sri. M R Janakiram,
Director, GEF**

**Sri. M R Kodandaram,
Director, GEF**

**Sri. B S Ramaprasad,
Chief Executive GEF (E&GS)**

**Sri. G Ramachandra,
Chief of Finance, GEF**

**Dr. A Nagarathna, Principal,
RCASC**

Organizing Committee

Mrs. Roopa H S, Associate Professor

Mr. Shankar Guddad, Assistant Professor

Ms. Kruthi V P, Assistant Professor

Ms. Kavyashree S, Assistant Professor

Ms. Sai Sushmitha V, Assistant Professor

Ms. Srivaideshwari S, Assistant Professor

Our Program

This program focusses on educating the students about asanas, meditation and pranayama. Apart from these, it strives to enhance the knowledge about Yoga. The program intends to impart knowledge about Yoga and its importance for maintaining a better life style.



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DEPARTMENT OF COMMERCE

Event Report on Yoga

Resource Person: Mr. Mahesh, Physical education instructor, MSRCASC

Venue: Google meet

Requirements: Yoga mat

Date: 17.01.2022

Time: 8.00AM – 9.30AM

Number of students: 92

The Department of Commerce offered a programme on Yoga for the students of First year B.com on 17.01.2022. The resource person for the program was Mr. Mahesh, Physical education instructor, MSRCASC.

Objective: The objectives of the programme was to enhance the knowledge among the students about yoga and its benefits. It also strived to create awareness about asanas, meditation and pranayama.

The program was provided for the students of first Year B.com. This program focused on educating the students about asanas, meditation and pranayama. Apart from these, it strived to enhance the knowledge about Yoga. Firstly, the program tried to impart knowledge about Yoga and its importance for maintaining a better life style.


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Yoga is a practice that minimizes the level of stress among the individuals. It reduces the effects of stress hormone by encouraging relaxation, controlling the blood pressure, facilitating the immune system, improves the heart rate. Apart from these, it facilitates in curing symptoms like depression, asthma, anxiety and fatigue. The practice of Yoga not only helps in physical pain relief but also emotional pain. Regular practice of Yoga relives the muscles and creates flexibility in the bones, joints and spine. It also improves the blood circulation in the body.

The program also created awareness about asanas, the speaker educated that asana have the power to improve the flexibility and strength. They also discussed that it helps the body and joints, ligaments and muscles to strengthen the movement. The speaker first educated about the history of asanas. Asana have the power to calm and strengthen the immune system. The asanas such as Suryanamaskara (Warming-up), yoga stretches, meditative asanas, relaxation asanas were discussed during the program.

Further, discussion on pranayama was also carried out apart from asanas. The importance of pranayama for breath control was discussed. The importance of different pranayama such as Kapalabathi, Brahamari pranayama, Shwana-Swasha-Lion Breath, Nadishuddhi etc were discussed during the session. It also educated about the significance of meditation for relaxing the body and mind. Meditation also has the feature of creating focus on the work, this mainly facilitates individuals to carry out the work effectively.

OUTCOME: The major outcome of the program was not only to understand the importance of asanas, pranayams and meditation but also use that in an effective manner to lead a healthy life. The students understood the need for these practices in their daily life. They also were of the opinion that such yogic practice results to healthy life and also creates peaceful mind to concentrate on the activities effectively.


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Ramaiah College of Arts, Science and Commerce

Department of Commerce

Topic: Yoga

Date: 17/01/2022

Year:2021-22

Sl. No	REGISTER NUMBER	NAME
1	U18EV21C0017	BHARATH RAO R
2	U18EV21C0153	ADHIL K
3	U18EV21C0156	ADARSH MEHROTRA
4	U18EV21C0135	P BHARATH BHARADWAJ
5	U18EV21C0154	ADITYA KUMAR
6	U18EV21C0043	NIKHIL KUMAR CHIKKAMATH
7	U18EV21C0055	RAVI N E
8	U18EV21C0050	BHOOMIKAA V
9	U18EV21C0041	SHIRLEY BENITA HAYMO
10	U18EV21C0129	HARINI M
11	U18EV21C0123	AKASH MANOJKUMAR PAWAR
12	U18EV21C0038	HARSHITH D
13	U18EV21C0176	SYED MOIZ
14	U18EV21C0175	SHOHAN A UNNI
15	U18EV21C0138	MOHAMMED KHALID
16	U18EV21C0018	KAVYA K V
17	U18EV21C0116	ARYA P B
18	U18EV21C0072	PRASANNAGOUDA VIRANGOUDA PATIL
19	U18EV21C0085	ABHISHEK GOWDA ST
20	U18EV21C0063	ZOYA SAMREEN
21	U18EV21C0080	SAISH N
22	U18EV21C0015	SRINIDHI D S
23	U18EV21C0099	TARUN S
24	U18EV21C0034	PAVAN S
25	U18EV21C0180	NEHAL KUMAR HOODA
26	U18EV21C0024	HARISH K
27	U18EV21C0013	B SAI HIMAJA
28	U18EV21C0064	KEERTHI KISHEN
29	U18EV21C0009	DHANESHWARI HARISH POTDAR
30	U18EV21C0109	BINDU SHREE M R
31	U18EV21C0177	KRUTHIK S
32	U18EV21C0101	ANMOL KUMAR
33	U18EV21C0107	SANJANA SAHANI D
34	U18EV21C0158	YASH RAJ
35	U18EV21C0161	ANISH PRATEEM PHUKAN

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36	U18EV21C0016	MUSHARRAF BASHA
37	U18EV21C0104	NITHIN PRAKASH K
38	U18EV21C0105	SHREYAS P
39	U18EV21C0106	SANJANA D
40	U18EV21C0107	SANJANA SAHANI D
41	U18EV21C0108	POOJA M
42	U18EV21C0109	BINDU SHREE M R
43	U18EV21C0110	THANUSHREE H
44	U18EV21C0111	SINDU IRANNA BANDI
45	U18EV21C0112	MANOJ GOWDA K H
46	U18EV21C0113	VINAY LATHER
47	U18EV21C0114	SHREYAS V
48	U18EV21C0115	SHAMANTH B N
49	U18EV21C0116	ARYA P B
50	U18EV21C0117	SNEHA RAJ KUMAR G R
51	U18EV21C0119	KARTHIK S
52	U18EV21C0121	KETHAN S
53	U18EV21C0122	SRI HARI V KANDAGALE
54	U18EV21C0123	AKASH MANOJKUMAR PAWAR
55	U18EV21C0124	K A DHUREEN
56	U18EV21C0125	VENU GOPAL M
57	U18EV21C0126	RANJAN SACHIN
58	U18EV21C0127	VARUN KUMAR K
59	U18EV21C0128	ADI VAISHNAVI
60	U18EV21C0129	HARINI M
61	U18EV21C0130	VINODINI B
62	U18EV21C0131	GAGAN H P
63	U18EV21C0132	SHRAVANI M
64	U18EV21C0133	SHASAN C
65	U18EV21C0134	DHRUVA U
66	U18EV21C0136	RAJAT JAIN
67	U18EV21C0137	MUHAMMED AMMAN K K
68	U18EV21C0138	MOHAMMED KHALID
69	U18EV21C0139	DEEPTHI M
70	U18EV21C0140	PUSHKAR N
71	U18EV21C0141	CHARAN M
72	U18EV21C0142	SURAJ NAIR
73	U18EV21C0143	MONISHA M
74	U18EV21C0144	AMAN SINHA
75	U18EV21C0145	SURABHI P U
76	U18EV21C0146	MUTHU SUBRAMANYAM U
77	U18EV21C0184	GADDAPARA PAVAN
78	U18EV21C0128	ADI VAISHNAVI

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79	U18EV21C0025	SHRIMA P
80	U18EV21C0108	POOJA M
81	U18EV21C0141	CHARAN M
82	U18EV21C0094	SHRISHA K
83	U18EV21C0093	YUVRAJ N
84	U18EV21C0012	PAVAN M
85	U18EV21C0113	VINAY LATHER
86	U18EV21C0193	S HARISH
87	U18EV21C0185	JOSELYN LIYA OOMMACHAN
88	U18EV21C0088	SOMASUNDAR A
89	U18EV21C0134	DHRUVA U
90	U18EV21C0114	SHREYAS V
91	U18EV21C0036	SUDEEP HEBBAR
92	U18EV21C0124	K A DHUREEN


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