



Dayananda Sagar College of Arts, Science, and Commerce

Internal Quality Assurance Cell

APTHAMITHRA

Report of the Event Conducted

Department: BCA

Date of Report: 02/05/2025

Sl. No.	Particulars	Event-related Details			
1.	Event	MENTORING			
2.	Title of the Event	Gadget de-addiction & Careers			
3.	Date of Conduction	29/04/2025	4.	Time 11am-12noon	
5.	Venue	Building No. 17, Room No 203			
6.	Resource Person 1 Details	Name: Ms. Sonal Patel Organization: Banjara Academy Designation: Director Specialization: Counselling & Psychotherapy Mobile No. Email ID: banjaracareers@gmail.com 8861421666			
7.	Topics Covered	Careers, making the right decision, limiting Gadget usage			
8.	Resource Person 2 Details	Name Organization Designation Specialization Mobile No. Email ID			
9.	Topics Covered				
10.	No. Faculty Participants	Internal:	NA	External:	NA
11.	No. Student Participants	Internal:	60	External:	
12.	Faculty Coordinator/s	Full Name: Sailaja Bhaskar Murthy Department: BCA Designation: Asst. Professor			
13.	Student Coordinator/s	Full Name: Varshini, Priyanka Singh Department: BCA			
14.	Total Expenditure	NA	15	Sponsors and Amount	NO
16.	Agenda of the Event	Gadget de-addiction – Regaining control	17.	Provide the link of the report uploaded on College Website	
18.	Social Media Links		19.	Report sent to Newspapers? If yes, provide cuttings/images:	NO

Sl. No.	Particulars	Event-related Details			
20.	Certificates Printed?	NO	21.	Feedback Collected?	YES
22.	Attendance Sheet Attached?	YES	23.	Photographs of the Event	YES
24.	Summary of the Event	The mentoring session focused on overcoming gadget addiction and guiding students toward informed career choices. Key topics included the definition of a career, early planning, and choosing careers for the right reasons. Students examined common misconceptions and learned the value of having a Plan B. The session highlighted how aptitude assessments aid decision-making and outlined essential career-readiness skills. Emphasis was placed on self-awareness, responsible technology use, and proactive planning for a successful future.			

Sandhya
Event Coordinator

N. Gopal
21/5/25
IQAC Coordinator

[Signature]
Principal



DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

SHAVIGE MALLESHWARA HILLS, 1ST STAGE,
KUMARASWAMY LAYOUT, BENGALURU, KARNATAKA,

IQAC

Personal Counselling and Mentoring Unit – **Apthamithra**

Department of Computer Applications-BCA



Sonal Patel

Director at
Banjara Academy

Talk On

Gadget de-addiction
and
Careers

Date: 29-04-2025

Time: 11:00 AM

Venue: Building no.17

Event Coordinators HOD IQAC Vice Principal Principal



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Pic(2) – Ms. Sonal on career decisions



Pic(2) – Making the right career choice



Pic(3) – Effects of wrong career choice explained



Pic(4) – Importance of planning early



Pic(5) – Students involved in the session



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: MENTORING

Department: BCA

Date: 29/04/2025 Time: 11am - 12 noon.

Sl.No	Student Name	Reg.No.	Department	Signature
1.	Rukhaya-Z	U03CJ2450121	BCA 2 nd Sem B	Rk
2	VENNETHA	U03CJ2250101	BCA 6 th Sem B	Vennetha
3	ZAHRA	U03CJ2250121	BCA 6 th Sem B	Zahra
4	Varshini .G	U03CJ2250096	BCA 6 th Sem B	Varshini
5	Ananya	U03CJ2450050	BCA 2 nd Sem A	Ananya
6	Bhoomika .M	U03CJ2450058	BCA 1 st Sem A	Bhoomika
7	Deeksha	U03CJ2450064	BCA 1 st Sem A	Deeksha
8	Pavithra .k	U03CJ2450102	BCA 2 nd Sem A	Pavithra
9	Karthika B.k	U03CJ2450077	BCA 2 nd Sem A	Karthika B.k
10	chandana .k	U03CJ2450062	BCA 2 nd A	chandana
11	Chasmi Sunku	U03CJ2450122	BCA 2 nd B	Chasmi
12	Bhoomika .N	U03CJ2450059	BCA 2 nd A	Bhoomika
13	Suma .P	U03CJ2250089	BCA 6 th Sem B	Suma
14	LAKSHMI . R	U03CJ2450099	BCA 2 nd Sem A	Lakshmi
15	MONISHA .S	U03CJ2450093	BCA 2 nd Sem A	Monisha
16	Nithesh .S	U03CJ2450099	BCA 2 nd Sem A	Nithesh
17	Kavana .S	U03CJ2450076	BCA 2 nd Sem A	Kavana
18	Anushree .N	U03CJ2450054	BCA 2 nd Sem A	Anushree
19	Namitha R.H	U03CJ2450098	BCA 2 nd Sem A	Namitha
20	Amrutha .G.P.	U03CJ2450049	BCA 2 nd Sem A	Amrutha
21	Anjali Netaji	U03CJ2450052	BCA 2 nd Sem A	Anjali
22	Anjali Kumari .M	U03CJ2450051	BCA 2 nd Sem A	Anjali
23	Ankita Biswas	U03CJ2450053	BCA 2 nd Sem A	Ankita
24	Umar Badao	U03CJ2450145	BCA 2 nd Sem B	Umar
25	Yatharth K. A.	U03CJ2450155	BCA 2 nd Sem B	Yatharth
26	Prerna .K	U03CJ2250066	BCA 6 th Sem B	Prerna
27	Shwetha .N	U03CJ2250080	BCA 6 th Sem B	Shwetha

FEEDBACK - MENTORING ACTIVITY

Rutika - Z
II Sem 'B'
U03CJ2450121

I found this session was very helpful for me. I am very grateful that for organizing this amazing session. Because now I am clear that what path should be taken as my career.

The session was a wonderful exposure to understand where we are heading after BCA.

Saisimha
II Sem 'B'
U03CJ2450124

Mrs. Sonal Patel,

A Child Counsellor- CBT Practitioner and Emotional Intelligence coach - is a Director of Banjara Academy

Mrs. Sonal completed her graduation and then her post-graduation in Law. Her love for children and the urge to help people emotionally made her find her calling in counseling after doing a Diploma in Counseling skills from Banjara Academy .She went on to pursue her interest with her Masters in Counseling and Psychotherapy and then completed her Clinical Child Psychology Diploma For Child Care.



Her journey of Counseling with Banjara Academy includes continuous learning, teaching, training the trainers, and coordinating all child development activities. She has done training programs with different schools in Bangalore for various concerns of parents, teachers and students.

A person fully committed to the holistic development and emotional well-being of all children, Sonal heads the Academy's Gurukul, guiding her team to make personalized plans to teach each child. She does psycho-social and educational assessments of children to help each child grow holistically, and also career counseling and guidance.