

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE
 Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560082.
 Internal Quality Assurance Cell (IQAC) Cell
 Seminar on "Life Skills"- Health and Wellness


Department: BCA

Date: 02-01- 2024

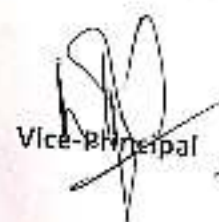
Sl. No.	Particulars	Event related Details		
1.	Event*	Seminar		
2.	Title of the Event	Life Skills		
3.	Date	02-01- 2024		
4.	Time	11:00AM – 12:00 PM		
5.	Venue	Seminar Hall Building No 17 , DSCASC		
6.	Resource Person 1 Details**	Ms.Sushma Lingaraj Counsellor,CIL		
7.	Topics Covered	<ul style="list-style-type: none"> • Goals • punctuality • Creativity Thinking • Communication 		
8.	Resource Person 2 Details**	NA		
9.	Topics Covered	NA		
10.	No. of Faculty Participants	Internal:	3	External: NA
11.	No. of Student Participants	Internal:	85	External: NA
12.	Faculty Coordinator/s	Name: Prof.Hemanth Uppala Designation :Vice Principal Name : Dr.Aruna Devi C Designation : Associate Professor & HOD-BCA College: Dayananda Sagar College of Arts, Science and Commerce		
13.	Student Coordinator/s	Full Name and Roll Number: Manasvi U03CJ23S0057 Darshan Rajan U03CJ23S0026 Course& Sem: Semester : I Semester BCA 'A' & 'B'		
14.	Total Expenditure	Nil		
15.	Sponsors and Amount	NA		

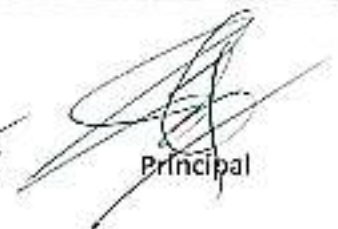
16.	Program Schedule of the Event attached?	No
17.	Provide the link of the report uploaded on College Website	
18.	Provide the links of the report uploaded on social media	----
19.	Report sent to Newspapers? If yes, provide cuttings/images:	No
20.	Certificates Printed?	NO
21.	Feedback Collected?	NO
22.	Attendance Sheet Attached?*	YES
23.	Summary of the Event	Ms.Sushma Lingaraj from Centre for Innovation and Leadership (CIL) has delivered a seminar on life skills for I semester BCA students on 02-01-2024. The topic started with the importance of life skills and the significance of Goals. Ms.Sushma spoke about motivation, setting up of goals, working on them, importance of punctuality, and attention towards the job. She emphasized on all these factors to attain success in career and in general life. She also emphasized on character building, how to work on various goals, how to be confident, how to have strong self-image. She told the importance of all these factors to attain success in life. Overall the talk was very motivational and encouraging for the students.
24.	Photographs of the Event	Enclosed Below

Raji
Event Coordinator


HOD


IQAC Coordinator


Vice-Principal


Principal

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE
Shavige Malleshwara Hills, Kumaraswamy Layout, Bangalore-560082.
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Photos



Photo 1 - Speaker started the session



Photo 2 - Student Participation



photo 3- Student asking questions



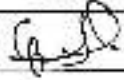

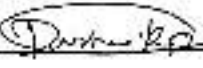
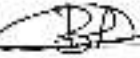


photo 4 - Group Picture

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE
 Department of Computer Applications - BCA
 Seminar : Health & Wellness

Date: 02.01.2024

I Sem "A" Sec Timings: 11.00 PM - 12.00 PM

SL. NO.	STUDENTS NAME	REG. NO.	SIGNATURE
01	Manasvi . NL	U03CJ2350057	Manasvi
02	J. Pujitha	U03CJ2350038	Pujitha. J
03	CH. Trisha	U03CJ2350017	etd.
04	D. Harshitha	U03CJ2350021	D. Harshitha
05	Jiya Jathima	U03CJ2350037	Jiya
06	REENU SHUKLA	U03CJ2350010	Reenu
07	Bhoomika . B	U03CJ2350013	Bhoomika
08	Sukrasha . D	U03CJ2350023	Sukrasha
09	Nameratha	U03CJ2350058	Nameratha
10	Monika Dalgan	U03CJ2350036	Monika
11	Darshan Rajan	U03CJ2350026	Darshan
12	Ayush Rai	U03CJ2350008	Ayush
13	Shahid	U03CJ2350052	Shahid
14	Jyotsna Kumar	U03CJ2350041	Jyotsna
15	Ananya . R. S	U03CJ2350006	Ananya
16	Mohd Bilal Khan	U03CJ2350054	Bilal
17	Mir Mohammed Wazir Kazimi	U03CJ2350051	Mir Wazir
18	Shirag B.P	U03CJ2350019	Shirag
19	Gyanesh S. Sagati	U03CJ2350035	Gyanesh S.
20	Garish . R	U03CJ2350034	Garish
21	Bhuvan . SH	U03CJ2350015	Bhuvan
22	Kisan Gowda . U	U03CJ2350044	Kisan
23	Jeevam	U03CJ2350040	Jeevam
24	Bawan . P	U03CJ2350009	Bawan . P
25	Shalhan K	U03CJ2350021	Shalhan K
26	D. Yashwanth Kumar	U03CJ2350027	D. Yashwanth
27	Deepak Venkata Krishna	U03CJ2350028	Deepak

SL. NO.	STUDENTS NAME	REG. NO.	SIGNATURE
28	C. H. Gagandeep	U03CJ2350016	
29	Manoj Kumar V	U03CJ2350049	Manoj Kumar V
30	Sathish Reddy. M	U03CJ2350048	
31	Aryan S	U03CJ2350007	Aryan S
32	G. PAVAN	U03CJ2350033	G. PAVAN
33	DARSHAN, K. S	U03CJ2350025	
33	Darshan, K. S		
34	Bharath. Kumar. V	U03CJ2350012	
35	Manish. S	U03CJ2350056	Manish. S
36	Kushal. V	U03CJ2350045	
37	MAANAVI MANASA M	U03CJ2350049	Manasa.
38	Aaradhya. N. G.	U03CJ2350002	
39	Chandan. A	U03CJ2350018	Chandru

DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

Department of Computer Applications - BCA

Seminar : Health & Wellness

Date: 02.01.2024

I Sem "B" Sec

Timings: 11.00 PM - 12.00 PM

Sl. NO.	STUDENTS NAME	REG. NO.	SIGNATURE
01	PALAK JANGIR	U03CJ23S0064	Palak
02	Shreya Lakshmi	U03CJ23S0098	Shreya
03	NEHA GOYAL	U03CJ23S0062	Neha
04	Shobangi Roy	U03CJ23S0103	Shobangi Roy
05	Shreya C.G	U03CJ23S0101	Shreya C.G
06	Pashmi.K	U03CJ23S0079	Pashmi.K.
07	Tanusree.y	U03CJ23S0109	Tanus
08	Trisha.N	U03CJ23S0111	Trisha
09	S.M.Haritha	U03CJ23S0088	S.M.HARITHA
10	Radha Sena	U03CJ23S0076	Radha Sena
11	Somya Rani Nayak	U03CJ23S0102	Somya Rani
12	KERTHANA.R	U03CJ23S0074	Karthana.R
13	Ruchitha.B.S	U03CJ23S0085	Ruchitha.B.S
14	Niriditha.S	U03CJ23S0086	Niriditha
15	Vanshitha.G	U03CJ23S0116	Vanshitha.G
16	Prakruthi.B	U03CJ23S0068	Prakruthi.B
17	V. Gautham	U03CJ23S0114	Gautham
18	Sai Roshan V C	U03CJ23S0089	Sai Roshan
19	Rohith S	U03CJ23S0084	Rohith.S
20	Tanveer Rahim	U03CJ23S0110	Tanveer
21	Varun.A.Shetty	U03CJ23S0117	Varun
22	Praveen Singh	U03CJ23S0073	Praveen
23	Sarwind Gadar	U03CJ23S0093	Sarwind
24	Prasith Kuman	U03CJ23S0072	Prasith Kuman
25	Rehan Sayal	U03CJ23S0081	Rehan
26	Sudheep.S	U03CJ23S0104	Sudheep.S
27	Pooja Kuma Reddy	U03CJ23S0070	Pooja

SL. NO.	STUDENTS NAME	REG.NO.	SIGNATURE
28	Ritesh Raj	U03CJ2350082	Ritesh, R.
29	Raviteja Naidu. A	U03CJ2350080	Ravi
30	Sukruth. B.M	U03CJ2350106	Sukruth B.M
31	Vinesh K	U03CJ2350120	Vinesh
32	SHASHWANTH. R	U03CJ2350096	Shashwath
33	SATHYANANDA. T.G	U03CJ2350094	Sathy T.G
34	Tarakan P	U03CJ2350112	Tarakan P
35	S. TEJASHREE	U03CJ2350087	Tej
36	Shalini	U03CJ2350095	Shalini
37	Shwetha. K	U03CJ2350099	Shwetha. k
38	Yuvraj. J.S	U03CJ2350121	Yuvraj J.S
39	Rohana Patel. T.R.	U03CJ2350083	Rohana T.R.
40	SD. Hussain Basra	U03CJ2350108	SD. Basra
41	B. Pradeep	U03CJ2350075	B. Pradeep
42	Vijeth. V	U03CJ2350115	Vijeth. V
43	Prashanth Raj Urs	U03CJ235070	Prashanth
44	Prameeth	U03CJ235069	Prameeth
45	SANTOSH. S	U03CJ2350092	Santosh. S
46	Susathi. B	107	Susathi. B