

# DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE

Shayige Malleshwara Hills, Kumarswamy Layout, Bangalore-560082

Internal quality assurance cell-IQAC

Personal counselling & Mentoring Cell- APTHAMITHRA

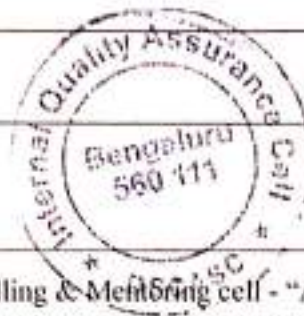
Department: B.COM

15/11/2024

Sl. No.	Particulars	Event related Details		
1.	Event*	Orientation Programme		
2.	Title of the Event	"General awareness on mental wellness"		
3.	Date	14/11/2024		
4.	Time	10.30 AM		
5.	Venue	C.D Sagar Auditorium		
6.	Resource Person 1 Details	Dr.G . Balamurugan Assistant professor psychiatric Nursing Tele MANAS NIMHANS		
7.	Topics Covered	Academic Performance, Self Esteem, Resilience, Brain Health		
8.	Resource Person 2 Details	N/A		
9.	Topics Covered	N/A		
10.	No. Faculty Participants	Internal:	N/A	External: N/A
11.	No. Student Participants	Internal:	125	External: N/A
12.	Faculty Coordinator/s	FullName: Prof Rashmi .S, Prof Arpana Shetty, Prof . Sowmya. G, Parminder Kaur, Sruthi. B.k, Dr. Sudarshan.S Department: B.Com/BBA Designation: Assistant Professor		
13.	Student Coordinator/s			
14.	Total Expenditure	5000		
15.	Sponsors and Amount (if any)	N/A		
16.	Agenda of the Event	N/A		



17.	Provide the link of the report uploaded on College Website	
18.	Provide the links of the report uploaded on Social Media	N/A
19.	Reports sent to Newspapers?	N/A
20.	Certificates Printed?	N/A
21.	Feedback Collected?	YES
22.	Attendance Sheet Attached?	YES
23.	Summary of the Event	The personal counselling & Mentoring cell - "APTHAMITHRA" of B.Com. Department organized a program on <b>General Awareness on Mental Wellness</b> was organized on 14 November 2024. Event highlighted the importance of mental health, dispel myths surrounding mental illnesses, and provide practical strategies for maintaining mental well-being. The event aimed to foster an open dialogue about mental health, reduce stigma, and encourage the audience to seek help when needed. The basics of mental wellness and its significance. Common mental health issues such as stress, anxiety, and depression. Signs and symptoms of mental health challenges. The role of self-care, mindfulness, and lifestyle choices in maintaining mental well-being. Participants actively engaged in a Q&A session, asking questions about mental health concerns and sharing their perspectives.
24.	Photographs of the Event	YES



  
Event Coordinator

  
HOB-B.Com

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

  
Principal

Photos of the Programme  
PHOTO





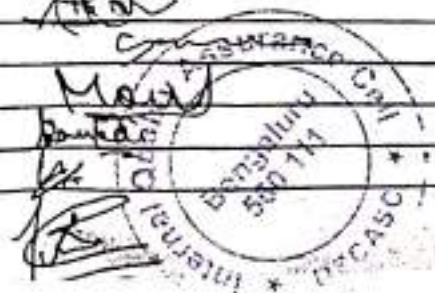
DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE & COMMERCE

B.Com Dept. - UG

Orientation Programme on General awareness on Mental Wellness - 14/11/2024

1st BCOM - Batch 2024 - 25

Roll Number	Reg Number	Name of the student	Student Signature
1	U03CJ24C0148	Bhoomika . N	Bhoomika N
2	U03CJ24C0146	Dhanyashree . M	Dhanyashree M
3	U03CJ24C0078	Arundha . M	Arundha M
4	U03CJ24C0379	Prasanna . R	Prasanna R
5	U03CJ24C0380	Taruni Satish	Taruni Satish
6	U03CJ24C0236	Dowthi P . B	Dowthi P . B
7	U03CJ24C0203	Spruthy . S	Spruthy S
8	U03CJ24C0207	Sumand . S	Sumand S
9	U03CJ24C0049	Abhinav . P	Abhinav P
10	U03CJ24C0073	Chethan . R	Chethan R
11	U03CJ24C0375	K. Tanvisha	K. Tanvisha
12	U03CJ24C0206	Speeth . K.S.	Speeth K.S.
13	U03CJ24C0263	Suraj Kumar K	Suraj Kumar K
14	U03CJ24C0060	Pruthi . B	Pruthi B
15	U03CJ24C0069	Vandana . P	Vandana P
16	U03CJ24C0368	Vasava . B	Vasava B
17	U03CJ24C0074	Vikas . N	Vikas N
18	U03CJ24C0308	Vasava . R	Vasava R
19	U03CJ24C0075	Vinay . V	Vinay V
20	U03CJ24C0185	Vasava . K	Vasava K
21	U03CJ24C0014	Hemant . N.C	Hemant N.C
22	U03CJ24C0167	Yashas . R	Yashas R
23	U03CJ24C0309	Manikanta . B	Manikanta B
24	U03CJ24C0183	Vilas . S . B	Vilas S . B
25	U03CJ24C0013	A . P . chandru	A . P . chandru
26	U03CJ24C0080	R . Manoj	R . Manoj
27	U03CJ24C0032	Megha . N	Megha N
28	U03CJ24C0083	Hanshith . G	Hanshith G
29	U03CJ24C0177	Kusuma . J	Kusuma J
30	U03CJ24C0093	Niranga . K	Niranga K
31	U03CJ24C0042	Pranav . M	Pranav M
32		Shrithank . T . Gaudde	Shrithank T . Gaudde
33	U03CJ24C0005	Vanshika . P	Vanshika P
34	U03CJ24C0306	Yashika . V	Yashika V
35	U03CJ24C0313	Abhishek	Abhishek
36	U03CJ24C0323	Ashar	Ashar
37	U03CJ24C0375	Abhishek	Abhishek
38	U03CJ24C0055	Mansha . K	Mansha K
39	U03CJ24C0034	Shankar . N . V	Shankar N . V
40	U03CJ24C0070	LAKSHMESH . D	LAKSHMESH D
41	U03CJ24C0355	A . Rohit	A . Rohit





# DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE & COMMERCE

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Website: <https://dsacsc.edu.in/>



DEPARTMENT OF BACHELOR OF SCIENCE (B. Sc.-PCM)

## INTERNAL QUALITY ASSURANCE CELL

Orientation Class on General Awareness of Mental Wellness

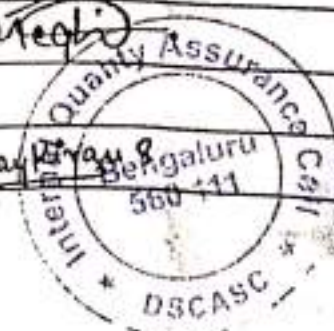
Date: 14/11/2024

Time-10:30 AM to 12:00 PM

Venue: CD Sagar Auditorium

### Attendance Sheet

SL No.	Reg Number	Student Name	Student Signature
1	U03CJ24S0001	YUGENDRA B	
2	U03CJ24S0002	ISHOBROTA MITRA	
3	U03CJ24S0003	GANAVI S N	<i>Ganavi S N</i>
4	U03CJ24S0004	VAIBHAV L	<i>Vaibhav L</i>
5	U03CJ24S0005	VISHWARADHIYA	<i>Vishwaradhiya</i>
6	U03CJ24S0006	HEMANTH R	<i>Hemant R</i>
7	U03CJ24S0007	GUNTIMADUGU CHANDU	<i>chand</i>
8	U03CJ24S0008	SHREYA GANESH	<i>shf</i>
9	U03CJ24S0009	ESWARI M R	
10	U03CJ24S0010	DHRUVA C U	<i>Dhruva CU</i>
11	U03CJ24S0012	THRISHA S	<i>Thrisha S</i>
12	U03CJ24S0013	MRIGANKA CHANDA	
13	U03CJ24S0014	RAKSHITHA S KOTI	<i>Rakf</i>
14	U03CJ24S0015	DHANUSH J	
15	U03CJ24S0016	M SHREYAS KUMAR	
16	U03CJ24S0017	AMOGH N	<i>Amogh N</i>
17	U03CJ24S0018	SHASHANK U	<i>Shashank</i>
18	U03CJ24S0019	MEGHANA E	<i>Megha</i>
19	U03CJ24S0021	A ARYAN BHOUNSLE	
20	U03CJ24S0022	VIJAY KIRAN S	<i>Vijay Kiran S</i>



21	U03CJ24S0024	DISHA Y	
22	U03CJ24S0025	YUVAN P	
23	U03CJ24S0027	HEGANE SUMAN	<i>Dish</i>
24	U03CJ24S0028	N R VARSHITHA	<i>Hf</i>
25	U03CJ24S0029	ARITRA MUKHERJEE	<i>H. Suman</i>
26	U03CJ24S0030	HADIM NASIF M	<i>Y</i>
27	U03CJ24S0031	LAXMI RAMESH SONAR	
28	U03CJ24S0032	ANKITH GOWDA.G	
28	U03CJ24S0033	SHANTH KUMAR	<i>ankith</i>
30	U03CJ24S0034	PRANAV R GOWDA	<i>Shanth Kumar</i>
31	U03CJ24S0035	SOMESH CHOWKA	<i>Pranav R</i>
32	U03CJ24S0036	DEEKSHA G	
33	U03CJ24S0037	KARNA L	
34	U03CJ24S0038	SUMEETH	<i>Karna.</i>
35	U03CJ24S0039	RAKSHA J MELAPPAGOL	
36	U03CJ24S0040	R DINESH	
37	U03CJ24S0160	RAKSHITHA R	<i>R. Dinesh</i>
38	U03CJ24S0161	SOWMYA A	
39	U03CJ24S0162	SIDDARTH B	<i>Siddarth B.S.</i>
40	U03CJ24S0163	MRINALI	
41	U03CJ24S0167	SHREYAS DESHMUKH	<i>R</i>
42	U03CJ24S0169	VIKAS V PATIL	<i>Vikas</i>
43	U03CJ24S0170	SANGISITTY VENKATA SUDHARANI	
44	U03CJ24S0171	SAINIVEDITA RAVI BAADKAR	<i>Sudharani</i>
45	U03CJ24S0172	RUDROJU HARITHA	
46	U03CJ24S0173	KUSHI N	<i>kushi N</i>
47	U03CJ24S0175	AISHWARYA S	<i>Aishwarya S</i>

*[Signature]*  
HOD

*[Signature]*  
Event Coordinator

