



Dayananda Sagar College of Arts, Science, and Commerce

Department Of UG (BU) In Association With IQAC
Personal Counselling and Mentoring Unit-Apthamithra
One Day Parents Workshop.



Department*: UG

Date of Report: 25/4/2026

Sl. No.	Particulars	Event related Details			
1.	Event*	Workshop for Parents			
2.	Title of the Event	"Understanding Generation Z: A Parents Guide to Raising Resilient Learners"			
3.	Date of Conduction	25/4/2026	4.	Time	10AM – 11 AM
5.	Venue	Building No 17, Seminar Hall DSI campus - I			
6.	Resource Person 1 Details	Name: Dr Annapoorani.K Designation : Nursing officer Mobile No.	Organization Specialization Email ID	NIMHANS	
7.	Topics Covered	Parents children's Guide to Raising Resilient Learning.			
8.	Resource Person 2 Details (Profile to be enclosed)	Name: Ms. Deekshitha TM Designation Nursing Tutor Mobile No.	Organization Specialization Email ID	NIMHANS	
9.	Topics Covered	Parents children's Guide to Raising Resilient Learning.			
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal: 10	NA	External:	NA
11.	No. Parent Participants (Enclose a copy of names with signatures)	Internal: 100	57	External:	
12.	Faculty Coordinator/s	Full Name : Department Designation	Dr. Rashmi S., Prof. Sowmya G. Prof. Praveen, Dr. Sudarshan S Prof. Parminder kaur, Prof. Mukesh Soni, Dr. Guru Prasad, Prof. Shailaja BCOM/BBA ASSISTANT PROFESSOR		
13.	Student Coordinator/s	Full Name Department Designation	Lakshmi & Neha BCOM		
14.	Total Expenditure (Details to be enclosed)	1500	15	Internal Sponsors	Amount (if any)
16.	Agenda of the Event (Attach a copy)	NA	17.	Provide the link of the report uploaded of College Website	
18.	Social Media Links		19.	Report sent to Newspapers? If yes, provide cuttings/images:	
20.	Certificates Printed? (Attach a copy**)	NA	21.	Feedback Collected? (Attach a copy**)	
22.	Attendance Sheet Attached? *	NA	23.	Photographs of the Event	
24.	Summary of the Event (Around 100 words)	A one-day workshop on "Understanding Generation Z: A Parents Guide to Raising Resilient Learners" helps Parents to understand their digital identity and behaviour. It focuses on emotional intelligence, social media impact, and mindful technology use in handling children's.			

25/4/26
Event Coordinator

25/04/26
IQAC Co-ordinator
Dayananda Sagar College of Arts,
Science & Commerce
Kumaraswamy Layout, Bengaluru - 560 111

25/4/26
Principal
Dayananda Sagar College of Arts,
Science & Commerce
Kumaraswamy Layout, Bengaluru - 560 111

Photo 1: Welcoming the Expert Speaker.



Photo 2: Expert Addressing the Students.



3: Discussion Session.



Photo 4: Valedictory Session.



Date - 25/04/26.

Feedback On The Seminar Conducted For Parents.

I appreciate the session, conducted today. The approach used to explain the current challenges students face.

The sources provided were excellent.

However, a deeper explanation into the impact of social media specifically on sleep and anxiety would have added even more value.

Overall, it was a great session, and a nice initiative to educate the parents about the current generation.

Thank You,

Chandra Shekar Gupta,
[Parent Of Neha B].



Date - 25 April 2026

Feedback on the seminar conducted for parents.

The session on mental health was very timely and informative. The speaker provided practical strategies for identifying signs of stress, depression and anxiety, which many parents found helpful. To improve the mental health of student, they provided helpline etc.

Thank You.

GOWRI BHARADWAJ
(parent of Lakshmi H. G)

