



Dayananda Sagar College of Arts, Science, and Commerce
Internal Quality Assurance Cell



Personal Counselling & Mentoring Unit - Apthamithra

Department of Commerce - BCom

Department*: BCom

Date of Report: 12/8/2026

Sl. No.	Particulars	Event related Details		
1.	Event*	Faculty Workshop		
2.	Title of the Event	Workshop on "Techniques for Stress Management"	Aligned SDG	SDG - 3
			Goal(s)	
3.	Date of Conduction	25/07/2026	4.	Time : 2:00 – 4:00
5.	Venue	5th Floor, CIL Building, DSI Campus 1		
6.	Resource Person 1	Mr. Vincent John - Training, learning, engagement strategist		
7.	Topics Covered	Stress Techniques		
8.	Resource Person 2 Details	NA		
9.	Topics Covered	Work-Life Balance, Mindfulness, Prioritizing the work		
10.	No. Faculty Participants	Internal:	45	External:
11.	No. Student Participants	Internal:		External:
12.	Faculty Coordinator/s	Full Name Department Designation	Dr. Murgesha B.N, Dr.Rashmi.S, Dr.Kavya.R Department of Commerce, Assistant Professor	
13.	Student Coordinator/s	NA		
14.	Total Expenditure (Details to be enclosed)		15.	Sponsors and Amount (if any)
16.	Agenda of the Event (Attach a copy)		17.	Provide the link of the report uploaded on College Website
18.	Social Media Links (Provide the links of the report uploaded on Social Media)		19.	Report sent to Newspapers? If yes, provide cuttings/images:
20.	Certificates Printed? (Attach a copy**)	YES	21.	Feedback Collected? (Attach a copy**)
22.	Attendance Sheet Attached? #	Attached	23.	Photographs of the Event
				Attached
24.	Summary of the Event	The session on "Techniques for Stress Management", conducted by Mr. Vincent John and organized by the Department of Commerce, focused on practical strategies for managing stress and enhancing emotional well-being, resilience, and work-life balance. The session highlighted evidence-based techniques such as mindfulness, relaxation exercises, effective time management, and healthy coping strategies to help participants manage workplace stress effectively.		

[Signature]
12/8/26
Event Coordinator

[Signature]
HOD BCom

[Signature]
12/8/26
IQAC Coordinator

[Signature]
12/8/26
Principal

IQAC Co-ordinator
Dayananda Sagar College of Arts,
Science & Commerce
Kumara any Layout, Bengaluru - 560 111.



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE AND COMMERCE

College affiliated to Bangalore University (BU),

Approved by AICTE and UGC, Accredited by NAAC with 'B+' grade, and ISO 9001-2015 Certified Institution

Internal Quality Assurance Cell

Glimpses of the Event

Inauguration



HOD's Welcoming Resource Person



Resource Person taking the session



Resource Person taking the session



Postal Address: 1st Stage, Kumaraswamy Layout, Bengaluru, Karnataka 560111

Ph: 080-42161767

Email ID: principal-dscasc@dayanandasagar.edu

Website: www.dscasc.edu.in





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Dayananda Sagar College of Arts Science and Commerce

Kumarswamy Layout, Bengaluru 560111



Department of Commerce

In association with CIL

Under the guidance of IQAC

Organises

Faculty Workshop

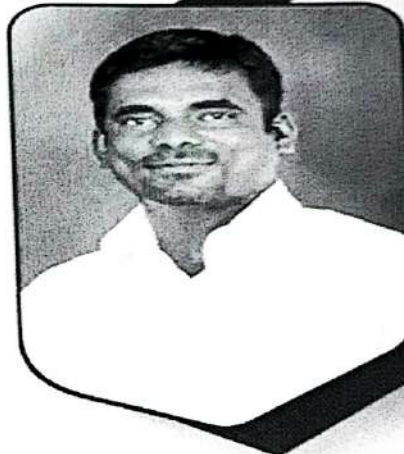
On

“Techniques for Stress Management”

Resource person

Mr. VISENT JOHN

Training, Learning & Engagement Strategist



 **Date: 25th July 2026, Saturday**

 **Time: 2:00 pm - 4:00 pm**

 **Venue: 5th floor, CIL Building, DSI Campus 1**



DAYANANDA SAGAR COLLEGE OF ARTS, SCIENCE & COMMERCE

Faculty Development Program

CENTRE FOR INNOVATION AND LEADERSHIP

Date: 25/07/2026 Department: BBA; B.Com

Unit: 2

Topic: Stress Management

Sl. No.	Staff Name (Capital Letters)	Signature
1	REKHA .M .P	Rekha .M .P 25/7/2026
2	MURUGESHA .B .N	Murugesha .B .N 25/7/26
3	Dr. SUPLAB KANTI PODDER	OOD
4	Dr. CHILUKA PUSPHALATA	Chiluka Puspahata 25/7/26
5	Dr. R. PAVITHRA	R. Pavithra 25/7/26
6	Dr. SUDARSHAN SUBBANNA SAVANOR	Sudarshan Subbanna Savanor 25/7/2026
7	Dr. SHWETHA .S .P	C.L
8	Dr. UMESH .M .R	Umesh .M .R 25/7/26
9	Dr. PUJA SHARMA	Puja Sharma 25/7/26
10	Dr. VADIRAJA .K .S	Vadiraaja .K .S
11	Dr. MEGHANA .C	Meghana .C 25/7/26
12	SANGEETHA DAYANAND	C.L
13	MUKESH SONI	M. Soni 25/7/2026
14	USHA .C .R	Usha .C .R 25/7/26
15	Dr. ASHWINI BASAVARAJU	Ashwini .B 25/7/26
16	Dr. RASHMI .S	Rashmi .S 25/7/2026
17	SHREENIVAS .H .P	Shreenivas .H .P 25/07/2026
18	SHALINI KUMARI RAWANI	OOD
19	VIDHYA SHREE .S	C.L
20	DR. VINUTHA .K	Vinutha .K
21	FASEEHA BEGUM	Faseeha Begum 25/7/26
22	V. R. RAJENDRA KUMAR	V. R. Rajendra Kumar 25/7/26
23	RASHMI .M UMARJI	Rashmi .M Umarji 25/7/26



CIL

Setting Bench Mark

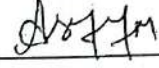
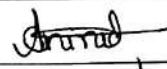
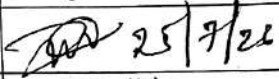
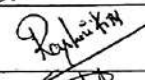
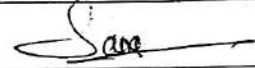
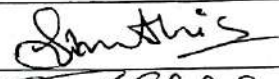
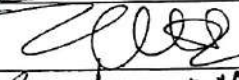
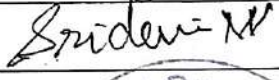
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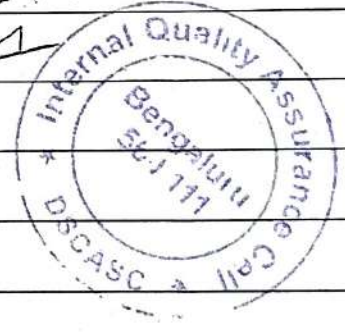
Faculty Development Program
CENTRE FOR INNOVATION AND LEADERSHIP

Date: 25/07/2026 Department: BBA; B.Com

Unit: 2

Topic: Stress Management

Sl. No.	Staff Name (Capital Letters)	Signature
47	SHRUTHI .H .S	
48	ASWATHI MOHAN	
49	ASHWINI SESHADRI	
50	Dr. GANGADHAR RAMADGE	C.L
51	ANIRUDH	
52	LOKESHWARI .D .V	
53	RASHMI .K .M	
54	Dr. PUROBI AVINASH	
55	SAHANASHREE .N	
56	Dr. SHRUTHI .C	
57	Dr. YESHWANTH KUMAR .C .K	
58	SRIDEVI .M .V	
59	NANJANI GANDHI	N-1
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Feedback Form

Department: Faculty Staff [BBA, B.Com] (DSCASC)

Topic: Stress Management Techniques

Trainer: Visent John

Date: 25/07/2026

Your feedback is important to us to understand the strengths and weakness of the workshop. Please mark the evaluation score for each item listed. Please include your brief valuable comments in the space provided just below the listing.

Sl. No.	Query			
1	Please rate the overall training.	Good ✓	Average	Not Satisfied
2	Please rate training content	Good ✓	Average	Not Satisfied
3	Please rate your trainer	Good ✓	Average	Not Satisfied

4. Was the pace of the training appropriate?

☒	it was perfect
☐	it was slow
☐	it was fast

5. How effective were the training methods used (e.g., presentations, activities, PPT, discussions)?

☒	Very effective
☐	Moderately effective
☐	Not effective

6. Did the trainer effectively communicate the content?

☒	Very Effective
☐	Moderately Effective
☐	Not Effective At All

