

**DAYANANDA SAGAR COLLEGE OF ARTS SCIENCE AND COMMERCE**

Shavige Malleshwara Hills, Kaumarswamy Layout, Bangalore-560082

NAAC - Internal Quality Assurance Cell (IQAC)

Personal counselling and Mentoring Cell - Aptamitra

**Work shop on Happiness**

Department: MBA (BU)

Date: 8-05-2023

-Sl. No.	Particulars	Event related Details		
1.	Event*	The Happiness Project (THAP)		
2.	Title of the Event	Work shop on Happiness		
3.	Date	8- May- 2023		
4.	Time	10.30 AM to 1.00 PM		
5.	Venue	Lecture Hall No 505- C section – 5 th floor, Building No 13, DSI Campus		
6.	Resource Person 1 Details ** (Profile to be enclosed)	Dr. Pritvi Nayak , Motivational speaker, Professional councillor, Therapist		
7.	Activities	<ul style="list-style-type: none"><li>• To understand myths and facts about mental health</li><li>• Proper guidance on how to regulate one's breath and its importance</li><li>• To understand the difference between feelings and thoughts</li></ul>		
8.	Resource Person 2 Details** (Profile to be enclosed)	NA		
9.	Topics Covered	To understand myths and facts about mental health To understand the difference between feelings and thoughts		
10.	No. Faculty Participants (Enclose a copy of names with signatures)	Internal: 2		External: Nil
11.	No. Student Participants (Enclose a copy of names with signatures)	Internal: 40		External: Nil
12.	Faculty Coordinator/s	Prof. Nayana T, Prof. BRN Murthy		
13.	Student Coordinator/s	Mr. Vinay, Mr. Ramesh		
14.	Total Expenditure (Details to be enclosed)	Nil		

1.	Total Expenditure (Details to be enclosed)	Nil
2.	Sponsors and Amount (if any)	NA
3.	Agenda of the Event (Enclose a copy)	Counselling students on Mental Health
4.	Report uploaded on college website? If yes, give details:	
5.	Report sent to media? If yes, give details:	NIL
6.	Report uploaded in Social Media? If yes, give details:	
7.	Certificates Printed? (Enclose a copy***)	NA
8.	Feedback Collected? (Enclose a copy***)	NA
9.	Summary of the Event (Minimum 100 words)	Detailed report and photos Enclosed
10.	Photographs of the Event  (At least 10 relevant, clear, and appropriate photos with title and explanation. The jpg files need to be attached)	Photographs and report enclosed

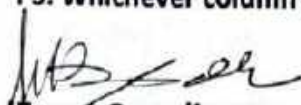
**Notes:**

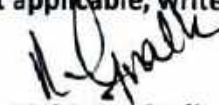
\* Seminar / Workshop / Symposium / Conference / Cultural Fest / Quiz / Sports / Literature Fest, etc.

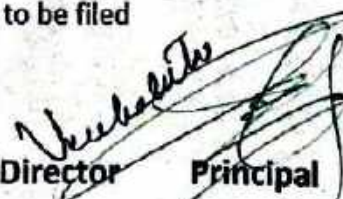
\*\* Name / Organization / Designation / Area of Expertise

\*\*\* Format Copy need to be attached and hard copy need to be filed

PS: Whichever column is not applicable, write as NA.

  
Event Coordinator

  
IQAC Co-Ordinator

  
HOD/Director

  
Principal

**Internal Quality Assurance Cell (IQAC)  
Personal Counselling & Mentoring Cell (APTHAMITRA)  
REPORT**

**ON**

**THE HAPPINESS PROJECT (THAP)**

- A thoughtful session on mental health empowerment was organized by the Department of Master of Business Administration, Dayananda Sagar College of Arts, Science and Commerce in collaboration with The Happiness Project on 8th May, 2023.
- Dr. Sandhya Thumsi, motivational speaker was welcomed by Prof NAYANA T.

**Objectives of the workshop**

- To understand myths and facts about mental health
- Proper guidance on how to regulate one's breath and its importance
- To understand the difference between feelings and thoughts

**DR SANDHYA**

A well-known Doctor, Neuroscience person, Professional Counsellor, Professor and Mentor for past 25 years closely working in India and Singapore.



Dr Sandhya strongly believes that people development is indirectly mind development. If we want our mind to open like a parachute, we always must reach out to people on how we feel. Communication plays a major role in it. She speaks of mental health, where she exaggerates on why it is important to understand the causes of it. In the real world, we see a lot of people like DeepikaPadukone, Albert Einstein, Leonardo da Vinci who have been through various mental health disorders, yet they are living a happy and successful life. Moreover, mental health can be caused due to ADHD, PTSD, Trauma, Genetics, etc.



#### MYTHS AND FACTS

There are a lot of myths and facts revolving around Mental Health, which are a result of minor understanding. It is only recently, that humans have started giving attention towards Mental Health and prioritize it.

- Personality weaknesses or character flaws cause mental health (MYTH)
- Women experience mental health issues more than men (MYTH)
- People with mental health problems can snap out of it if they try hard enough (MYTH)
- People who experience mental health issues can also lead fulfilling lives (FACT)

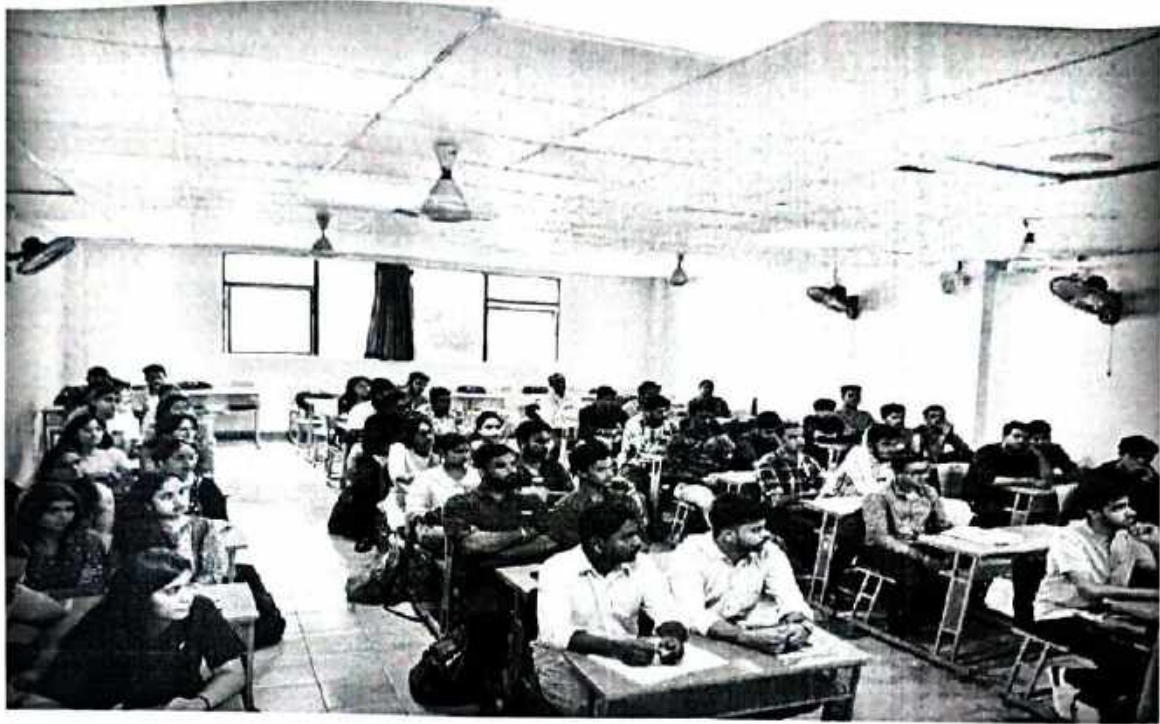
Crying is a part of life. It is physiological way of expressing emotions and feelings. As an example, she talk about the movie named Rudaali(1993), depicts professional mourners who get compensated monetarily for their act. Crying, indeed releases excess tension of grief and does not portray anyone as a coward.

Self-harming was considered to be a form of satisfaction, relief by the students. It is not a form of attention seeking. Self-harming doesn't always have to be physical such as cutting themselves, banging against the wall. It can also be overthinking, being an obstacle to oneself.



Putting yourself first is one brave decision that everyone must make. Do yourself is the first step towards overcoming mental health. To elaborate it, imagine a situation in a flight where the oxygen masks have to be worn. In this particular situation, each individual has to do it for themselves instead of cross- helping and creating panic. Similarly, if a parent tries to put the oxygen mask on the kid first, there is a chance that the parent might have the risk of falling unconscious during the process and eventually, the kid would too, wither way it is risking the life of the kid. Henceforth, it is wiser to put it first on oneself and then help the other person.

To answer how an individual can be happy eve after being messed up is through meditation, self-motivation, engaging in physical activities which boosts enthusiasm and relaxes the body by creating a positive environment which can last throughout the day.



She also recommends reading the book "The body keeps the score" by Bessel Van Der Kolk. This book is not light reading for anyone wanting to work through trauma, but it does offer hope. Backed by science, Dr. van der Kolk shows just how trauma changes the brain and nervous system and can keep both children and adults in a never-ending cycle of fight or flight.

Mindfulness can be achieved by certain regulatory tools to manage traffic in the brain. For instance, through observing, feeling, breathing, accepting and absorbing the thoughts running in the brain round the clock.

**Some of the quotes speaker quoted are as follows:**

"Success is most often achieved by those who doesn't know that failure is inevitable"

-Coco chanel

"I have not failed; I've just found 10000 ways that won't work"

-Thomas A Edison


**Details of the workshop**

**Name of the event-** The Happiness Workshop

**Name of the speaker-** Ms. Sandhya Thumsi

**Date of the workshop-** 08/05/2023

**Number of participants-** 43 students, 1 Faculty.

  
Signature of the Faculty

  
Signature of the Director

ANANDA SAGAR COLLEGE OF ARTS, SCIENCE & COMMERCE  
Shavige Malleshwara Hills, Kumaraswamy layout, Bangalore - 560078

MBA - Bangalore University

Internal Quality Assurance Cell (IQAC)

MENTORING AND COUNSELING CELL

MENTAL HEALTH WORKSHOP

DATE: 08.05.2023

SECTION C

TIMINGS: 10:15 AM TO 12:15 PM

SL. NO.	NAME OF THE STUDENT	SIGNATURE
1.	Sanjay Sajjan	Mafia
2.	Lalitha B	Lalitha
3.	Suraj M B	Suraj MB
4.	Jeevitha. H. S.	Jeevitha
5.	Sneha. R	R. Sneha
6.	Nischeta. M. H	Nischeta
7.	Venya Sanyal	Sanyal V
8.	peeyu M	peeyu
9.	Shalini. P.	Shalini
10.	Rashmi Kulkarni	Rashmi
11.	Pasaraajeshwari	Pasara
12.	Sharmya. R. Vasicheta	Sharmya
13.	Arun H. N	Arun
14.	Sharath Kalkunte	Sharath
15.	DEVI DARSH	Devi
16.	Kavyashree. R	Kavya
17.	Uday Gowda. N	Uday
18.	Prachin Raj	Prachin
19.	Makshwan	Makshwan
20.	VINAYA MADHAVAN	Vinaya
21.	NARAYAN. S. VINOD	Narayan
22.	HARSHITHA M. P.	Harshitha
23.	Deepika. N	Deepika. N
24.	Manasi D. Shankar	Manasi
25.	Yegundha. B	Yegundha
26.	Akshay	Akshay

27.	Tuned Shirabatti	<del>lure</del>
28.	Sannithra. R	<del>Stbl</del>
29.	Mubereez baig	<del>Mubereez baig</del>
30.	Samata Bhadraj K.S	<del>Samata</del>
31.	Aishik Roy Choudhury	<del>Aishik</del>
32.	Suresh-R	Suresh
33.	Ramakrishna Hegde	<del>R</del>
34.	Subas M.S	M.S. Subar
35.	Abhisam M.V	<del>Ab</del>
36.	Suraj. S. Kothari	<del>Suraj</del>
37.	Pradeep Varma. Dandu.	<del>Pradeep</del>
38.	Aditya. U. Modival.	<del>Aditya</del>
39.	shreyas. N. kulkarni	<del>shreyas</del>
40.	Rahul Raj	<del>Rahul</del>
41.	Sachin. K.N	Sachin K.N.
42.	Nikhil Naik	<del>Nikhil</del>
43.	Karthik. P	Karthik. P.
44.	Shantveer	<del>Shantveer</del>
45.	Manjunath	<del>Manjunath</del>
46.	SHASHANK. H.G.	Shashank. H. G.
47.	Purushottam-N	Purushottam N
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