

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 502- B section – 5 th floor, Building No 13, DSI Campus		
6.	Resource Person 1 Details ** (Profile to be enclosed)	Dr. Sandhya Thumsi , Motivational speaker, Professional councillor, Therapist		
7.	Activities	<ul style="list-style-type: none">To understand myths and facts about mental healthProper guidance on how to regulate one's breath and its importanceTo understand the difference between feelings and thoughts		
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: 39	External: Nil	
12.	Faculty Coordinator/s	Dr. Srikanta Murthy, T, Prof. BRN Murthy		
13.	Student Coordinator/s	Mr. Sanjay, Ms. Lalitha		
14.	Total Expenditure (Details to be enclosed)	Nil		
15.	Sponsors and Amount (if any)	NA		

-Sl. No.	Particulars	Event related Details
16.	Agenda of the Event (Enclose a copy)	Counselling students on Mental Health
17.	Report uploaded on college website? If yes, give details:	
18.	Report sent to media? If yes, give details:	NIL
19.	Report uploaded in Social Media? If yes, give details:	https://www.facebook.com/photo/?fbid=811922483885404&mp;set=pcb.811922557218730
20.	Certificates Printed? (Enclose a copy***)	NA
21.	Feedback Collected? (Enclose a copy***)	NA
22.	Summary of the Event (Minimum 100 words)	Detailed report Enclosed
23.	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

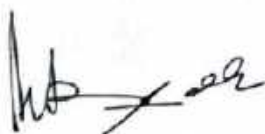
Notes:

* 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.

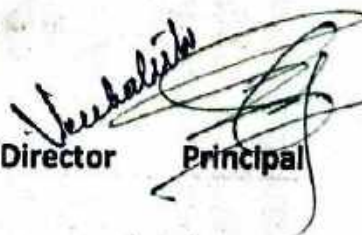


Event Coordinator





IQAC Co-Ordinator HOD/Director



Principal

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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.
- Miss Malavika motivational speaker was welcomed by Dr. Srikantamurthy M.R.

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

Miss MALAVIKA

A well-known professor of Neuroscience, Professional Counsellor, Professor and Mentor for past 4 years closely working in a company called cultfit as a therapist.

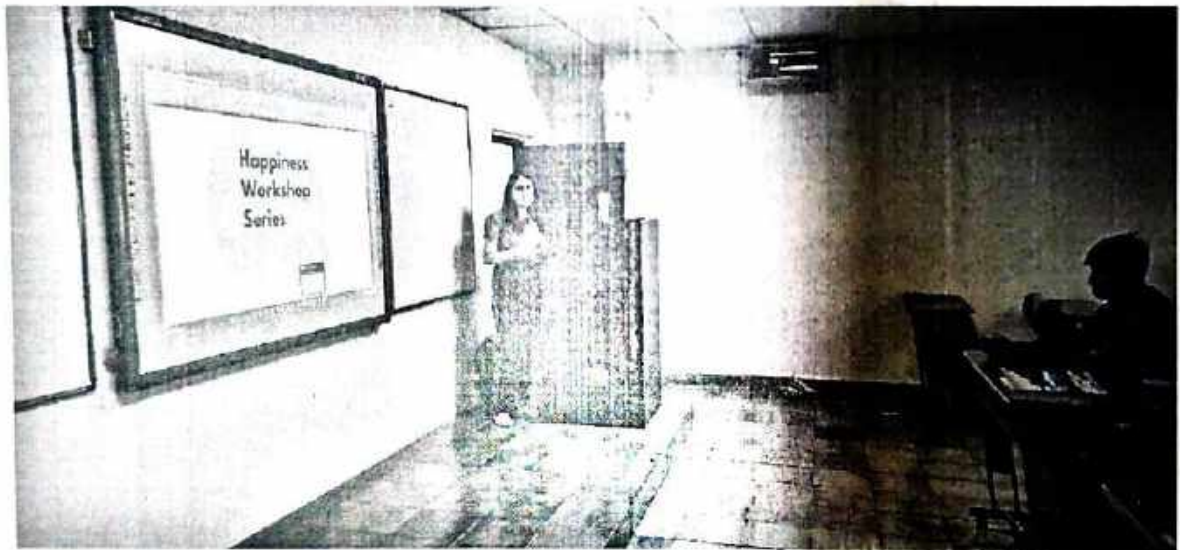
Dr Sandhya strongly believes that people development is indirectly mind development. If we want our mind to open like a parachute, we always must reach out to people on how we feel. Communication plays a major role in it. She speaks of mental health, where she exaggerates on why it is important to understand the causes of it. In the real world, we see a lot of people like Deepika Padukone, 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



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MBA – Bangalore University

Internal Quality Assurance Cell (IQAC)

MENTORING AND COUNSELING CELL

MENTAL HEALTH WORKSHOP

DATE: 08.05.2023

SECTION B

TIMINGS: 10:15 AM TO 12:15 PM

SL. NO.	NAME OF THE STUDENT	SIGNATURE
1.	Mahima	
2.	Harsha M.	
3.	Siddhesh Hebbar C.R	
4.	U. Siva charan Subramanyam	
5.	YELLAMPATI PUNYAMURTHY	
6.	AMAN SMOEER	
7.	Shreya Tp	
8.	Sakshi Sundaram R	
9.	R. Yakesh	
10.	PuChilla Venkata teju	
11.	Surya Suresh	
12.	diksha.m. Taladanki	
13.	Ajith Kumar.	
14.	Vishwas. S. D	
15.	Hithesh. S. S.	
16.	Vinitha M	
17.	Mohammed Arafaz	
18.	Tejaswini. M	
19.	Namrata Patil	
20.	Tejaswini. N	
21.	Bhagirathgini mal	
22.	Sunitha. V.H	
23.	NEVIL KANZIL	
24.	Rohan Pias	
25.	Ayushi Shukla	
26.	Kandish Patil	

27.	B.S.DIVYA	Divya
28.	Sneha	Sneha
29.	Vaun kumar. N	Vaun
30.	Bevanth. E. Singh	Bevanth
31.	V. Akshwarya Gupta	(V. Akshwarya)
32.	Amrutha. K.	Amrutha. K.
33.	Aswathi P Nair	Aswathi
34.	Vishal. M. Kochrekar.	Vishal.
35.	Gagan.	Gagan
36.	DEEPAK. D.S	Deepak
37.	Ravulappa. Malaghan	Ravulappa
38.	ABHAY SURYA. B	Abhay
39.	Aadithya. S	Aadithya
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